

# Carmichael Times

Volume 29 Issue 08

www.CarmichaelTimes.com

February 24, 2009

## SACOG Authorizes \$32 Million From Economic Recovery Act

*Road rehabilitation projects ready-to-go when funding is received*

## Beware the Property Tax Scam!

The recent decline in home values has prompted some opportunistic companies to contact homeowners and offer to file a tax reduction request with the county assessor's office in return for a fee of nearly \$200. The mailed notices look official, complete with a penalty charge to be assessed if payment is not received by a specific date.

The Howard Jarvis Taxpayers Association, along with county assessors throughout the state, is warning that this is a scam designed to take advantage of the uninformed.

In every California county a property owner can apply for a reduction in value -- and a resulting lower tax -- without charge. It is a free service and the procedure is relatively simple.

In a number of counties, property owners may not even have to apply to receive a tax reduction. Many assessors, including Tom Bordonaroin San Luis Obispo County and Rick Auerbach in Los Angeles County, have been proactive -- automatically reevaluating those homes that were purchased from 2004 to 2007 at the height of the housing bubble. Homeowners who do not get a reduction notice and who believe their property has declined significantly in value should contact the county assessor to request a reduction.

Since property values nearly doubled between 2001 and 2006, those properties purchased before 2001 are unlikely to qualify for any reduction since any new lower market value will still probably be much higher than the assessor's valuation for tax purposes. A good rule of thumb is if you believe your home would sell today for less than the value reflected on your tax bill, you should apply for a reduction. The Howard Jarvis Taxpayers Association has set up a special web page at [www.hjta.org](http://www.hjta.org) to help people understand the process and that it can be done by the individual at no cost. It is a county-by-county system. We have an explanation column and links to the appropriate agency to get the information needed for filing the forms and the deadlines that need to be met.

million in road funds and \$40 million in transit funds.

The SACOG Board authorized \$32 million of the road funds to be used for road rehabilitation projects, with specific projects determined by each city and county. Road rehabilitation projects will do more than just smooth the ride. Projects may use funding for: transit improvements, Americans with Disabilities Act (ADA) improvements, bicycle and pedestrian improvements, as well as for Complete Streets (designing, operating, and maintaining a road network to enable safe access for all users, including pedestrians, bicyclists, motorists and transit riders of all ages and abilities).

The transit operators in the region have identified a list of ready-to-go transit projects. SACOG has not received a funding amount for transit infrastructure. Once a funding amount is received, the transit operators will prioritize their list and bring it to the SACOG Board for consideration in March.

Funding is expected to be released from U.S. Department of Transportation within the next few weeks. Jurisdictions and transit operators must have their projects ready to send out to bid (obligated) within 120 days, and then funds will be allocated to each jurisdiction.

The next meeting of the SACOG Board will be held on Thursday, March 19, 2009 at 9:00 a.m. in the SACOG Board Room located at 1415 L Street, Suite 300 in Sacramento.

SACOG coordinates transportation planning, funding and project delivery for Sacramento, El Dorado, Placer, Yolo, Sutter and Yuba counties and the cities within them. For funds distributed through Caltrans, Placer and El Dorado counties make their own funding decisions. SACOG also engages elected officials in land use and other regional issues.



*Sacramento* – The Sacramento Area Council of Governments (SACOG) Board of Directors today authorized \$32 million for road rehabilitation projects in Sacramento, Sutter, Yolo and Yuba counties. The amounts are based on the region's estimate of funds from the Economic Recovery Act signed by President Obama on Tuesday. The Placer County Transportation Planning Agency and the El Dorado County Transportation Planning Commission are responsible for

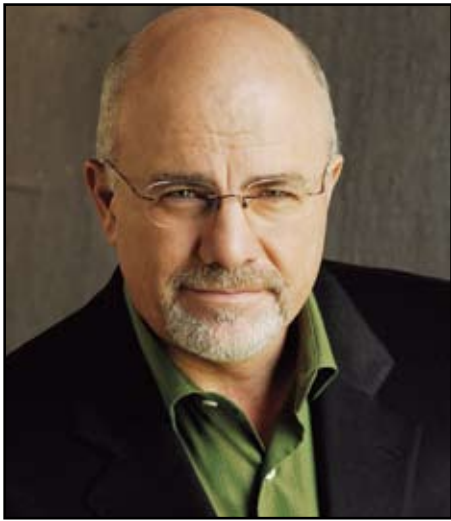
authorizing an estimated \$7.5 million in funds for their counties.

Transportation infrastructure funds from the Economic Recovery Act will first pass through Caltrans, with a portion being passed on by formula to SACOG. The U.S. Department of Transportation and Caltrans have not specified the exact amount that the region will receive, although based on past formulas, SACOG is anticipating approximately \$72

PRESORTED STD.  
US POSTAGE  
PAID  
RANCHO CORDOVA, CA  
PERMIT #32



# Dave Says



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

## The Car Owns You!

Dear Dave,

I'm 22-years old, in the military, and our yearly household income is about \$20,000. We're trying to get out of debt, but we owe \$13,000 on a car that we financed at 14.5 percent. We both got \$500 limit credit cards to help rebuild our credit rating, so we could refinance the car at a lower rate. Can you give us any other advice?  
- Josiah

Dear Josiah,

I can definitely help you with the interest rate problem. Sell the car!

No, I'm not kidding. I'm not trying to beat you up, but you've got no business with a \$13,000 car when you're only making \$20,000 a year. Even if you'd paid cash for it, that's way too much money tied

up in something that's going down in value. You don't own the car, dude, it owns you!

Right now your entire life revolves around finding a way to keep a car you can't afford. That's ridiculous! If I were you, I'd sell the car, go get a little beater to drive, and give my wife a big hug. This thing is putting unbelievable stress on your marriage, dictating your direction in life, and it's just a stupid car! Forget the idea of building your credit, too! That's one of the biggest myths around. Credit hasn't been much of a blessing to you so far, has it?

Here's the deal. If you can't pay cash for something, you can't afford it.

When you pay cash, you don't have any payments. Then, you have control of your most powerful wealth-building tool – your income! Now that's a formula for success!  
- Dave

## Maintenance Agreement Worth It?

Dear Dave,

I'm interested in your opinion regarding buying a five-year maintenance agreement on a new treadmill. It covers repairs, and an annual visit to check and lubricate all moving parts. Is a maintenance agreement ever worth the money, especially if you're not the handyman type?  
- Anonymous

Dear Anonymous,

You know why they sell those agreements? Because they're huge moneymakers!

No, I wouldn't do that. We have exercise equipment in our home, and we don't have any maintenance agreements. Lots of folks make resolutions to start working out and

get into shape, but very few see it through to the end. A high percentage of expensive workout equipment turns into very expensive coat hangers in a short amount of time.

I don't ever recommend maintenance agreements, or extended warranties. I self-insure by having money saved up, and buying quality items!  
- Dave

## Did China Bail Us Out?

Dear Dave,

Where did the government get all of that bailout money? Did they print it, or did they borrow it from China?  
- Carl

Dear Carl,

It's none of the above. When the government runs a deficit, which means it spends more than it makes (that, of course, happens every moment of every day) it borrows money by selling U.S. government bonds, or treasury bonds, on the open market. China owns some of these bonds, but they certainly don't own them all.

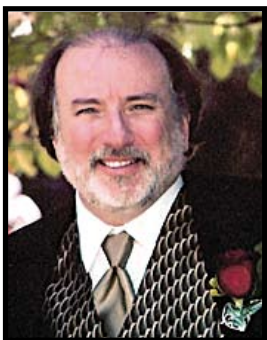
Treasury bonds are sold to lots of investors. Corporations buy them, as do individual investors, because these bonds are theoretically some of the safest on the planet. So don't worry about the China angle, Carl. They didn't make us a direct loan of hundreds of billions of dollars to handle the bailout. That's just another bunch of conspiracy theory bull.  
- Dave

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

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

Ramsey offers life-changing financial advice as host of a nationally syndicated radio program, "The Dave Ramsey Show," which is heard by nearly four million listeners

# Carmichael Times



## Publisher - Paul V. Scholl

**Publisher's Statement:** It is the intent of the Carmichael Times to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

The Carmichael Times is not responsible for unsolicited manuscripts or materials. The entire contents of the Carmichael Times are copyrighted. Ownership of all advertising created and/or composed by the Times is with the publishing company and written permission

to reproduce the same must be obtained from the publisher.

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

Graphics & Layout:

Tandra Banerjee

Advertising Sales:

Perry Hartline • Carolyn Harrison

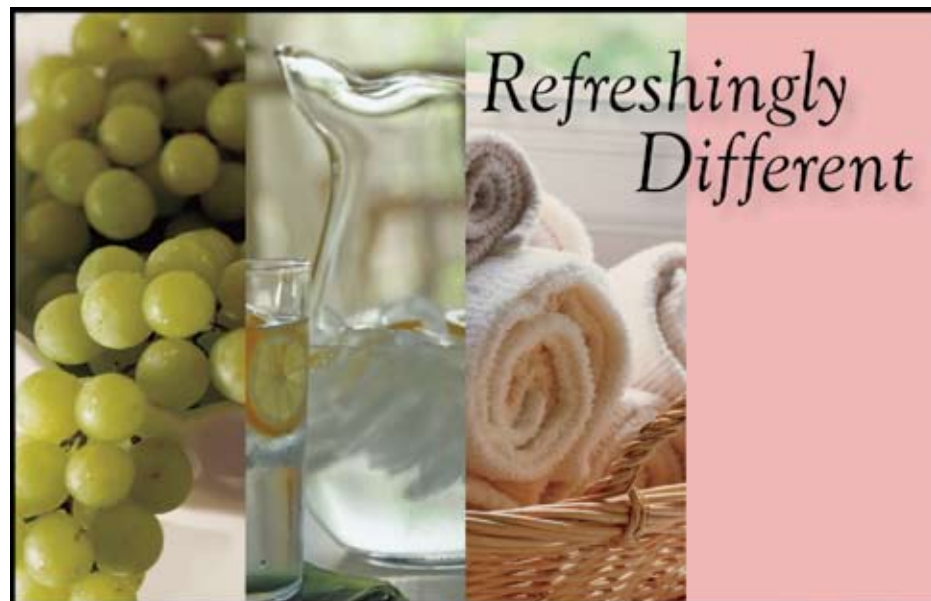
Tom Avenell • Yolanda Knaak • Marion Solo

Member of Carmichael, Citrus Heights, Fair Oaks, Orangevale, Roseville & Rocklin Chambers of Commerce. To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: [publisher@carmichaeltimes.com](mailto:publisher@carmichaeltimes.com). Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at 773-1111.

Carmichael Times is a member of Messenger Publishing Group



We are Proud members of these newspaper associations.



Refreshingly Different

Life has been far too serious lately. We think you need a refreshing change of pace. Take an afternoon off and

## PAMPER YOURSELF

AT THE ATRIUM of CARMICHAEL,  
an Independent Living Retirement Community

Enjoy a delicious hot lunch, tour and relaxing shampoo and set with Linda or Lisa in our salon.

Absolutely **FREE** of charge!

Call 486-3533 to reserve an afternoon of pampering yourself.  
(For ladies only, 55 years+)



5757 Cypress Ave., Carmichael  
(916) 486-3533

A Capital Senior Living Community  
[www.TheAtriumofCarmichael.com](http://www.TheAtriumofCarmichael.com)



**CALL 773-1111 TO SUBSCRIBE**



# Joni Hilton

## Ladies' Night Out



I am a firm believer in women escaping. I mean, women getting together away from their husbands and children. We are a chatty gender and we need girl talk from time to time. Some of us are coping with toddlers, some of us are coping with teens, and some of us are coping with elderly parents, and we feel like the Sandwich Generation with extra mayo.

So I joined a group of gals from my church, who have a monthly restaurant night. It's the perfect chance to talk about everything from the Middle East to our middle sections. We share notes about in-laws, diets, schools, traveling, and of course, men.

Naturally it was only a matter of time before the subject of men's toilet habits came up. (We had already finished dinner, of course.)

Now, let me just say the following: If you missed your target—even once—wouldn't you conclude that this is a bad idea and sit down forevermore? Let's say you want to pour water into a vase. Would you place the vase on the ground, and hope to fill it from five feet away? How could you expect NOT to miss?

I grant you that men never sit around and discuss their wives' toilet habits. On the other hand, we give them nothing astonishing to talk about. Our goal is to get out of there as quickly as possible, and leave no evidence behind that we were even there. If we are quick enough, we can almost convince others that we don't actually "go" at all. And besides, we have to get back to children who are calling to us, phones that are ringing, washers that are buzzing, and kettles that are boiling over.

But back to men. We first discussed our family clean-up policies and agreed that any males sharing bathroom space with us should certainly be included in clean-up rotation. Be it duly noted.

Next we're shared our amazement at the concept of urinals. How did this catch on, this whole "standing up next to another guy" thing, which is depicted in many a movie and television show? But there they are, standing at a row of urinals which offer no privacy whatsoever, and men seem to have no problem with this. However, it does raise an interesting question. What if a man needs to use a urinal and a stall? That seems like a lot of zipping and unzipping to me. I asked Bob if they just used the stall for everything, and was told this is top secret "Man Information" and that I would never find out as long as I lived.

But I just have to theorize that if they can use a stall for everything, then why ever use a urinal? Don't they want to do this sort of thing alone? And they laugh at us for getting up in a restaurant and all traipsing off to the ladies' room together. It's a puzzling world, I tell you.

Finally one woman had the top. She actually found droplets on her bathroom CEILING one time, and decided things had finally gone too far. Literally. She called all three of her boys in for an inquisition. "Who did it?" she demanded.

They stood before her, trembling. Finally the youngest one raised his hand and said, "I sneezed."

Oh, men, you are hilarious. 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 KAH 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@beyondpro.org](mailto:contact@beyondpro.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!

## California Rivers Festival

"California's rivers are not only the source of recreation for boaters, they also are the source of clean drinking water for California communities," said Katharyn McLearn, communications director for Friends of the River. "It is fitting that this year's Festival takes place on the banks of the American River, which is one of the top recreational rivers in the country and a popular urban oasis for families, as well as the source of drinking water for Sacramento and the Bay Area."

An annual event that The festival attracts kayakers, whitewater boaters, fly fishermen, families interested in learning about California rivers, and anyone who wants to get involved in river conservation.

Attendance anticipated topping 1,000 river enthusiasts and their families. This is a FREE family-friendly event that includes gear swap and sales, safe boating seminars, live auction, music, food, and games.

The festival will be held on Saturday, March 14th, 10:00am to 5:00pm at the Sacramento Waldorf School in Fair Oaks, overlooking the American River, at 3750 Bannister Road, Fair Oaks.

For more information visit: [www.californiariversfestival.org](http://www.californiariversfestival.org) or call 916-442-3155. Friends of the River (FOR) is the only organization safeguarding California rivers. FOR is dedicated to preserve, restore, and sustain our rivers. To learn more visit: [www.friendsoftheriver.org](http://www.friendsoftheriver.org)

# Race for the Arts Sets Date for 2009

Sacramento - The economic climate is affecting our communities - especially the arts.

Theatre, opera, dance, music and art, along with your children's schools' programs all need your help to stay alive. This is your opportunity to raise much-needed funds.

Participate in the 11th Annual Race for the Arts - 100% of your pledges benefit your designated nonprofit visual, performing, cultural arts and school music, drama, and art programs. Race for the Arts is a 5k run/walk and children's fun runs that takes place Friday, August 28 at Crocker Park. With approximately 35 interactive arts booths, full stage with live entertainment, entertainment


along the race course, and refreshments following the walk/run, this is a perfect opportunity to raise awareness and funds.

Start preparing your strategies now by obtaining pledges through websites, newsletters, board meetings, incentives, teams, families, friends, co-workers, and challenges.

Along with over 148 organizations/school programs, Galena Street did it by raising \$27,000 in 2007, Suzuki Music Association of California did it and raised \$2,650 in 2008. Contact Race for the Arts at 916-933-4056 or [www.raceforthearts.com](http://www.raceforthearts.com) for help, suggestions, or any further information.

## BACH'S BIRTHDAY CELEBRATION

Sunday, March 22 at 7 p.m.  
Mondavi Center, UC Davis



Robin Fisher, Soprano  
Julie Anne Miller, Mezzo  
Isaac Hurtado, Tenor  
John Bischoff, Bass


Donald Kendrick, Music Director

An evening celebrating the music of J.S. Bach featuring:

- Magnificat
- Lutheran Mass No. 4 in G Major
- St. John Passion (excerpts)
- Cantata #11 (excerpt)
- Jesu, Joy of Man's Desiring
- Komm Suesser Tod

*Pre-concert talk video podcast*

*Projected supertitles*



*Tickets*

**866-754-2787**  
or online at  
**SacramentoChoral.com**

\$30 | \$40 | \$50 Students ½ price (ID at door)  
Group Sales (10+) \$5 Discount

# Support Your Local Arts



# HOME BUYER SEMINAR

Buying a home is a complex process. To help ensure that your home purchase is financially beneficial and the process of purchasing is problem-free, the Carmichael Realty Associates team is offering a free home buyer's class to teach you the secrets of successful home buying.

## PLEASE JOIN US AT AN UPCOMING SEMINAR TO LEARN:

Will you get a deal by purchasing a foreclosure?

Do you have to put money down to buy a home?

Is it really a good time to buy?

What is a short sale?

What is your credit score, and what does it mean to a lender?

Why do you need a credit report ahead of time?

What to do if you can't qualify now?

What is the first step in purchasing a home?

Bring your own questions.

FREE

**Refreshments  
& Door Prizes**

**When: Wednesday March 18th at 7:00 - 8:00 p.m.**

Future seminars held on the 3rd Wed. of each month

**Where: Carmichael Realty Associates**

**6753 Fair Oaks Blvd., Carmichael, CA 95608**



**Steve Germales**  
Certified Mortgage Planner  
Real Estate Broker/Comstock Mortgage  
Business: 916-977-1232  
sgermales@comstockmortgage.com



**Claudette Erickson**, Real Estate Broker/Owner  
Office: (916) 483-0454 claudetteerickson@sbcglobal.net



**RESERVATIONS ARE REQUIRED. SEATS ARE LIMITED.  
PLEASE RSVP CALL (916) 813-9238**

# POPPOFF!

with Mary Jane Popp

## TRUSTING YOURSELF



Have you tried everyone else's ideas to make yourself over? From Dr. Phil to Dr. Laura...you know...all the gurus and psychos, I mean psychologists? Well, M.J. Ryan says you need to look to your self. She lays out the steps in her book "Trusting Yourself". M.J. is the anti-expert's expert! M.J. has fifteen simple ways to increase trust in yourself.

1) If you have an inner critic, why can't you have an inner booster? M.J. recently overheard her six year old saying out loud, "Good job, Ana, way to go!" Why can't we support and encourage ourselves in this manner?

2) When you are stuck on making a choice or decision and think, I don't know what to do, ask yourself: If I did know, what would be the answer?

3) If you are stuck on making a choice, bring to mind the wisest person you know personally...like your father, grandmother, or historical figure. What would they do in this situation?

4) If you always blame yourself when things go wrong, use the psychological technique of re-attribution to expand your thinking. Ask yourself, what other factors contributed to this situation besides me?

5) How do you get over overwhelmed? For M.J.'s husband, it's writing a list of everything on his plate so he can make a plan. For Jesse, it's getting up from the desk to work out. How about you? Write yourself a reminder and put it in your computer screen or car seat. Then, when you begin to swirl, the way out is right in front of you.

6) Can't remember a fact or name? Relax your mind and let it go. The answer will likely pop right into your head.

7) Have trouble saying no? Get in the habit of saying, "I'll get back to you," instead.

8) Be like Julia Child. When things go wrong on her cooking show, and they did, she took it in stride.

9) When confronted by an overwhelming problem, ask yourself, if I didn't have this problem, what would I be doing?

10) Outlaw media that increases your self doubt, and tun in to those that help...like my "POPPOFF" Radio Show.

11) Is envy eroding your ability to trust yourself? Slovakian women teach their daughters to give a sincere compliment to the person who has stirred you up, and the good feelings restore faith in yourself.

12) Ask yourself: If I didn't worry about anyone else's approval, what would I do now?

13) Do an airplane view of your week at week's end.

14) Ask for support. It is empowering.

15) What will you regret not having in your life? Then ask, what do I need to know to make sure I don't have those regrets?

These are the shortened version of what M.J. covers in her book. "Trusting Yourself" helps you find more peaceful, saner lives every day. It's a start, but from the desk of Mary Jane Popp, always remember you are the best judge of you. Bottom line is...Trust and then Go For It !!!

Check out the "POPPOFF" Radio show Monday thru Friday on AM-950 KAH1 10 AM - Noon for provocative fast-paced informational and entertaining radio listening!

### Free Public Lecture:

## "Finding Certainty in Uncertain Times"

A talk by David F. Stevens, C.S.B., of Petaluma, California  
Mr. Stevens is a member of the Christian Science Board of Lectureship.

**You have a right to freedom from anxiety.**

**Come learn how to gain your peace.**

**Sunday, March 15, 2009, at 3 P.M.**

**La Sierra Community Center  
John Smith Hall  
5325 Engle Road, Carmichael**

(Childcare is not available)

**Sponsored by First Church of Christ, Scientist, Carmichael**



**TAX TIME IS HERE. DON'T BE NERVOUS.  
WE KNOW TAXES .**

*Mention This Ad And Your State Taxes  
Are Done For Free!*

**COME SEE US AT EITHER OF OUR LOCATIONS.**

5839 Manzanita Ave. Suite 8  
Carmichael CA, 95608  
916-338-5403

5484 Dewey Dr., Suite 235  
Fair Oaks CA 95628  
Near safeway shopping center  
916-844-1023



# Aegis of Carmichael Named 2009 Community of the Year



(L) Layla Seiler, Asst. Exec. Director (C) Chris Schoonveld, Marketing Director  
(R) Terry Ervin, Regional Director

Carmichael, CA – February 1, 2009 – Aegis of Carmichael, a senior living community specializing in retirement, assisted living and memory care, was presented with Community of the Year during the company's annual Aegis Living Management Meeting. Held in Seattle, this year's annual meeting featured guests Gary Zukav, Naomi Judd, Dr. Laura Berman and Dr. Tom Morris sharing their wisdom and experience with all in attendance.

Aegis of Carmichael ranked highest among all Aegis communities for Community of the Year. Each year, the award for community of the year is bestowed to the community who performs the best in terms of employee, resident and family satisfaction, financial performance and innovation. In addition to the coveted Community of the Year award, Aegis of Carmichael was also recognized with the Andrea Smith Award, the Aegis

Mentor of the Year Award and the Black Box Award for innovative practices.

For their exceptional service, Aegis of Carmichael was presented with the Andrea Smith Award, this award is given each year for the Aegis community that contributes the most to its surrounding community. In 2008, Aegis of Carmichael, working with Rebuilding Together, refinished a home of a 93-year old resident of South Sacramento. Additional community service efforts included a yard sale which raised over \$5000 for the Aegis employee emergency fund called "The Potato Soup Foundation", executive board participation in the Alzheimer's Aid Society annual Luau which raised over \$70,000 for local caregivers, executive board participation in the annual Alzheimer's Aid Society golf tournament that raised \$45,000 for local caregiver resources.

Management and staff of Aegis of Carmichael also received distinguished recognition for Mentor of the year for Layla Seiler, Assistant Executive Director, who mentored over seven regional Aegis managers as well as Mrs. Seiler's participation as Acting Executive Director of Aegis of South San Francisco.

Aegis of Carmichael was also the recipient of the coveted Black Box award for their innovative employee

appreciation practice that allowed the community to save over \$30,000 locally and over \$150,000 for their company.

The Aegis awards are chosen from peers, executive directors from each Aegis community, as well as the Aegis senior executive management team. Winners were selected by the Senior Executive management team lead by CEO and Aegis Living Chairman, Dwayne Clark.

"What makes Aegis such a wonderful company are the people who come to work everyday, our employees," said Clark. "Without their tireless dedication and enthusiasm Aegis would not be the stand out company that it is today. And for this we wish to recognize and enrich those who give us, and our residents so much everyday."

Aegis Living provides an innovative approach to senior living that focuses on the individuality of each resident, special philosophies of care and luxurious amenities. This approach has made Aegis Living a success story in the industry and a premier choice for those seeking senior living services.

Aegis of Carmichael is located at 4050 Walnut Ave., Carmichael, CA 95608. The highly qualified staff take exceptional care of the many residents who make Aegis their home. It features dedicated apartments for residents in assisted



## California MENTOR

### OPEN YOUR HEART AND HOME!

Family home agency- CALIFORNIA MENTOR is looking for people who are willing to provide care and guidance for adults (18yrs +) with developmental disabilities.

Have an extra bedroom?  
Have experience working with adults with disabilities?

**Make a difference in someone's life!**  
Tax Free Stipend ranging from \$800-\$1800 per month  
**Info line (916) 383-9785 ext. 15**

## QUALITY MAKES A DIFFERENCE

### QUALITY MANAGEMENT

Over 50 years under local management and ownership.

### QUALITY ASSETS

In 2008, we completed our 20th consecutive year without any foreclosed properties on our books.

### QUALITY RATINGS

Highest financial ratings from Bauer Financial, Inc., Veribanc, and IDC Financial Publishing, Inc.

### SAFE—STRONG—SECURE



*Serving our local communities for 50 years*

**35 locations to serve you**

CARMICHAEL • 4701 Manzanita Ave. • 481-0664



[eldoradosavings.com](http://eldoradosavings.com)





## SAFE Credit Union to Award \$10,000 in Local Scholarships

SAFE Credit Union is seeking exceptional teens for scholarship opportunities. As part of SAFE's scholarship program, ten college-bound high school seniors will each be awarded \$1,000 for their outstanding achievements this spring. Recipients will be chosen based on exceptional grade-point averages, community service, and letters of recommendation. Each student will also be asked to submit a personal composition on how their education will benefit the community.

The program is open annually to students who live or attend school in Sacramento, Placer, Yolo, Yuba, Sutter, Amador, Butte, Contra Costa, Nevada, San Joaquin, Solano, or El Dorado counties. In 2008, ten amazing students were recognized from more than 200 who applied. The application package for 2009 is available online at safecu.org and at SAFE branches. Applications must be postmarked no later than April 6, 2009 to be eligible.

SAFE's scholarship program started in 2001 and has since grown to include \$10,000 in support for the Sacramento County Office of Education Academic Decathlon, as well as a separate \$10,000 college scholarship program for decathlon

participants. The program underscores its commitment to youth and local schools, says SAFE President and CEO Henry Wirz.

"We want to provide students with the resources they need to improve their well-being," Wirz says. "By rewarding outstanding academic achievement, we hope to encourage all students to thrive. By providing financial literacy resources, we hope to help them make responsible decisions as they transition to college life."

The scholarship program is just one of the many resources that SAFE has extended to community youth. Rio Linda High School, for example, partnered with SAFE and opened an on-campus branch in 2005. The student-run branch has opened a conversation about the importance of fiscal responsibility and smart saving. Students learn through day-to-day branch operations, by managing their own accounts, and through classroom workshops sponsored by SAFE.

Established in 1940, SAFE Credit Union maintains assets in excess of \$1 billion and serves more than 127,000 members through 20 branches in the greater Sacramento region.

## Sacramento VA Medical Center Salutes Veterans



Photo by Amanada Morello

The Sacramento VA Medical Center held an entertainment show Tuesday, Feb. 10 at 10 a.m. to celebrate the National Salute to Veterans Week. This week long celebration designed to promote the public to participate in celebrating those who have given so much to our nation and to let them know that they are not forgotten.

VA Medical Center Director Brian O'Neil, M.D. said he hopes visitors will also learn more about the important roles volunteers play at the medical center throughout the year and perhaps pursue volunteer opportunities.

The celebration began with a welcome from the system Associate Director followed by entertainment from Krohn and Malone and a Blue Grass Band.

## Arden Hills Resort Club & Spa Promotes Courtney CaJacob to Director of Marketing Region's Only Wellness Resort is Currently Accepting Applications for a Variety of Positions

Locally owned and operated, Arden Hills Resort & Spa recently promoted Courtney CaJacob to the expanded role of Director of Marketing for the wellness resort, the only one of its kind in the region. CaJacob's new position and added responsibilities are effective immediately.

Courtney CaJacob was promoted from Marketing Manager to Director of Marketing. In her new role, she is responsible for all efforts related to the overall brand positioning for Arden Hills Resort Club & Spa. In addition, she manages a staff of twelve and supervises all advertising, marketing, graphic

design, community relations, public relations and event coordination for the wellness resort. CaJacob joined Arden Hills in July 2008 from the Westfield group where she worked as a marketing manager.

Committed to providing ongoing staff training and a thriving work environment, Arden Hills is currently accepting applications and resumes for a variety of open positions. Anyone interested in learning more about career opportunities at Arden Hills Resort Club & Spa is encouraged to visit [www.ardenhills.net](http://www.ardenhills.net) for more information.

## Defensive Driving Class

Our next Defensive Driving Class will be held on 18 and 19 Mar 2009, from 0900 to 1300 hours each day. NOTE THE CHANGE IN LOCATION AND THE INCREASE IN FEES FOR THIS CLASS. Our class will be conducted in the Air Museum Bldg, 3200 Freedom Park Drive on McClellan Park. This class is only open to military retirees/spouses and widows of military retirees.

For AARP members the cost is \$12 per person; non-AARP members, the cost is \$14. If you want to sign up, you must personally come to the Retiree Office, located in the VA Clinic, to do so. Make checks payable to the Retiree Activities Office. Please do not call to try and sign up over the phone. IT WON'T WORK. If you have any questions, please call one of our volunteers at 561-7476, Mon thru Thurs, during the hours of 0900 to 1500.

**Do you have dental coverage?**




**Sample Savings:**

White Filling:	Save 50%
Routine Cleaning:	Save 45%
Crown:	Save 40%
Fluoride Treatment:	Save 67%

Over 59,000 providers in 42 states

**Start Saving the Day You Join**

- No Waiting Periods
- No Claim Forms
- No Prior Authorizations Required or
- Pre-Existing Condition Exclusions

**Members also save up to 60% on:**

- Prescriptions
- Vision Services
- Hearing Services & Chiropractic Service

**ALLCARE**  
DISCOUNT DENTAL PLAN

**1-888-283-1444**

Disclaimer: Plans and programs offered are not health insurance policies and the plan does not make payments directly to the providers of health services. Member is obligated to pay the provider for all health care services that the member will receive, but, the member will receive a pre-negotiated discount from the providers listed in the network, in accordance with the specific pre-negotiated discounted fee schedules. These programs and plans provide discounts at certain locations for health services. Ad provided by MediaBids.com. 1-866-236-2259.



**CHAUTAUQUA PLAYHOUSE**  
**Now Playing**  
*Enchanted April*  
**through March 15**

(L) Richanne Baldrige as Rose and Lynnette Blaney as Lottie are intrigued by an advertisement of a castle for rent in Italy. Photo Credit: Warren Harrison

Chautauqua Playhouse announces the fourth show of its 32nd season, ENCHANTED APRIL by Michael Barber, opening on February 13, at the Playhouse. The show will run on Fridays and Saturdays at 8:00pm and Sundays at 2:00 pm through March 15. All performances will be held at the Chautauqua Playhouse, 5325 Engle Road in the La Sierra Community Center in Carmichael. Admission is \$17 general and \$15 students, seniors, children and SARTA members.

*ENCHANTED APRIL is a romantic comedy, based on the novel by Elizabeth Von Arnim. In 1922, two discontented English housewives rent a villa in Italy to escape their unfulfilling marriages. They are joined by two other very different women for the holiday and the magical setting transforms all of their lives*

The production is directed by Warren Harrison. Set design is by Jerry Sutherland, with lighting by Ross Aldrich. Costumes are by Eileen Beaver. The cast features Lynette Blaney, Richanne Baldrige, Boots Martin, Julie Bock-Betschart, Michael Walker, Walter Thompson, and Monique McKisson.

**For tickets and additional information call the theatre at (916) 489-7529 (PLAY).**

Information and tickets are also available through the Chautauqua Playhouse website: [www.cplayhouse.com](http://www.cplayhouse.com)

**CHAUTAUQUA PLAYHOUSE**  
5325 ENGLE ROAD, CARMICHAEL, CA 95608 (916) 489-7529  
A Non-Profit Organization



# Assemblyman Roger Niello's Statement Regarding the Budget Agreement



California's budget problems have been well documented. A tragically weakened economy combined with ongoing spending commitments means that we are now looking down the barrel of a record \$42 billion budget deficit.

As I stated during the budget negotiations, this budget agreement for me was never a choice between spending cuts and taxes. My overriding interest has always been to reform the way we do things. Throughout last year's budget debate I was opposed to raising taxes. The majority party, however, was not just opposed, but largely ignored prudent reform proposals that could have taken California down a different path. The good news is that, through the efforts of Republicans and Governor Schwarzenegger, Democrats have finally been willing to discuss reforms. The bad news is that what was merely an on-going structural deficit has now become an unprecedented budget disaster fueled by an economic calamity of historic proportions.

After seeing the size and scope of the problem, it became apparent that both spending cuts and taxes would end up being a necessity. It remained

my goal, however, to gain concessions through negotiations for major reforms; fundamental changes that will keep our state from this disastrous scenario happening again. It was also important to lessen the blow of tax increases on the economy as much as possible by getting support for legislation that will help our economy recover as quickly as possible.

And let's be clear; the changes that Senate and Assembly Republican leadership was able to negotiate in this agreement are significant. Republicans put forth a budget proposal in December that included a variety of reforms that we thought were necessary to solving the problem and initiating economic recovery. That list included:

- A spending limit and a rainy day fund.
- Increased flexibility for education including categorical reform that allows local school districts to spend resources as needed.
- Environmental flexibility that would allow for the streamlining of transportation projects.
- An extension on the implementation of new Air Resources Board diesel regulations that require engine retrofit and an expansion existing state programs that assist with costs of diesel retrofit.
- Expansion of public-private partnerships that will leverage private sector resources to rebuild our aging roads, bridges, water systems, and schools.
- No early release or direct discharge of prisoners
- New tax credits for businesses that hire new employees and tax credits for business investment in California.
- Eliminating the incentive for businesses to locate manufacturing facilities out of state
- A privatization of the lottery and a redirection to the general fund of monies from Proposition 10 and Proposition 63.

- 15.6 billion in spending cuts
- No COLA increases
- State employee compensation changes that include the end of overtime abuse.

And now, as a result of Republican demands at the negotiating table, all of these reforms have either been enacted or will be placed before the voters as a result of this budget agreement.

The state's budgetary condition provided Republicans with an opportunity to change the way we do things in Sacramento - in a manner that under normal circumstances were never considered by the Democratic majority. For me, the anchor of these reforms is the spending cap, which is a measure I have authored. This proposal will limit the size of government, ensure that we never again face a budget crisis of this magnitude, and set aside money in a rainy day fund during the good times to ensure that we can weather the bad.

In negotiation, there are gives and there are takes. In order for Democrats to support or even consider reforms of this magnitude it was necessary for Republicans to agree to temporary tax increases. For Republicans, this is painful, and therefore it became a priority for Republican negotiators to minimize the economic impact of the taxes; making sure that they are temporary, and linking them to the spending cap to ensure that the taxpayer is at the front of the line in the event that the spending cap fails and the state cannot keep spending in check. With this package, I believe these priorities were met.

Finally, the consequences of not agreeing to a budget now were too severe and simply not an option. Unlike the federal government, the State of California cannot print money to pay bills. As California continued to face a severe cash shortage, having more bills to pay than money to pay them, the bus that is California's state government would

have continued to go over the cliff to the point that the resulting negative impact on businesses who contract with the state, local governments, schools, and programs that provide critical care to those who are disabled would have affected all taxpayers.

The most disastrous scenario would require IOU's to be issued for payroll and tax refunds, small counties would go bankrupt, resulting in the complete stoppage of many county services. There would likely be health clinic and hospital closures statewide. Unemployment could skyrocket. At some point, the state's ability to issue bonds would completely stop and road construction and public works projects would grind to a halt.

Some have said that by agreeing to this budget, Republicans aren't protecting the taxpayers. But I believe that the unfortunate circumstance we find ourselves in is one in which the taxpayer will pay one way or the other. Either now, in the form of temporary new taxes that are combined with significant reforms, or later, when the state's economy is devastated because the state can no longer pay its bills.

When I was elected to the Legislature, I could not have imagined that our fiscal condition would ever be this bad, but the reality is that the perfect storm has come together and produced a budget deficit of historical proportions. It is now time for us to exhibit leadership to help right our fiscal ship as I believe we were elected to do.

I commend the work that Assembly Republican Leader Mike Villines and former Senate Republican Leader Dave Cogdill have done in negotiating this budget solution and I am confident that this package will help our state's economy recover quickly while inflicting as little damage as possible and placing us in a better position longer term that will protect our children and grandchildren.



## Riley Reviews

by Tim Riley

### SEEKING HUMOR IN "CONFESSIONS" DURING A TOUGH ECONOMY

#### CONFESSIONS OF A SHOPAHOLIC (Rated PG)

This review is about a new comedy called "Confessions of a Shopaholic," but

#### Weekly SUDOKU

#### Answer

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

I've got my own confession to make. Still suffering a nervous twitch every so often while recalling the trauma of watching the execrable "Sex and the City," I was reluctant to attend the press screening of this latest homage to the culture of haute couture. But then, I thought the star of the film, Isla Fisher, was at least fun to watch, after recalling her antics in "Wedding Crashers." Still, I just wanted to hold my opinions on this film in reserve in case I needed a new article.

Well, here it is, another week has come and I have nothing to write about. Maybe, the effects of last year's writers strike are catching up to us, because the studios aren't promoting any of their new movies this week or next, as far I can tell. That's always a bad sign. By the way, I will not endure the self-inflicted torture of sitting through "Friday the 13th," even though it inexplicably pulled in a high box office return. If we have to suffer a recession, is it too much to ask teenagers to not waste money on these dreadful horror films?

Okay, where was I? Oh, yes, this article

is supposed to be about "Confessions of a Shopaholic." Some critics have gotten on their high horse because they think it is unseemly to glorify excessive spending on high fashion during tough times. Frankly, a little consumer spending might be the stimulus we need. Yet, what's unnerving about Isla Fisher's Rebecca Bloomwood, the compulsive shopper, is her casual disregard for maxing out her credit cards with no obvious means to repay her debts. Doesn't she know that only the Federal Government is allowed to be so reckless?

Now that we have established Rebecca lives beyond her means, let's move on to the plot, such as it is. To save on rent money, Rebecca shares a Manhattan apartment with her best friend Suze (Krysten Ritter), but seems more interested in using the place as a gigantic closet for more shoes, clothes and handbags than she'll need or use. Seeking new employment as a journalist, Rebecca wants to land a spot at a high-fashion magazine, but instead stumbles into a sister publication dedicated to financial matters. That she's unqualified for the job is immaterial to her young handsome boss, British editor Luke Brandon (Hugh Dancy), as he sees potential in her audacity.

Given a few improbable chances to make a go of business journalism, Rebecca stumbles into a surprisingly successful advice column entitled "The Girl in the Green Scarf" (a reference to an extravagant purchase made on the way to her job interview). In any case, Rebecca becomes a hit in the publishing world, and then she's whisked off to a conference in Miami with her boss, where she enthralls

business people with awkwardly insipid observations that are perceived as nuggets of wisdom. Well, I probably don't need to tell you that a hint of romance is in the air between Rebecca and Luke, even though he's been cozying up with a stunning, leggy beauty (Leslie Bibb) who works at the fashion magazine.

As Rebecca gains fame and public acclaim for her sage advice column, there are obstacles lurking everywhere. For one thing, nerdy collection agent Derek Smeath (Robert Stanton) stalks her constantly, threatening to unravel the tidy fiction she has created at work. Later on, the dogged collector gets some great laughs when Rebecca can no longer dodge him. Trying to cope with her addiction, Rebecca joins a Shopaholics Anonymous group, where the members, including a former NBA player (John Salley), nearly unravel as Rebecca rapturously describes the joys of shopping. Other things go wrong when Rebecca has to cope with her well-meaning parents (Joan Cusack and John Goodman), and when she messes up her obligations as a bridesmaid.

"Confessions of a Shopaholic," based on a series of fluffy books by Sophie Kinsella, is admittedly not a movie made for my demographic group. But it had its moments of great fun, due in great measure to the enjoyably perky Isla Fisher, who displays natural gifts of physical comedy. At the very least, "Confessions," with a pleasant central character, is far more enjoyable and infinitely superior to "Sex and the City," which in my estimation remains one of the most annoying films of the decade.



# Pet of the Week: Faith



terms, and when you pet her she is a purr machine and kneads her paws like she is making biscuits. She is close to 4-years-old and has medium length brown fur and big green eyes. She needs someone to love and a house to explore. Save a life, adopt a shelter animal.

Pet ID#: A490279

Faith is a cat with a missing home and a missing ear. Shelter staff is not sure how she became a one eared cat, but due to her missing piece she is not being looked at as much as the other cats at the shelter. She can hear fine, is just as sweet as a cat with two ears but she needs someone to look passed her ears and give her a chance. Like most cats she is independent and wants to be handled on her own

To see Faith 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](http://www.saccountyshelter.net)  
(916) 368-7387 (PETS)

## Victory Christian School

A Fully Accredited, College Preparatory K-12 School  
46 Years of Proven Educational Excellence



### We offer your family:

- Christ centered environment
- Small class size
- Educational field trips
- Weekly chapel for all ages
- Structured learning with hands-on learning

**After-school care available**

### We have three campuses to serve you:

In Carmichael:  
K-6<sup>th</sup> (916)488-6740  
7<sup>th</sup>-12<sup>th</sup> (916)488-5601  
Fair Oaks:  
K-8<sup>th</sup> (916)967-6565

**Applications now being accepted for the 2009/2010 School year!**

Visit us on the web at [victorycs.org](http://victorycs.org)

# Hometown Hero of Carmichael

Army Pvt. Tiffany W. Boswell has graduated from basic combat training at Fort Jackson, Columbia, S.C.

During the nine weeks of training, the soldier studied the Army mission, history, tradition and core values, physical fitness, and received instruction and practice in basic combat skills, military weapons, chemical warfare and bayonet training, drill and ceremony, marching, rifle marksmanship, armed and unarmed combat, map reading, field tactics, military courtesy, military justice system, basic first aid, foot marches, and field training exercises.

She is the daughter of Deborah Gastile of Stratus Drive, Orangevale, California. Boswell is a 2007 graduate of Visions In Education, Carmichael, California.

# King Crossword — Answers

**Solution time: 25 mins.**

P	I	T	A		L	A	M	B		V	I	S		
A	V	I	V		A	L	A	R		A	C	T		
V	A	L	E	N	T	I	N	O		L	E	A		
E	N	T	R	E	E					N	E	E	D	Y
			S	O		V	I	X	E	N				
G	A	V	E		M	A	T		R	C	M	P		
A	G	A			A	L	E			I	R	A		
S	O	L	O		G	U	M		P	A	S	T		
		K	Y	L	I	E			H	A				
S	T	Y	L	E				M	O	R	O	S	E	
A	I	R			V	A	L	I	D	A	T	E	D	
L	E	I			E	V	I	L		D	I	E	D	
E	R	E			L	E	E	K		E	S	P	Y	

# Weekly SUDOKU

by Linda Thistle

Answers on page 7

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

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

## DIFFICULTY THIS WEEK: ★

★ Moderate    ★★ Challenging  
★★★ HOO BOY!

© 2009 King Features Synd., Inc.





## Young mother worries about raising kids in today's world

by Lauren Forcella

**Dear Straight Talk:** I am 20, engaged to be married, and pregnant with our first child. The problem is I'm worried about raising children in today's "raunch" culture. My fiancé's nephews (ages 6 to 13) are constantly pointing at girls on the street, calling them fat or prostitutes, and accusing each other of having sex with them. A 12-year-old in the nearby school is pregnant by an 11-year-old boy. Everywhere I look, I am appalled at how children are acting. Do I risk putting my children in school only to have them corrupted by this influence? A parent can only do so much at home teaching manners and right from wrong. I want them to have sports, band, dances, friends, but is public school worth the price, or should I home school? — Lori, Rocklin CA

**Katie, 15, Auburn CA:** If you instill good values in children at an early age, there is no need to "shelter them from the evil world". Your kids will be exposed no matter what. It's your job to make what they encounter a learning experience.

**Liva, 20, Hudson NY:** A wise friend gave me this basic tenet of parenting: If you want children to behave a certain way, set clear expectations and never stray from enforcing those expectations. In addition, seriously limiting TV and Internet is an easy way to protect them from premature violence and sex. Babies and young children pick up everything — including your language. Give them natural toys, read lots of books, don't use TV as a babysitter. Can you afford private school? Is a charter school nearby? I was home schooled awhile and it's very socially limiting.

**Graham, 15, Fair Oaks CA:** The fact that you are concerned now puts you ahead of the game. Teach your children good manners. Never allow them to say anything at home that you wouldn't want them saying elsewhere. I advise against isolating them socially. Home school often teaches immaturity, as children don't learn what is acceptable in a real social environment. Let them

play sports, make friends, play music.

**Lennon, 22, Fair Oaks CA:** Look into private school. They tend to be more sheltered. Many offer financial aid.

**Johannes, 21, Springfield MO:** You can never truly protect your child from bad influences. But you can be lovingly present for your child and be the one he comes to for advice. By answering questions honestly, your child will learn to depend on you and his values will be shaped through your answers. By withholding information, or not accepting your child and trying to force him to be someone else, he will look to his peers for help and possibly be pointed in a poor direction. I don't recommend home schooling. Let your child have the life his friends will have.

**Dear Lori:** The panel is sour on home school, but excellent programs do exist with social opportunities. Check with your state department of education for availability in your area. To add to the panel's wisdom, I observe that humans have largely lost the instinct to shelter their young. Babies, tots, and small children are parked in front of TV sets, encouraged to use computers, and conditioned to be consumers from day one. As you've lamented, the latest commodity in consumer culture is "raunch." The best defense is to shelter children from commercial media and consumer environments until they are old enough to not absorb things like a sponge — that being their first 7 to 10 years. (Like musician, Jack Johnson says, "Turn that thing off.") At the same time, be a role model, get them in nature, find them playmates with like-minded parents, continually present your values on how to be in life. This moral foundation will last a lifetime. It's a fact that kids sheltered from commercialism in infancy and early childhood make better decisions later on.

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

## Solar Fundraising Program Launched for Sacramento Youth Organizations

*Innovative program projected to generate much more revenue than traditional magazine and candy sales*

**Carmichael** — Local solar manufacturer Solarroofs.com Inc. of Carmichael has just announced a new fundraising program for youth organizations. The Solar Water California Program is designed to promote awareness of solar energy within the community, while raising money for schools, church groups, and other clubs. The program kicks off with a benefit for the Shriners Hospitals for Children that will take place at Sacramento area Whole Foods Markets during the month of February. Alan Anderson, Director of Development for Shriners Hospitals for Children, is enthusiastic about the program "We are very grateful for this opportunity to partner with an organization whose principle mission will provide such meaningful savings for families and the environment - while giving us the means to transform the lives of children suffering from serious injuries or congenital conditions. Thank You!"

In contrast to other fundraisers that depend on children to sell merchandise door-to-door, the Solar Water California Program only asks organization members to offer families a free Home Solar Evaluation. The Home Solar Evaluation is performed by a SMUD approved contractor to determine the suitability of the property for solar energy, and to explain the costs and benefits. For every Evaluation received a donation is made to the organization, followed by

an even larger donation if the family decides to go solar. Far greater participation is expected since the program does not require direct sales by the organization members. "We are very excited to launch this innovative green fundraising program," said Josh McDonald the Program Director. "Shriners Hospitals for Children is such a fantastic organization, and just one of the many we intend to benefit. This fundraising program is a great way for us to educate homeowners about solar energy while raising much needed funds for our kids."

According to the Sacramento Business Journal, Solarroofs.com was the ninth fastest-growing company in the Sacramento region in 2008. Al Rich has been a local manufacturer of solar systems in Carmichael for 17 years. The company is driven by a strong commitment to environmental stewardship and reducing environmental pollution by greenhouse gasses.

Josh McDonald of GMI developed the Solar Water California Program and approached Al Rich of Solarroofs.com with the concept. "I am proud to participate in this program and to educate our kids and community about the benefits of solar energy," said Solarroofs.com founder Al Rich, "It is an honor to contribute to the Shriners Hospitals for Children who have given so much to my family and the community as a whole."

### BONES LAW FIRM

**Gordon G. Bones**  
Attorney at Law

4790 Dewey Drive, Suite C Fair Oaks, CA 95628

*The Law Firm provides the following legal services:*

- Loan Modification and Home Mortgage Workout • Bankruptcy
- Technology Contracts • Business and Corporate Matters
- Trust and Trust Administration • Estate Planning
- Probate and Conservatorship • Family Law



**P: 916.965.6647**

**F: 916.965.4218**

**gbones@boneslawfirm.com**

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

*That's why we make sure the whole family is involved.*

*It takes a special kind of person – and a special kind of place – to provide Alzheimer's care. You'll find both at Emeritus at Citrus Heights.*

*The special needs of those coping with Alzheimer's and other memory impairments demand a special kind of care and support: for them, and for those who love them. Emeritus at Citrus Heights offers just that, in a secure, inviting setting.*



**EMERITUS**  
— at Citrus Heights —

*To care. To comfort. To understand.*

**916.729.2722**

7375 Stock Ranch Road  
Citrus Heights, CA 95621

www.emeritus.com

Emeritus License # 347003712  
©2008 Emeritus Assisted Living



The American Cancer Society's

**Daffodil Days**<sup>®</sup>

Give Daffodils. Give Hope.<sup>™</sup>



Join the American Cancer Society in finding a cure for cancer and saving more lives. The dollars you donate through the Daffodil Days campaign support the Society's groundbreaking research, education, early detection efforts, advocacy, and patient services. Purchase flowers, send a bouquet to a local cancer patient or become a volunteer coordinator.

Call 1-800-ACS-2345 or visit [www.cancer.org/daffodilsonline](http://www.cancer.org/daffodilsonline).



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

Hope.Progress.Answers.<sup>®</sup>

**Carmichael Times**



## "Entre Amis": A Concert with the CSUS Choirs

Join Donald Kendrick and the Sacramento State University Choirs for Entre Amis-- a Choral Concert on Saturday, March 14th at 8 PM in Sacred Heart Church located on the corner of 39th and J Street. The evening will feature the Chamber Choir, Concert Choir and the University Chorus in a celebration of Canadian and American choral works. The University Chorus will also present J.S. Bach's "Cantata No. 150" and "Winter" by Eric Whitacre featuring chorus, strings and renowned Sitar performer Dr. Prasad Jogalekar from the Bay Area.

The Concert Choir will perform new works from Canadian composers Sid Robinovitch and Eleanor Daly and the Chamber Choir will sing some of the works from their upcoming concert tour to Montreal

and Ottawa in May. The suggested donation at the door is \$10 General or \$5 for Students/Seniors.

Advance tickets are strongly suggested by calling the CSUS Central Ticket Office (916) 278-4323 or through BASS Ticket Outlets at (916) 766-2277. Visit our website at [www.csus.edu/music/choral](http://www.csus.edu/music/choral)

**Date:** Saturday, March 14th at 8 PM

**Place:** Sacred Heart Church  
1040 - 39th Street  
(39th and J Street), Sacramento

**Tickets:** Suggested Donation at the Door  
\$10 General or  
\$5 Students/Seniors

## Singles Nite of the Stars Dance

Christian Singles Network, will hold a Nite of the Stars Dance for single adults Saturday, February 28, from 7 PM to 11:30 PM. at Carmichael Presbyterian Church, 5645 Marconi Ave., near Fair Oaks Blvd, Carmichael.. The evening features DJ dance music of all types from 8-11:30 by Jerry Tatum and dance lessons in the Hustle from 7-8 PM by Siggy. Dress as a movie, tv, or sports star, or famous musician, or come as the star you are (nicer casual). The ticket price of \$15 presale or \$20 at the door includes a complementary buffet and the dance lessons.

CSN dances are non alcohol. Christian Singles Network, Northern California's largest inter-church singles group founded in 1992, has over 7,500 singles on its roster and holds dances every 3 to 4 weeks. Call the number below for directions or more information. The music is a mix of rock and roll, ballroom, Latin, country and Christian music.

Membership is not necessary to attend, although members get a \$5 discount at the door.

All ages and all denominations are welcome. Most attendees fall between the ages of 35 to 65 but all ages are welcome. CSN has been holding dances 16 years, drawing singles from the Sacramento, the foothills, and beyond to Reno and the Bay Area.

CSN next dance will be held March 21, also at Carmichael Presbyterian Church. For more information on these parties please call the office at 530-878-8606.

Pre-sale dance tickets are available on line at [www.christiansinglesnet.com](http://www.christiansinglesnet.com), or at Wayside Bookstores in Auburn and Rocklin, Berean Bookstore in Sacramento, and Jireh's Bookstore in Placerville; or by mail through CSN, P.O. Box 909, Meadow Vista, CA 95722. Volunteers receive a discount or attend free for helping. Call the CSN office to volunteer.

For more information, to receive more information about activities, or directions call the 24 hour event line at (916) 658-0606 or the CSN office at (530) 878-8606. The website, [www.christiansinglesnet.com](http://www.christiansinglesnet.com), includes directions.

## Button Bazaar Returns to Carmichael

### Button Bazaar Returns to Carmichael, CA

It's easy to see why button collectors love buttons...they are quite simply smaller antiques and collectibles. But, now that buttons are making a comeback in the fashion world, sewers and crafters are also discovering this "fastenating" art form.

Almost every subject and material has appeared on a button. Although button collecting was born during the Depression era of the 1930's, the hobby today encompasses collectible buttons going back to the 18th Century. From the elegance of fine French painted enamels, to the fun of children's novelties, there's something

for everyone. The Sacramento Button Club invites you to discover these small treasures, highly valued for their outstanding workmanship and nostalgic past. People are fascinated when they see vintage buttons for the first time, because they are seldom seen in today's marketplace.

*The Button Bazaar show and sale is Saturday, February 28, 2009, 10 AM to 5 PM, Carmichael Park Community Club House, 5750 Grant Ave., Carmichael, CA., Donation 2.00.*

*Web site: <http://home.comcast.net/~ButtonBazaar/Show.html>*

## Sacramento Master Singers Presents

### "Sing On 'Till I Am Filled With Joy"

The Sacramento Master Singers, under the direction of Dr. Ralph Hughes, will celebrate their 25th anniversary with this performance entitled "Sing On 'Till I Am Filled With Joy", with works that highlight the choir's past, rejoice in the present, and look toward the choir's future. This concert will be presented at First United Methodist Church (21st & J Streets) in Sacramento on March 14 at 8:00 PM and March 15 at 3:00 PM. The concert is presented in four segments: pieces from the choir's 25-year history, songs of social justice speaking to

the difficult times society has faced in recent years, works that indicate new trends in choral singing, and inspiring songs to lift the soul.

Tickets for Sing On 'Till I Am Filled With Joy are \$18 and can be purchased online at [www.mastersingers.org](http://www.mastersingers.org), or by phone by calling (916) 788-7464, or at-the-door 30 minutes before each concert.

*Please join the Sacramento Master Singers at First United Methodist Church to celebrate 25 years of providing the Sacramento region with the finest of choral performances.*

# Business & Service Directory

<p><b>Handyman</b></p> <p><b>Household Helper.</b> You Name It! Hauling, Gutters, Tree Trim, Spot Carpet Clean (916) 613-8359</p>	<p><b>Household Help</b></p> <p><b>House Cleaning</b> Sparkling clean home guaranteed. Professional pet care. Experienced, dependable, reasonable rates. Call Madeline (916) 723-1608</p>	<p><b>FundRaising</b></p> <p><b>Take Your Fund Raising Over the Top !</b> Funding is a never ending challenge for non-profits! No Matter What Your Cause... <i>Travel is the Ultimate Fund Raiser!</i> Let us show you how to tap into one of the largest industries in the World! Learn how to raise funds by taking advantage of the largest trend in travel: Online Booking! 42¢ of every dollar spent on the internet is Travel! Our innovative affinity program provides your organization with your own online travel website (similar to Expedia®) which can help generate thousands of dollars for your organization when members and supporters book their personal travel through your customized website. CALL or Email for additional information: Bob Cushman (916) 343-0505 Email: <a href="mailto:bob@bobcushman.com">bob@bobcushman.com</a></p>	<p><b>Household Help</b></p> <p><b>DeAna's HOUSEKEEPING</b></p> <p>Immaculate, Fast, Honest, Dependable. I care about what I do.</p> <p>Call me, (916) 549-4915</p>	<p><b>Technology</b></p> <p><b>SPECIALTIES PLUS</b></p> <p><b>COPIER REPAIRS</b></p> <p><b>20 YEARS</b> <i>Alan &amp; Pam Jennings</i></p> <ul style="list-style-type: none"> <li>• FREE Estimates on all Brands and Models</li> <li>• Volume Copying - Free Pick-up and Delivery</li> <li>• New and Used Sales</li> <li>• Lowest Prices on All Brands of Toner</li> <li>• Maintenance Agreements Available</li> <li>• 6 mo. Warranty on All Reconditioned Copiers</li> </ul> <p><b>Call us Today!</b> <b>723-8430</b></p>
<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> <i>Superior Quality...Outstanding Values!</i> <b>Your Local Plumbing Expert</b> Family Owned &amp; Operated Licensed &amp; Insured Small Jobs &amp; Remodels Welcome Monday to Saturday 7 am to 7 pm <b>Call 916-482-4190</b></p>	<p><b>Garage Doors</b></p> <p><b>ACTION</b> DOOR SERVICE CALIF. STATE LIC. #650461 <b>Garage Doors and Openers, service, repair, replace.</b> 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> <i>All the typical 'handyman' services</i></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><b>Call Tom</b> (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 <i>Manzanita at Winding Way in Carmichael</i></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... <a href="mailto:ShelterMOU@hotmail.com">ShelterMOU@hotmail.com</a></p>



# King Crossword

## ACROSS

- 1 Pocket bread  
 5 Gentle soul  
 9 Force  
 12 Tel —  
 13 Winglike  
 14 Performance  
 15 Sheik  
 17 Grazing area  
 18 Main course  
 19 Indigent  
 21 "Why should I care?"  
 22 One of Santa's team  
 24 Donated  
 27 Wrestling surface  
 28 Mounties' org.  
 31 Mideast potentate  
 32 Hearty brew  
 33 Savings-plan acronym  
 34 Unescorted  
 36 Wrigley product  
 37 History
- 38 Singer  
 40 "That's a laugh!"  
 41 Fashion  
 43 Glum  
 47 Melody  
 48 Ratified  
 51 Oahu  
 52 Satan's field  
 53 Conked out  
 54 Prior to  
 55 Welsh veggie  
 56 Catch sight of
- 10 On the rocks  
 11 Obedience-school lesson  
 16 Ultra-modernist  
 20 Always  
 22 Price  
 23 Particular  
 24 Petrol  
 25 Way back when  
 26 Maiden of Odin  
 27 Creche trio  
 29 "— Doubtfire"  
 30 Vanna's colleague  
 35 Olive —  
 37 Procession  
 39 Not bumpy  
 40 Coal carrier  
 41 Garage event  
 42 Layer  
 43 "Got —?"  
 44 Elevator name  
 45 Leak slowly  
 46 Vortex  
 49 St.  
 50 Whopper

## DOWN

- 1 Macadamize  
 2 Terrible guy?  
 3 Pinball no-no  
 4 Loath (to)  
 5 Tardy  
 6 Will Smith  
 7 Isle of —  
 8 Cheery place?  
 9 Orange variety

1	2	3	4		5	6	7	8		9	10	11
12					13					14		
15				16						17		
18								19	20			
			21			22	23					
24	25	26			27				28		29	30
31					32					33		
34			35		36				37			
			38		39				40			
41	42						43			44	45	46
47					48	49	50					
51					52					53		
54					55					56		

© 2009 King Features Synd., Inc.

Answers on page 8

## Discover the help you need!

Enjoy remarkably affordable, high quality memory care at



For seniors with Alzheimer's or memory loss, you'll find service-rich memory care that includes

- capable staff to assist with medications management, dressing, bathing and other activities of daily living
- three nutritious meals and snacks daily
- secured entrances and exits
- a fully developed, life-enhancing activities program
- compassionate staff who use gentle words, reassuring touch and other "best practices" to enhance the lives of those with memory loss.

Memory day care is also available through **The Club Carmichael Park**. Seniors with memory loss spend their days engaged in meaningful activities, while their family caregivers run errands, take needed breaks or even remain in the work force.

Call Cheryl today!  
 (916) 481-7105

Ask about our  
 Move-In Special  
 (Limited Time Only)



**TOUR THE COMMUNITY AND REDEEM THIS COUPON FOR A FREE GIFT!**

*the Chateau*  
 at Carmichael Park

7125 Fair Oaks Blvd. • Carmichael, CA 95608

LIMITED TO ONE COUPON PER FAMILY

[www.HankFisherProperties.com](http://www.HankFisherProperties.com)

**HFP HANK FISHER PROPERTIES**



**Delivery Routes Available**  
 Call 773-1111

Carmichael, Fair Oaks, Citrus Heights, Orangevale, Roseville, Rocklin and Lincoln



**SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE  
CHANGE OF NAME**

**#34-2009-00032910-CU-PT-GDS**  
WHEREAS, Michael Levester Summerville has filed a petition in this court for a decree changing name of Michael Levester Summerville to Michael Levester Thompson. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on March 17, 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: Jan. 27, 2009.  
Shelleyanne W.L. Chang  
Judge of the Superior Court  
Publish: February 3, 10, 17, 24, 2009.  
SUMMER 90201 2-24-09

**SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
AMENDED ORDER TO SHOW  
CAUSE  
CHANGE OF NAME**

**#34-2009-00033114-CU-PT-GDS**  
WHEREAS, Sohail Mehmood and Shazia Sohail have filed a petition in this court for a decree changing name of Fahad Sohail to Eshan Sohail. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on March 6, 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: Jan. 29, 2009.  
Shelleyanne W.L. Chang  
Judge of the Superior Court  
Publish: February 3, 10, 17, 24, 2009.  
MEHMOO 90201 2-24-09

**NOTICE OF PETITION TO  
ADMINISTER  
ESTATE OF  
GARY ALAN BENTON**

ESTATE NO. 34-2009-32329  
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 ALAN BENTON.

A petition has been filed by Robin L. Henson in the Superior Court of California, County of Sacramento, requesting that Robin L. Henson be appointed as personal representative to administer the estate the decedent.

The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

The petition requests authority to administer the estate under the Independent Administration of Estates Act. This will avoid the need to obtain court approval for many actions taken in connection with the estate. However, before taking certain actions, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action. The petition will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

The petition is set for hearing in Dept. No. 129, at 3341 Power Inn Road, Sacramento, CA 95826 on March 4, 2009 at 9 a.m.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a

contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the date of the hearing noticed above.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may request special notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Section 1250 of the California Probate Code.

The name and address of petitioner or petitioner's attorney is: Robin L. Henson, 1313 Solano St., Coming, CA 96021; 530-624-7257.

Publish: February 10, 17, 24, 2009.  
HENSON 90202 2-24-09

**FICTITIOUS BUSINESS NAME  
STATEMENT #0812531.** James E. Childers, 9144 Irish Gold Way, Sacramento, CA 95826 is doing business under the Fictitious Business Name "Connections-AVL" at 1805 Tribute Rd. #A, Sacramento, CA 95815. Filed with the Clerk of Sacramento County on Dec. 23, 2008. Publish: February 10, 17, 24, March 3, 2009.  
CONNEC 90202 3-3-09

**SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE  
CHANGE OF NAME**

**#34-2009-00033759-CU-PT-GDS**  
WHEREAS, Clayton James Meyers has filed a petition in this court for a decree changing name of Clayton James Meyers to Clayton James Nichols Hansen. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on March 18, 2009 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this order to show cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Feb. 4, 2009.  
Loren E. McMaster  
Judge of the Superior Court  
Publish: February 10, 17, 24, March 3, 2009.  
MEYERS 90202 3-3-09

**SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE  
CHANGE OF NAME**

**#34-2009-00033300-CU-PT-GDS**  
WHEREAS, Anna Elizabeth Schorn has filed a petition in this court for a decree changing name of Anna Elizabeth Schorn to Kaitlin Anna Paige. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on March 27, 2009 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this order to show cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Jan. 29, 2009.  
Loren E. McMaster  
Judge of the Superior Court  
Publish: February 10, 17, 24, March 3, 2009.  
SCHORN 90202 3-3-09

**NOTICE OF PETITION TO  
ADMINISTER  
ESTATE OF  
JOYCE LORRAINE LABRECAUE**

ESTATE NO. 34-2009-0003252-PR-  
PWFRFC

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in

the will or estate, or both of JOYCE LORRAINE LABRECAUE.

A petition has been filed by Jeannette L. Sousek in the Superior Court of California, County of Sacramento, requesting that Jeannette L. Sousek be appointed as personal representative to administer the estate the decedent.

The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

The petition is set for hearing in Dept. No. 129, at 3341 Power Inn Road, Sacramento, CA 95826 on March 13, 2009 at 9 a.m.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the date of the hearing noticed above.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may request special notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Section 1250 of the California Probate Code.

The name and address of petitioner or petitioner's attorney is: Jeannette L. Sousek, 7434 Cessna Dr., Citrus Heights, CA 95621; 916-728-2268.  
Publish: February 17, 24, March 3, 2009.  
SOUSEK 90203 3-3-09

**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, 3 Marshall 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 7733 Flrsyth 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**

JOHNSO 90204 3-17-09

**#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

# Buried in Credit Card Debt?

Over \$10,000 in credit card bills?  
Only making the minimum payments?

- ▶ We can get you out of debt in months instead of years
- ▶ We can save you thousands of dollars
- ▶ We can help you avoid bankruptcy

Not a high-priced consolidation loan or one of those consumer credit counseling programs

Call  
**CREDIT CARD RELIEF**  
for your FREE consultation  
**800-383-2050** Not available in all states





# CLASSIFIED



## Adult / Elder Care

**Special 50% Off 1st Month Care** Private & Semi private rooms. For more info call 916-721-4721(MPG)

**Experienced caregiver for elderly.** 24-hour care; healthy nutritious meals; reasonable rates. In Fair Oaks - room in comfortable home. Call 916-536-0701 (MPG)

## Auto Donation

**Donate Your Car:** Children's Cancer Fund! Help Save A Child's Life Through Research & Support! Free Vacation Package. Fast, Easy & Tax Deductible. Call 1-800-252-0615. (Cal-SCAN)

**DONATE YOUR CAR...**To The Cancer Fund of America. Help Those Suffering With Cancer Today. Free Towing and Tax deductible. 1-800-835-9372 www.cfoa.org (NANI)

**Donate Vehicle:** RECEIVE \$1000 Grocery Coupons, Your Choice. Noah's Arc, No Kill Animal Shelters. Advanced Veterinary Treatments. Free Towing, IRS Tax Deduction. Non-Runners. 1-866-912-GIVE. (Cal-SCAN)

**Donate Your Car - Help Disabled Children With Camp & Education** - Quickest Towing. Non-Runners/Title Problems OK. Free Vacation/Cruise Voucher. Special Kids Fund 1-866-448-3865 (NANI)

## Autos For Sale

**1974 Toyota 4WD Land Cruiser** Does not run on blocks since 1994 Mercury Cruiser 350 Engine Rebuilt 1990 ChevySM420 XM 3 Speed w/ Granny Sagmaw ps AEI IGN Hard Top w/ Soft and Bikini Dual Tanks Org Pt Carmichael 716-0403 (MPG)

**\$500 Police Impounds!!!!** Hondas / Chevys / Jeeps & More! Cars from \$500! For Listings and details 800-773-2204 (NANIG)

**1999 Toyota Camry Only \$2,210!** Buy Police Impounds! Many Makes Available! For Listings Call 800-671-1134 (NANIG)

## Business Opportunities

**100% RECESSION PROOF!** Do You Earn \$800 in a Day? Your Own Local Vending Route Includes 25 Machines and Candy for \$9,995. MultiVend LLC, 1-888-625-2405. (Cal-SCAN)

**HONEST INCOME** From Home Processing Our Mortgage Assistance Postcards. No Advertising. Postage And Materials Provided. References Available. No Gimmicks. 877-774-9295 (NANI)

**OWN YOUR OWN FRANCHISE** Working in Sales? Tired of getting paid only once for each sale? Make you and your friends the money they need! 916-201-3643 (MPG)

**Earn Money with Your Computer** The best \$299.00 investment during this economy! Benefits So Awesome! \$3000.00 per mo possible after 1st six months! www.getstarted2win.com (MPG)

**Work From Home Earn \$1,000 to \$3,000 per week** Free 14-minute movie that shows you how! www.setfree.com (MPG)

**UP TO \$275K+** 1st year Potential Income. We train. Serious, Motivated & Driven Only. Not MLM. Don't Believe it, Don't Call. 1-800-821-9551. (Cal-SCAN)

**Take Your Fund Raising Over the Top!** Fundraising is a never ending challenge for non-profits! No Matter What Your Cause... Travel is the Ultimate Fund Raiser!

Let us show you how to tap into one of the largest industries in the World! Learn how to raise funds by taking advantage of the largest trend in travel: Online Booking! 42¢ of every dollar spent on the internet is Travel! Our innovative affinity program provides your organization with your own online travel website (similar to Expedia®) which can help generate thousands of dollars for your organization when members and supporters book their personal travel through your customized website. CALL or Email for additional information: Bob Cushman (916) 343-0505 Email: bob@bobcushman.com (MPG)

**Are you tired of...** Other people making it big while you work more and more just to stay caught up with your bills? Spiraling costs and debts? Your business owning you rather than you owning it? Never having the freedom to enjoy the fruits of your labor? Improve life's journey with an unequalled business opportunity, and product that improves everybody's health. For information how to become a part of one of the fastest growing company call 916-205-8118. (Serious enquires only) (MPG)

**Do you dream of owning your own business?** Pre-Paid Legal Services, Inc. is a publicly traded company on the NYSE and is expanding its services in your area. Full-time/part-time marketing opportunities available. For more information on how to become an Independent Associate of this fascinating company or if you would like to know more about our legal service plans, call today! Tony Lamm, Independent Associate, at 916-773-1421. (MPG)

## Business Services

**CLASSIFIED ADVERTISING** in 240 Cal-SCAN newspapers for the best reach, coverage, and price. 25-words \$550. Reach 6 million Californians!. FREE email brochure. Call (916) 288-6019. www.Cal-SCAN.com (Cal-SCAN)

**DISPLAY ADVERTISING** in 140 Cal-SCAN newspapers statewide for \$1,550! Reach over 3 million Californians! FREE email brochure. Call (916) 288-6019. www.Cal-SCAN.com (Cal-SCAN)

**NEWSRELEASE?** Cost-efficient service. The California Press Release Service has 500 current daily, weekly and college newspaper contacts in California. FREE email brochure. Call (916) 288-6010. www.CaliforniaPressReleaseService.com (Cal-SCAN)

## Computers

**Computer Care** Complete PC Care and Maintenance Installs, upgrades, virus removal, wireless. Affordable prices-Same-Day Service. Call Todd 916-529-5954 (MPG)

**A NEW COMPUTER NOW!!!!** Brand Name Laptops & Desktops Bad or NO Credit - No Problem Smallest weekly payments. Its Yours NOW 1-800-804-7475 \*\*Unavailable West Virginia, Canada\*\* (NANI)

**GET A NEW COMPUTER** Brand Name laptops & desktops Bad or NO Credit - No Problem. Smallest weekly payments avail. Its yours NOW - 1-800-932-3721 \*\*Unavailable West Virginia, Canada\*\* (NANI)

**GET A NEW COMPUTER** Brand Name laptops & Desktops Bad or NO Credit - No Problem Smallest weekly payments avail. Its Yours NOW 1-800-840-0656 \*\*Unavailable West Virginia, Canada\*\* (NANI)

**A NEW COMPUTER NOW!!!!** Brand Name Laptops & Desktops. Bad or NO Credit - No Problem. Smallest weekly payments available. Its Yours NOW - Call 1-800-804-5010. \*\*Unavailable West Virginia, Canada\*\* (NANI)

## Construction

**All Types of Construction** - kitchen & bath remodels, new construction, roofing, decks, fencing, dual pane replacement windows. Free estimates Lic# 830054 (916) 335-1325 (MPG)

**TRI US CONSTRUCTION** Build new homes, additions and remodeling. Over 30 years experience, bonded and insured. Phone number 530-330-0185 Lic. # 476884 (MPG)

## DayCare

**Peña Family Daycare** - Small in home family care. Clean and Safe environment. Nutritional snacks and meals provided. Preschool like setting. (916) 972-1540 www.penafamilydaycare.com (MPG)

**Infant Openings Now** First week free Lic # SAC53133 FCCH 916-489-5824 (MPG)

## Drywall

**Tape - Texture - Patch** No job too small. very reliable. 28 years experience 916-961-7248 (MPG)

## Elder Care

**PROVIDING PERSONAL CARE** w/ love and dignity. Rooms available Call 916-721-4721 (MPG)

## Fencing

**Affordable Fencing** Redwood specialist. Dedicated on time service. Lifetime steel post. Senior discount. Lic. 742683 916-773-1350 (MPG)

**Sierra Pacific Fence.** Fences, decks, Retaining Walls 100% neighborhood discounts XLNT prices Free estimates 483-1883 License 606100 (MPG)

## Financial / Money to Loan

**Homeowners Don't Short Sell Your Home** as a first option. A home can generate \$2,600,000 of tax-free income. Let me help you create additional income & front page 1040 deductions BK/CR 916-868-1041 (MPG)

**IRS Tax Problems?** FREE Consultation if you owe 10k+Settle for Less - Eliminate Penalties, Interest Charges & Tax Liens 1-800-383-5270 (NANI)

**Real People helping Good People find Real Debt Solutions!** Linda Findley 916-300-0611 lafindley@team72goodcredit.com (MPG)

**STOP YOUR DEBT INSANITY** Full service solution for credit nightmares. Mortgage Arbitration. Credit Repair. Debt Stlmt. 916-300-0611 (MPG)

**\$\$\$ GET LAWSUIT CASH NOW**- Oasis Legal Finance #1 See us on TV Fastest Cash Advances on injury cases-within 24hrs. Owe nothing if you lose your case APPLY FREE CALL NOW 1-866-353-9959 (NANI)

**Reverse Mortgages** If you are a senior citizen, you have no doubt heard of a reverse mortgage. For ALL of the information and none of the obligation, call Len Lamb at 728-6653. (MPG)

**\$\$\$ ACCESS LAWSUIT CASH NOW**- As seen on TV. Injury lawsuit dragging? Need \$500-\$500,000++ within 24hrs after approval? Compare our lower rates. APPLY NOW 1-866-386-3692 (NANI)

## For Rent / Lease

**1,000 sq. ft. commercial warehouse** with small office. Lease or mo. to mo. \$650.00. Easy frwy access I-80 @ Madison. Call Lisa (916)331-0840. (MPG)

## OFFICE SPACE FOR RENT

Office space, 780 Sq Ft Newly Remodeled El Camino & Walnut 971-1717 \$800/MO. (MPG)

**Upscale Townhome in Creekrige** 3/2 2 car garage ch Tennis, pool, yd maint. \$1395/mo + \$1200 dep 390-5634 (MPG)

## HOUSE FOR RENT

3 bedroom / 1bath/ FR. LV located rear of office El Camino near Walnut \$900/mo. 1st,last,cleaing deposit 971-1717 (MPG)

**Ex Suites** @1.50 SF Carmichael, 144 / 276 SF Sec Entry, Cov Parking, 916-483-5044 (MPG)

## Handyman

**Handyman, JR** Handyman Service Randy 916-880-6742 Joel Carter 916-637-3825 (MPG)

## Household Helper.

You Name It! Hauling, Gutters, Tree Trim, Spot Carpet Clean 613-8359 (MPG)

**Handy Guys** Small Jobs, Senior Discounts Gutter Cleaning - Deck's Woodwork 916-519-5135 Free Estimates (MPG)

## A-1 Home Maintenance & Repair "Handy Man"

California state certified electrician Plumbing repair. Fence repair. Free quotes-no job too small. Please leave message. 916-961-8059 (MPG)

**Affordable!** Decks, Dryrot, Wood Floors, Fans, Fixtures, Plumbing, Electric, Licensed 501-7843 (MPG)

**Gold Country Handyman.** Build - Remodel - Repair Free estimate 916-391-4706 Richard Romero Lic 847423 (MPG)

**Plumbing Services** Specialty Plumbing - Remodels, Repipes, Water, Sewer, Gas Lines, Water Heaters CA License 918844 (916) 607-6749 (MPG)

**Handy Guys** Small jobs, Senior Discounts Gutter Cleaning - Decks, Woodwork 916-519-5135 Free Estimates (MPG)

## Health and Beauty

**Lose Up To 30 Lbs in 30 Days @ 30% Off** Quick Start Program - January only! 1-888-834-6203 or 513-421-9252 (MPG)

**Look Younger in Less Than a Day!** www.hydratedskin.com then call 916-988-3027 ask for a Free Sample (MPG)

**ONLINE PHARMACY** Buy Soma, Ultram, Fioricet, Prozac, Buspar \$71.99/90 Quantity or \$107/180 Quantity, PRICE INCLUDES PRESCRIPTION! We will match any competitor's price. 1-888-507-3415 or www.trix.org

**Braids & Weaves** 24/7 Specialists in Dry Hair, Problems, Braiding/Weaving Tracks - \$15 Press/Curl \$45-\$65 LOC/ Appt 821-8888. Now Hiring (MPG)

**KING of CURLS** Specializing in Dry Hair Problems. All Braiding & Weaving Designs.Tracks, Press / Curls. 4751 Freeport Blvd: 800-722-8944 5320 Auburn Blvd: 916-736-0808 (MPG)

**THE WEIGHT IS OVER** Lose up to a pound a day Fast growing Company Recession proof product 916-474-4079 www.eat-choc-losewt.com (MPG)

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

## Heating & Air

**Christopher's Heat & Air** Low Rates, Quality Service Heat & Home Repairs

223-1744 (MPG)  
**AC Repair** Low Prices 487-4609 (MPG)

## Help Wanted

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

**Firefighters** Wanted Paid Training, good salary, \$ for school, regular raises, benefits, retirement. H.S. grads ages 17-34. Call Mon-Fri. 1-800-345-6289. (Cal-SCAN)

**ABLE TO TRAVEL:** Hiring eight people, no experience necessary, transportation & lodging furnished, expense paid training. Work/travel entire U.S. Start immediately. www.ProtekChemical.com Call 1-877-936-7468. (Cal-SCAN)

**OVER 18? AVAILABLE to TRAVEL?** Earn Above Average \$\$\$ with Fun Successful Business Group! No Experience Necessary. 2wks Paid Training. Lodging, Transportation Provided. 1-800-848-9490. (Cal-SCAN)

**DRIVER - CURRENTLY HIRING** Experienced Teams and Solos with HazMat. Dry Van & Temp Control available. O/Os welcome. Call Covenant 1-866-684-2519 EOE. (Cal-SCAN)

**DRIVER** West Coast Regional NEW HIRING AREA. Newest equipment on the road. Competitive Pay. Run the Western 11 States. On Site - Full Service Maintenance Shop. Reasonable Home Time. Western Express - 22 yrs. old. Good MVR, EOE, CDL-A, 1 yr. OTR. Call Edna Today! 1-866-863-4112. (Cal-SCAN)

**\$600 Weekly Potential \$\$\$** Processing HUD Refunds, PT. No Experience. No Selling. 1-888-213-5225 Ad Code A-5 \*\*Void South Dakota, Maryland\*\* (NANI)

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

**Urgent F/PT Sale Reps needed** Latest telecommunications products. \$\$\$ Commission, Bonuses, Residuals Training available call 916 612-6621 (MPG)

**BODYGUARDS-COUNTER-ASSAULT TEAMS!** Needed USA & OVERSEAS \$119-\$220K/year. Bodyguards \$250-750/day; 18 or older. 615-885-8960 or 615-942-6978 ext. 600 www.InternationalExecutives.NET (NANI)

**Bodyguards Needed.** FREE Training. No Experience OK. Excellent Pay. Stateside and overseas assignments. Temporary or long term. 1-615-228-1701. www.psbodguards.com (NANI)

**\$\$\$WORK FROM HOMES\$\$\$** Earn Up To \$3,800 Weekly Working from Home assembling Information Packets. No Experience Necessary! Start Immediately! FREE Information. CALL 24hrs. 1-888-202-1012 (NANI)

**INCOME TAX PREPARER** 3 Yrs Experience Minimum Top Salary Must Be Licensed Call 635-7421 For Info (MPG)

**\*\*\*FEDERAL POSTAL POSITIONS\*\*\*** Now Hiring + Federal Benefits! \$14 - \$59 hour. Paid Training. No Experience. Green Card OK 1-866-477-4952 ext 80 (NANIG)

**MovieExtras/Models Needed!** Earn \$100-\$300 per day. No Experience Required. PT/FT. All Looks and Ages Needed. Call Now!! 1-800-605-6851(NANI)

**SALES,** Seeking Business minded Marketing rep's, New Technology/ Globally, Training available, F/PT, Residual Income, Commission, Fax Resume 916.910.2002 (MPG)

**We are seeking dynamic customer service oriented individuals** with great communications and typing skills needed

to work on behalf of our company this service representative will earn up to \$3000 monthly any job experience needed. Email at danelopez1980@yahoo.com if interested (MPG)

**Wanted: 29 Serious People to Work From Home** using a computer. Up to \$1,500-\$5,000 PT/FT www.REBVisio.com (MPG)

**Mystery Shoppers** earn summer gas money. Up to 150\$/day. Undercover shoppers needed to judge retail and dining establishments. Exp not req. 800-742-6941(NANI)

**DATA ENTRY PROCESSORS NEEDED!** Earn \$3,500 - \$5,000 Weekly Working from Home! Guaranteed Paychecks! No Experience Necessary! Positions Available Today! Register Online Now! www.DataPositions.com (NANI)

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

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

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

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

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



**Post Office Hiring Nationally!** Avg. Pay \$20/hr or \$57k/yr incl Fed ben, OT optional fee-based test prep materials, not affiliated with the US Postal Service. 1-866-574-4781 (NANIG)

**Post Office Hiring Nationally!** Avg. Pay \$20/hour, \$57k/yr including Federal Benefits, OT. Optional fee based test prep materials. Not affiliated with the US Postal Service. 1-866-574-4775 (SWAN)

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

**AIRLINES ARE HIRING** - Train for high paying Aviation Maintenance Career. FAA approved program. Financial aid if qualified - Housing Available. CALL Aviation Institute of Maintenance (888) 349-5387 (NANI)

**ATTEND COLLEGE ONLINE** from Home. \*Medical, \*Business, \*Paralegal, \*Computers, \*Criminal Justice. Job placement assistance. Computer available. Financial aid if qualified. Call 800-510-0784 www.CenturaOnline.com (NANI)

**TIRED OF BEING BROKE?** Get paid daily. No experience required. Local training. 888-211-4268 www.happyandhealthyfamily.com (MPG)

**STRESSED OUT?** Work from home & get paid daily! www.happyandhealthyfamily.com 888-211-4268 (MPG)

**ASSEMBLE MAGNETS & CRAFTS FROM HOME!** Year-round Work! Excellent Pay! No Experience! Top US Company! Glue Gun, Painting, Jewelry & More! TOLL FREE 1-866-844-5091, enespanol, \*\*Not available MD\*\* (NANI)





# CLASSIFIED



**Single Again Magazine Online** is seeking an independent sales contractor to generate advertising sales for our nationally recognized website. We are a website designed for the divorced, widowed and separated that offers real advice and articles to help people rebuild their lives. This is a part-time, extra income opportunity that you can work at from your home. Compensation is commission only, but the commission is a generous rate. Check us out at [www.SingleAgain.com](http://www.SingleAgain.com). To apply, send your email to [publisher@singleagain.com](mailto:publisher@singleagain.com).



**Matheson Trucking, Inc. is now hiring** an Executive Administrative Assistant to be the primary support for the CEO, CFO and COO. Supports front desk, prepares and maintains documents, schedules meetings and travel. Must have 5-7+ years exp supporting a corporate environment; excellent verbal and written communication skills; proficient in MS Outlook, Word, Excel and PowerPoint. Must be professional, friendly and a team player. Fax resume to 866-418-9913 (MPG)

## Household Help

**House Cleaning** Sparkling clean home guaranteed. Professional pet care. Experienced, dependable, reasonable rates. Call Madeline 916-723-1608. (MPG)

**Helper!** Move In/Out Complete Clean, Trash Hauling, Clean Yards, Carpets, Windows Etc 761-0447 (MPG)

**DeAna's HOUSEKEEPING** Immaculate, Fast, Honest, Dependable. I care about what I do. Call me, 916-549-4915 (MPG)

**QUALITY WINDOW CLEANING PLEASE** CALL MARK AT 612-8949. (MPG)

**Homesitters on Wheels,** Office needs two RVers with RVs for Petsitting 916-483-5146 (MPG)

## Landscaping

**Lawn and Garden Service** Bi-weekly or monthly Call for FREE estimates 965-8224 (MPG)

**Lawnmower Service** Mow & Edge your lawn 4 times per month for a fee. Call Bob 916-456-5281. (MPG)

**Tall Weed Cutting** Low Rates 916 524-7477 (MPG)

## Legal Services

**Need an Attorney?** Have a legal situation? Looking for extra income? Contact Eicka Mitchell at 916-729-7364 or [ericamitchell@prepaidlegal.com](mailto:ericamitchell@prepaidlegal.com) (MPG)

**BANKRUPTCY LAWYERS;** Credit Card Debt, Foreclosure, Repo, Wipe Out Bills, Free Consultation 971-8880 (MPG)

## Men's Suits For Sale

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

## Miscellaneous

**RICHMOND'S HUNTING CLUB** Come hunt with us - 20K acres Doves, Quails, Pheasants, Ducks and Geese For information: Dennis Sanders 530-913-5817 or Les Edwards 530-458-3814 (MPG)

**\*\*ALL Satellite Systems are not the same.** Programming starting under \$20 per month, HDTV programming under \$10 per month and FREE HD and DVR systems for new callers. CALL NOW 1-800-799-4935 (NANI)

## Miscellaneous Items For Sale

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

### THE VIDEO PHONE

See the ones you Love by Video Phone Show off the new baby! Keep in touch with friends and family around the country! ASK HOW ITS FREE ! 916-612-8941 (MPG)

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

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

**FREE DIRECTV 4 Room System!** 265+ Channels! Starts \$29.99!FREE HBO, Showtime, Starz! 130 HD Channels! FREE DVR/HD! No Start Up Costs!Local Installers!1-800-620-0058 (NANI)

**STEEL BUILDINGS** All sizes welcome. Steel prices are down! Will help with design.Additional discounts available. [www.greylesteel.com](http://www.greylesteel.com)1-866-802-8573 (NANI)

**SAWMILLS FROM ONLY \$2,990** - Convert your Logs To Valuable Lumber with your own Norwood portable band sawmill. Log skidders also available. [www.NorwoodIndustries.com/300N](http://www.NorwoodIndustries.com/300N) -FREE Information: 1-800-578-1363 x300-N. (Cal-SCAN)

**Steel Buildings.** 20 x 20, 30 x 40, 50 x 100, 100 x 100 Up to 50% off on erected completed projects. [www.scg-grp.com](http://www.scg-grp.com) Source #0DL Phone: 916-248-4416 (MPG)

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

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

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

### SAVE MORE MONEY

Lower your Communications Bill by up to 50%!ALL Wireless Carriers - Internet - Satellite TV - Home Phone 916-717-6518 (MPG)

**MEMORY FOAM THERAPEUTIC NASA VISCO MATTRESSES WHOLESAL!** AS ON TV TWIN-\$299 FULL-\$349 QUEEN-\$399 KING/CAL KING \$499 CRAFTMATIC ADJUSTABLES-\$799 FREE DELIVERY 25 YEAR WARRANTY 60 NIGHT TRIAL 1-800-ATSLEEP 1-800-287-5337 WWW.MATTRESSDR.COM (NANI)

## Musical Instruments

**GUITAR WANTED** Looking for Older Guitars and Amps, Fender, Gibson, Martin, Fender, Marshall Amps.Will Pay up to \$2000.00 Cash !! (916) 966-1900 (MPG)

## Notary

**Mobile Notary Services** Certified Loan Signer Paralegal Services Powers of Attorney, Wills Will Travel to Your Home or business 916-508-7080 (MPG)

**Notary Services** Hospital, Care Home or make arrangements. Call (916) 482-9388 for details. Ask for Debbie or leave message. (MPG)

**24/7 Notary Services** Anytime/ Anyplace Call Dan @ 916-712-2661 (MPG)

## Painting

**All Pro Painting** Res/Com. Quality work free est. sen disc lic914715 Ph 607-0523 (MPG)

## Pets

**Pet Sitting** Professional loving pet care. Established reputation. Kennel free environment. Lots of TLC. Call Madeline 916-723-1608. (MPG)

**Home Sitters on Wheels** office needs two RVers with RVs for pet sitting. Call 916-483-5146 for more information. (MPG)

**Annie's Pet Sitting Services** Lisensed, insured and bonded. Vet. tech. exp. Ref. avail. 916.202.6952 (MPG)

## Prayers & Novenas

**NOVENA TO ST. JUDE** May the sacred heart of Jesus be loved, adored, cherished and preserved throughout the world now and forever. Sacred heart of Jesus have mercy on us. St. Jude worker of miracles pray for us. St. Jude helper of the hopeless pray for us. Amen. Say this prayer nine times a day for eight days. On the eighth day your prayer will be answered. It has never been known to fail. Publication must be promised. Thank you St. Jude. G.D.G. (MPG)

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

## Real Estate Homes For Rent

**3 BR 2 BA Only \$299/mo!**  
**3 BR 2.5 BA Only \$210/mo!**  
**2 BR 1 BA Only \$199/mo!**  
(5% Down 20 Years @ 8.5% APR) Foreclosures! For Listings Call 800-272-9416 (NANIG)

**\*\*\*FREE Foreclosure Listings\*\*\***  
Over 400,000 Properties Nationwide. Low Down Payment. Call Now 800-860-9622 (NANIG)

## Real Estate Homes For Sale

**Smart Buyers Check out this one in Gold River** Two-story prestigious Hesperian Village Home. Secluded cul de sac. 2800 sq. ft. 3 bedroom, 2 bath with loft. Built-in bookcases and large desk. Formal dining room, living room with fireplace, large family room. Plantation shutters, carpet, window coverings, Mexican paver tiles in entry, family room, kitchen and laundry room. Epoxy 3-car garage floor. Oversized backyard with extended stone patio, brick planters, variety of mature trees. New Lifetime concrete shake roof. Fabulous rock waterfall and pond. Built-in granite BBQ. Home backs up to greenbelt. \$515,000. Lorraine Foster, ReMax Gold 916-933-6190 (MPG)

**4BR 2.5BA Only \$36,850!** Great Starter Home! Foreclosures! For Listings 800-279-1604 (NANIG)

**Motivated Seller- Great Buys-two homes-Good Areas.** #1 updated kitchen & 3BDRM, 2BA, near Crestview shopping, \$289,000. #2 Dream Kitchen w/ granite-tiled & beautiful bathrms & floors. \$260,000. Glenda Hill 761-7548. (MPG)

**Granite Bay Listings** View at [www.lizyoakum.com](http://www.lizyoakum.com) Call 390-5634 (MPG)

## Real Estate/ Land Sale

**20 Acre Ranches, \$0 down!** Near Booming El Paso, Texas. \$15,900, \$159/month. (10%/225 mths) Beautiful Mountain Views. Road Access. Money Back Guarantee. Owner Financing. No Credit Checks. 1-800-343-9444. (Cal-SCAN)

**Arizona Land, BIG LOTS** 20 Acre Ranches, \$0 down! \$0 down \$0 interest. Best Land, Best Terms Nationwide GUARANTEED or Your Money

Back. Starting at \$129/mth. [www.sunsiteslandrush.com](http://www.sunsiteslandrush.com) Call Pre-Recorded Message 1-800-631-8164 (NANI)

**Arizona Land, BIG LOTS** \$0 Down, \$0 Interest. Best Land, Best Terms Nationwide. Guaranteed Financing. Starting \$129/mth. Total \$14,995. [www.sunsiteslandrush.com](http://www.sunsiteslandrush.com) Pre-Recorded Message 1-800-631-8164 mention code CALPRESS. (Cal-SCAN)

**BUYER'S MARKET New Mexico. Ranch Dispersal. 140 acres - \$89,900.** River Access. Northern New Mexico. Cool 6,000' elevation with stunning views. Great tree cover including Ponderosa, rolling grassland and rock outcroppings. Abundant wildlife, great hunting. EZ terms. Call NML&R, Inc. 1-866-360-5263. (Cal-SCAN)

## Real Estate Services

**STOP FORECLOSURE FAST!** We Already Work With Your Current Lender. We'll Immediately Take Action For You. Attorneys On Staff. Call NOW! 1-888-714-9437. (Cal-SCAN)

## Restore Old Photos

**Restore Old Photographs** Share memories of special places and times with your family. (916)483-6051 - Laws Studio, Crestview Center (Manzanita at Winding Way in Carmichael) (MPG)

## Schools /Instruction

**HIGH SCHOOL DIPLOMA!** Fast Affordable & Accredited. FREE Brochure. Call NOW! 1-800-532-6546 Ext. 412 [www.continentalacademy.com](http://www.continentalacademy.com) (NANI)

**ELECTRICIAN TRAINING.** We train you. Fairfield, Concord, Santa Rosa. 2 days per week for six months. Enrollment Fee required. Sign-up today! 707-480-0514 [randy@fleenerelectric.com](mailto:randy@fleenerelectric.com) (Cal-SCAN)

**Piano Lessons** first lesson FREE-Always wanted to learn? Never too late-call Kate at 916 704-0965. Sr.discount (MPG)  
**The Math Resource;** [math/statistics](http://math/statistics)

tutoring; \$40-\$50/hour; 916-722-1058 (MPG)

**HEAVY EQUIPMENT TRAINING** Cranes-Dozers-Loaders. National Certification, Financial Assistance, Retraining funds available if qualified. Northern California College of Construction. [www.Heavy4.com](http://www.Heavy4.com) Use Code "NCPA1" 1-866-302-7462. (Cal-SCAN)

**ATTEND COLLEGE ONLINE** from Home. \*Medical, \*Business, \*Paralegal, \*Computers, \*Criminal Justice. Job placement assistance. Computer available. Financial Aid if qualified. Call 800-510-0784 [www.CenturaOnline.com](http://www.CenturaOnline.com) (NANI)

## Services Offered

**I take you to the doctors, shopping or misc. errands.** Call for schedule. Serving most areas. 916-214-8169. (MPG)

**Seeking Security Placement** in Fair Oaks or Carmichael, Licensed Call 916-712-2137 (MPG)

**The Clean-Bliss Experience** Responsible, experienced & Reliable. Arlene 916-863-1374. (MPG)

**REAL** Hardwood Flooring \$1.69 Square Foot or we install for \$3.99 square foot complete 916-366-1672. Cont Lic #757522 (MPG)

## TimeShares

**BUY TIMESHARE RESALES SAVE 60-80% OFF RETAIL!!** BEST RESORTS & SEASONS. Call for FREE TIMESHARE MAGAZINE! 1-800-639-5319 [www.holidaygroup.com/flier](http://www.holidaygroup.com/flier) (NANI)

**SELL/RENT YOUR TIMESHARE NOW!!!** Maintenance fees too high? Need Cash? Sell your unused timeshare today. No Commissions or Broker Fees. Free Consultation [www.sellatimeshare.com](http://www.sellatimeshare.com) 1-877-494-8246 (NANI)

## Tree Care

**CARMICHAEL TREE CARE** Pruning-Topping-Removals

Stump removals-Low Rates \*Licensed\* (916) 349-6207 (MPG)

## Upholstery

**Upholstery B&T Upholstery and Repairs.** Specializing in Deco & Modernism. Call Bill 392-1959/995-7177 (MPG)

## Video Archiving Services

**Archive Family Video To DVD** Event Video & Photo At It's Best! Video Christmas Postcards. (916) 402-5351 (MPG)

## Volunteers Needed

**Volunteers Needed:** The Domestic Violence Intervention Center needs caring people to assist victims of domestic violence. For more information call 728-5613 or visit our office at 7250 Auburn Blvd., Citrus Heights, CA (MPG)

## Yoga

**Sunrise Yoga Centre - Hatha Yoga** Iyengar style 3713 Casa Loma Way Near Sutter 944-3207 (MPG)

## Legal Notices Call 532-2113

# Are you free of:

**Kids, Debt, Drugs, Spouse, Smoking & Expressed Baggage?**

**Join us for an over 45 Select Straight Singles Group**  
**Send inquiries to: [NKDSB@att.net](mailto:NKDSB@att.net)**

# California Institute of Jewelry Training

Carmichael, California

## Jewelry Classes Begin Soon!

### ♦Jewelry Arts

Everything a jeweler needs to know! Complete hands-on training from fabrication to stone setting to design and beyond.



### ♦Gemology

The intriguing science and study of gem minerals such as diamonds, colored stones and pearls.

**Call to speak to an enrollment representative today!**

**916.487.1122**

VA Approved ♦ Student Loans Available





# Can You Hear God Yet?

have lost the connection.

Just like it is with a cell phone, to regain a lost connection a person must move to a place where the connection can be maintained. Hearing God's voice is not dependent upon being a good person or attending a church. Hearing God's voice is dependent upon the position of the heart. If a person's heart is proud or bitter or cold towards God, then the likelihood of hearing God's voice (even though He is speaking) is slim. However, if a person allows their heart to be vulnerable or honest or humble, well then, that heart is in the "God zone"—the place where one can hear God's voice.

At Cypress Avenue Baptist Church, we are on a journey to hear God's voice. You are welcome to join us.

*If you would like more information about Cypress Avenue Baptist Church or if you would like to email Pastor Cary, visit [www.cypressavenue.org](http://www.cypressavenue.org).*

by Pastor Cary Duckett

AT&T says they have the "most bars" and Verizon promises you "the network," but what help do people have when it comes to hearing God's voice? Life is filled with all kinds of circumstances. People have to go through all kinds of highs and lows. God has promised that His presence would never leave a person no matter what kind of situation they are in, but many have a hard time hearing Him.

God has hard wired humans to hear Him, but sometimes people get their hearts into a "dead zone." Have you ever lost communication with someone on your cell phone while they were talking to you? You know—one second you are listening and the next there is only silence? They are still talking, but you can't hear them. The connection has been lost. Right now, God is speaking to people, but many



# Choice or Chance – Change Your Focus

out. I felt even more trapped, but my desire to please and honor God with my life--was even more important and so I prayed and prayed for God to reveal to me ways I could cooperate with Him to change and heal our marriage. Many opportunities presented themselves.

The pivoting message that seemed to change everything was when I heard Charles Stanley's message. He said, God loves my husband and I needed to love him as he was with no changes. I was to accept my husband the way he was and I prayed and agreed with God to do it.

My focus changed to be on what God wanted me to do allowing the Holy Spirit to teach and correct many of my own faults. Listening to the voice of God through His Holy Word—and carefully examining myself as the Scripture instructs, hearing sermons of many good pastors and other peoples testimonies, plus listening closely to the wonderful still small voice within, little by little our marriage was transformed and completely healed. It was all about trusting and cooperating with God to create the kind of marriage that did bless our lives.

February 2010 we will be married fifty (50) wonderful years and we are more in love today than the day we married because God is our focus in all our decisions. Read our story in - Recipes for a Happier Marriage – available through me or Pleasant Word Publishing.

by Marlys Johnsen Norris

Everyone one of us has had days when we would like to escape our problems. We want our lives to be less complicated and free from worry or pain. Running away however is not the best solution. Life is full of choices we must make and each choice renders some kind of responsibility and/or circumstance we must face.

Questions rise in the mind. Should one change a job; risk a change in your stock portfolio; end your marriage; make a new purchase; change your location; seek medical or physiological help; and/or seek the help of God. Whatever is the FOCUS of a person's life will determine the stuff they are made of and ultimately the end result.

Many years ago this too was my dilemma when problems in our marriage seemed to be without hope. I was a new Christian and felt trapped in an unhappy marriage so I sought the help of a marriage counselor who sent me to a Christian lawyer who explained what ultimately would be more problems for me in years to come, if I choose to separate. We were both Christians at the time.

This wonderful lawyer and man of God challenged me to honor the vow I had made before God and trust Him to help me work this

Marlys Johnsen Norris  
Award Winning Christian Author  
Contact me at:  
[Marlysj@sbcbglobal.net](mailto:Marlysj@sbcbglobal.net)

**Advertise Your  
Church Functions !  
Carmichael Times  
Call 773-1111**

**Worried About Identity Theft?**

**We Have a Million Reasons  
You Should Choose LifeLock®**



Credit monitoring doesn't stop identity theft. It only alerts you after your identity has been stolen. But LifeLock works to help stop identity theft before it happens by proactively reducing your risk – even if your information gets in the wrong hands. And what we don't stop, we'll fix at our expense, up to \$1 million.

Identity theft is still one of America's fastest growing crimes. Over 8 million Americans were affected last year, at a cost of over \$50 billion. LifeLock, the industry leader in proactive identity theft protection, can help.

Whether you're protecting yourself or your family, LifeLock has the identity theft protection you need. And remember, what we don't stop we'll fix at our expense. That's our \$1 Million Total Service Guarantee. Sign up today and you'll receive LifeLock at 10% off and risk free for 30 days.

**30 Days FREE & 10% OFF**

USE PROMO CODE **MPG8**  
call or go online

[www.LifeLock.com](http://www.LifeLock.com)  
800-LIFELock (543-3562)

**LifeLock**  
#1 in Identity Theft Protection

Thank You! CEO of LifeLock 301 437-5504x2

Never share your Social Security number unnecessarily. No payment, no obligation for 30 days. After 30 days, your credit card will automatically be billed. You can cancel at any time without penalty. This offer is exclusive to new members only and does not apply to existing LifeLock members.

**100% Satisfaction Guaranteed**

**Songbird**  
Hearing Inc.

**Better Hearing Made Easy**  
Get the world's first disposable hearing aid

**ALL NEW!**

If you or your loved one has mild to moderate hearing loss, the all-new Songbird™ flexfit™ is the ideal solution. Easy and affordable, it offers a revolutionary alternative to costly traditional hearing aids. Use it only when you need it, just like reading glasses. Adjustable for a personal fit, it's perfect for those who want to improve hearing on their own terms—without sacrificing quality or comfort.

**Improve your hearing without hassle or major expense**

- Crystal-Clear Digital Sound Quality
- Lasts for 400 Hours of Active Use\*
- No In-Office Fittings or Maintenance
- No Batteries to Replace
- Order from Home—by Phone or Online




**\$39.95**  
Two Payments of  
**ASK HOW TO GET FREE SHIPPING!**

Makes conversations clearer and more enjoyable

**You may not always need help hearing.  
For the times you do, trust Songbird.**

Not available in stores  
**Try It Now Risk-Free†**  
**Call 1-888-287-4963**




\*Under typical use patterns, battery lasts for 400 hours of active use (when turned on). Make sure to turn the device off when not in use to maximize battery life. †Less shipping and handling. The Songbird flexfit™ disposable hearing aid is for mild to moderate hearing loss. Not intended for use by anyone under 18 years of age. Hearing loss can be a symptom of a medically treatable condition. Consult your doctor prior to using any hearing aid.

PH072093E



# AFA Chapter 116 Annual Teacher of the Year Award

*Sacramento* – Each year the Air Force Association's Claude Farinha, Gold Rush Chapter 116, recognizes an outstanding teacher from the Sacramento area. The deadline for submitting applications for the 2009 TEACHER OF THE YEAR award (TOY) is March 27, 2009. The Chapter TOY award, which includes \$500 cash, is given to an outstanding K-12 teacher who has demonstrated accomplishments instructing science, technology engineering, mathematics and or aerospace educational courses in grades K-12. Parents and students can assist school Principals, other school administrators and colleagues in identifying deserving teachers and encouraging them to submit an application for this prestigious recognition. The Chapter's outstanding teacher is automatically entered to compete for the Northern California area and State awards, with the potential to receive a total of \$2,000. Teachers should adhere to the following guidelines to apply:

1. Submit a letter of recommendation/support from a school official (principal or higher).
2. Submit a one to five page maximum narrative of the teacher's accomplishments and achievements in support of science, technology, engineering, mathematics and/or aerospace education and the impact of these activities on the students. Pictures showing teacher and student activities are allowed within the five page maximum.
3. Submit applications to Air Force Association, Chapter 116, and Attn: TOY, P.O. Box 2326, Citrus Heights, CA 95610.
4. Applications must be postmarked by March 27, 2009.

Questions should be directed to Rich Taubinger at (916) 771-3639 or E-mail, [richardtaubinger@comcast.net](mailto:richardtaubinger@comcast.net) For information regarding Air Force Association Chapter 116, log onto [www.afa-sacto.org](http://www.afa-sacto.org).

## HOSPICE CONSORTIUM SEEKS VOLUNTEERS

*Sacramento* – Life prepares few of us for death. That is why hospice volunteers as members of a Team of trained professionals play an important role in providing care, companionship and support to terminally ill patients and their families. The Sacramento Hospice Consortium is offering training classes beginning March 6 and April 3 in Sacramento for people interested in becoming hospice volunteers.

More than 300 volunteers currently work with seven hospice programs serving the Greater Sacramento area, but more help is needed. Volunteers take a series of classes including History and Philosophy of Hospice Care, Concepts of Death and Dying, Communications Skills, and Grief and Bereavement. Training is designed for both those wishing to become hospice volunteers and those caring for and supporting a dying family member or friend.

For more information or to register, call the Sacramento Hospice Consortium Volunteer Response Line at (916) 388-6288. The cost for 24 hours of training is \$35.

# EXPLORE *the* POWER *of* SEVEN



**The most nutritious and affordable  
supplement on earth!**

Seven + may Increase Energy and Stamina\*, Improve Mental Clarity and Focus\*, Better Sleep and Reduce Stress\*, Live Longer\*.....You Tell Us!!!

Active Lifestyle, Aging Population, Home Maker  
Busy Professionals, Athletes & more!

"I was really surprised how good this tastes. You only need 3/4oz. a day, but you're going to find it hard to only drink that..."

**IT TASTES THAT GOOD and IT DOES A BODY GOOD™**  
Lawrence Taylor, NFL Hall of Fame

## Free 10oz Bottle of eXfuze

Pay only \$2.99 for shipping on this free sample when you sign up as preferred customer.

[www.mpg8.iexfuze.net](http://www.mpg8.iexfuze.net)

Recession-Proof your earnings with the most  
lucrative compensation plan that exists today!

**8 7 7 - 2 1 3 - 9 6 4 2**

You will receive a recorded business summary,  
leave your name and phone number. We will call  
you for an interview and answer your questions.

Proud sponsor of Viva Kids Foundation

Independent Distributor.....Paul Scholl

\*These statements have not been evaluated by the FDA (U.S. Food & Drug Administration). Our products are not intended to diagnose, cure, or prevent any disease. VCN-030.09-v1-DA1-839774