

Volume 29 Issue 01

# www.CarmichaelTimes.com

# **Ringing in the New Year with New Laws**



Several new laws designed to help strengthen existing DUI laws

from Officer Lizz Dutton, Public Affairs Officer

With a new year on the horizon, the California Highway Patrol (CHP) wants to remind motorists of a handful of new laws, passed by the Legislature and signed by Governor Schwarzenegger, that go into effect in 2009.

"The overall safety of the motoring public is our primary concern," says CHP Commissioner Joe Farrow. "Not only will these new laws enhance a motorist's safety, many of them are a step toward ridding the roadways of drunk drivers and the tragedy they cause."

Below are the major changes to driving regulations and vehicle equipment.

Texting While Driving (SB 28, Simitian) This new law makes it an infraction to write, send, or read text-based communication on an electronic wireless communications device, such as a cell phone, while driving a motor vehicle. Previously this was only illegal for individuals under 18 years of age, but now has been expanded to all drivers.

**Driving Under the Influence** (DUI) Zero Tolerance (AB 1165, Maze) This new law prohibits a convicted DUI offender from operating a motor vehicle with a blood alcohol level (BAC) of .01 percent or greater while on probation for DUI. The law requires the driver to submit to a Preliminary Alcohol Screening (PAS) test, a portable breath test to determine the presence of alcohol. If the driver refuses, or if the driver submits and has a BAC of .01 or greater, a citation will be issued, the driver's license will be taken and driving privileges will be suspended. In addition, the vehicle will be impounded.

**Ignition Interlock Devices** (IID) (SB 1190, Oropeza) This new law reduces the BAC from .20 percent to .15 percent or more at the time of arrest to trigger a requirement for the court to give



"Oh hello officer, I'll be with you in a minute...."

heightened consideration for the installation of an IID for a first-time offender convicted of DUI of an alcoholic beverage.

**Ignition Interlock Devices** (SB 1388, Torlakson) Effective July 2009, this new law transfers authority for the administration of mandatory IID programs from the state courts to the Department of Motor Vehicles (DMV). This law also authorizes the DMV to require any driver

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convicted of driving with a suspended license due to a prior conviction for DUI to install an IID in any vehicle that the offender owns or operates.

Alcohol-Related Reckless Driving (AB 2802, Houston) This new law requires the court to order a person convicted of alcohol-related reckless driving to participate in a licensed DUI program for at least nine months, if that person has a prior conviction for alcohol-related reckless driving or DUI within ten years. Additionally, the court is required to revoke the person's probation for the failure to enroll in, participate in, or complete a licensed DUI program.

**Global Positioning Systems** (GPS) (SB 1567, Oropeza) This new law allows a portable GPS device to be mounted in a 7-inch square in the lower corner of the windshield on the passenger side of the vehicle, or in a 5-inch square in the lower corner of the windshield on the driver's side. These are the only two locations on a windshield where a GPS device can be mounted. The GPS device can only be used for navigational purposes while the motor vehicle is being operated, and it is required to be mounted outside of an airbag deployment zone.

**Motorcycles** (AB 2272, Fuentes) This new law changes the definition of a motorcycle by deleting the weight limitation and deleting the separate definition for electrically powered motorcycles. The law will now allow fully enclosed, three-wheeled vehicles to have access to high-occupancy vehicle (HOV) lanes regardless of occupancy.

**Clean Air Stickers: Misuse and Penalties** (SB 1720, Lowenthal) This new law makes it an infraction for anyone who forges, counterfeits, falsifies, passes, or attempts to pass, acquire possess, sell, or offer for sale a genuine or counterfeit "Clean Air Sticker."

**911 Telephone System Abuse** (AB 1976, Benoit) This new law increases the penalties for any person who knowingly uses, or allows the use of, the 911 telephone system for any reason other than an emergency. Those who misuse, or allow the misuse of, the 911 telephone system are guilty of an infraction, and subject to either a written warning or a fine.

**Special License Plates** (AB 190, Bass) This new law, when approved by local authorities, allows veterans whose vehicles display plates honoring Pearl Harbor Survivors, Legion of Valor recipients, former American Prisoners of War, Congressional Medal of Honor recipients, or Purple Heart recipients to park their vehicles that weigh not more than 6,000 pounds gross weight, without charge, in any metered parking space.

**Studded Pneumatic Tires** (AB 1971, Portantino) This new law allows the use of pneumatic tires with retractable metal-type studs, year round, as long as the studs are retracted between May 1 through October 31. However, the law prohibits a tire with retractable metal-type studs on a vehicle from being worn to a point that the metal-type studs protrude beyond the tire tread when retracted.

**Spilling Cargo Loads** (AB 2714, Keene) This new law eases restrictions on cargo loads of straw or hay to allow individual pieces that do not pose a threat to life or property, to escape from bales of straw or hay that are being transported by a vehicle upon a highway, so long as those bales are loaded and secured according to federal regulations.

Assault on Highway Workers (SB 1509, Lowenthal) This new law provides an increased penalty for assault and battery crimes committed against Caltrans highway workers who are engaged in the performance of their duties.

Pet of the Week - Pg 8

# **Performance Based Budgeting Deserves a Look**



by Assemblyman Roger Niello

You all know that this year's state budget has reached a severe crisis. You've read my ideas about how we got here and what it's going to take to get out of this crisis in this space many times before. I've heard from many of you wondering about how we ever got to this point. And, while I recognize it won't solve our short-term problems, I

wanted to discuss with you today a major change to the way we do our budgeting that I believe the State of California needs to consider.

You wouldn't hand over your hard earned money to a mutual fund company without getting some kind of a prospectus in return---what funds are we investing in, what is the performance of said funds over time, etc.

So why do we allow our tax dollars to be "invested" without some indication of whether the programs being invested in are performing?

Unfortunately, California's budget is typically evaluated on whether the budget is delivered balanced, and on time. The State's total budget now stands at more than \$140 billion a year, but our budget is largely based on giving programs what they got the year before, plus a growth measurement. This doesn't give us any idea of whether the program is performing, and it forces us to make changes only on the margins. In addition, this process has a way of locking spending within programs and artificially limiting the power and discretion that lawmakers have to move money within policy areas to the most successful strategies, agencies, or programs.

In an environment of severely limited resources, we should be asking performance questions based on outcome data and arguments for a program beyond just the need. The bottom line should be a budget that sets goals and both demands and communicates outcomes.

These are the ideas behind "performance based budgeting" in which budget measures are keyed according to their objectives, and evaluated over time based on whether these objectives are being met. Several states use such measures in their state's budgeting process. For example, Virginia, widely acknowledged as a state with a deeply ingrained culture of fiscal responsibility, has been using this system for years. Here's how it works:

Take the health area of the budget, for example. Consider one program currently funded in Virginia's state budget, Childhood Immunizations.

Objective: We will increase immunization rates of children at two years of age.

Governor's Key Summary: We will increase the percentage of two-year old children in Virginia who are appropriately immunized to 90 percent by June 30, 2009.

Then, on an annual basis, Virginia is able to chart the performance of the program. Policymakers can look at this budget item and the charted data and evaluate whether to allocate more money to the program.

Louisiana is another example of a state that uses performance based budgeting. In fact, Louisiana statutorily requires strategic planning, operational planning, performance accountability, and performance reporting for all Executive Branch agencies.

The beauty of performance based budgeting is not only that it allows policymakers to better establish priorities and track progress, but that it allows you, the public, to hold lawmakers accountable and keep tabs on whether programs are achieving their purported objectives. Another example from the State of Virginia is the state's "online dashboard" published on the Department of Transportation's website. This website allows Virginians to keep tabs of a variety of performance measures, including vehicle accident fatalities, congestions, and even the nuts and bolts of the agency's fiscal management. If you'd like to take see the Virginia Department of Transportation's online dashboard, go to Virginia's online dashboard, go to http://dashboard.virginiadot. org/Default.aspx.

There are many models for performance based budgeting, and these are only a few examples. But the general idea is one that deserves our consideration. Performance measures put policymakers from both parties on the same side of the table, armed with the same data as they work together to craft responsible budgets. It is futile to talk about expenditures and revenues in the absence of performance data that tells us if we're effectively using the money we already have. In the end, the saving goes that the definition of insanity is doing the same thing time and time again but expecting different results. If this year's challenged state budget has taught us anything, it's that it is time to change the way we do things and move toward a culture of more responsible budgeting.



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Subscription rate is \$39 per year within Sacramento county, \$50 outside Sacramento County. The Carmichael Times is published weekly. Call 916-773-1111 for more information.

Graphics & Layout: *Clif Edwards* Advertising Sales:

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# Mercy General Hospital Gold Seal of Approval

#### Mercy General Hospital and Mercy San Juan Medical Center Recertified with "Gold Seal of Approval<sup>™</sup>" for Outstanding Stroke Treatment Programs

Mercy General Hospital in Sacramento and Mercy San Juan Medical Center in Carmichael have been recertified with the Gold Seal of Approval<sup>TM</sup> for stroke care from the Joint Commission. Catholic Healthcare West, the parent company of the local Mercy hospitals, has three hospitals with primary stroke centers in the Sacramento region, including Woodland Healthcare in Woodland.

According to the National Stroke Association, stroke is the third leading cause of death in the U.S. and the number one cause of adult disability. Each year, 750,000 people experience a new or recurrent stroke.

Mercy General Hospital and Mercy San Juan Medical Center have been Joint Commission certified primary stroke centers since 2004. Woodland Healthcare, a CHW hospital in Woodland, has been certified since 2006. Mercy General Hospital and Mercy San Juan Medical Center have made recent enhancements to their stroke programs, including upgraded radiology departments and new CT scanners as well as a new biplane interventional suite at Mercy General Hospital.

Both Mercy General and Mercy San Juan are focused on providing comprehensive stroke care, education and improved awareness to the community, as well as participating in national and international stroke research, according to M. Asim Mahmood, MD, regional stroke medical director for Mercy's Sacramento service area. "We are bringing superior stroke treatment and expertise to the Sacramento region," said Mahmood. "This includes cutting edge interventional therapies for ischemic and hemorrhagic strokes and even a telemedicine program that will provide access to our stroke specialists for local and rural hospitals."

"Our hospitals with primary stroke centers reflect Mercy's commitment to stroke care and the community," said Brian Ivie, president of Mercy San Juan Medical Center. "We are proud of our stroke specialists and caregivers for all of their hard work and dedication to providing outstanding stroke care to our patients."

Mercy General and Mercy San Juan are also working closely with the American Heart/ American Stroke Association as part of a threeyear collaborative effort to raise the awareness of stroke risk factors and stroke therapies in the Greater Sacramento Area.

The Joint Commission's Primary Stroke Center Certification is based on the recommendations for primary stroke centers published by the Brain Attack Coalition and the American Stroke Association's statements/guidelines for stroke care. A list of Joint Commission-certified programs is available at jointcommission.com.

About Mercy General Hospital

Mercy General Hospital has been serving the Sacramento community for more than 100 years. Founded by the Sisters of Mercy, Mercy General has been at its current site in the heart of East Sacramento since 1925. Mercy General Hospital has 342 licensed beds, a physician staff of more than 800, delivers 2,800 babies annually and leads the state in open-heart surgery. Mercy General is one of six Sacramento area hospitals that are part of Catholic Healthcare West (CHW), a system of 42 hospitals and medical centers in California, Arizona and Nevada and the nation's eighth largest healthcare system. In 2007, CHW provided more than \$922 million in community benefit and free care for the poor.

#### About Mercy San Juan Medical Center

Mercy San Juan Medical Center is a 260-bed facility that serves more than 150,000 people each year from north Sacramento County, south Placer County and beyond with a broad array of quality programs and services. Mercy San Juan has made the Thomson national "100 Top Hospitals" list each of the last two years by excelling in such areas as quality care, patient safety and growth. Doctors are the cornerstone behind teams of healthcare professionals who lead nationally recognized programs such as bariatric surgery, cardiac, neonatal intensive care and trauma. Mercy San Juan is part of Mercy, which also operates Mercy General Hospital, Mercy Hospital of Folsom and Methodist Hospital.

### Sacramento Jewish Film Festival Returns to the Historic Crest Theatre



The festival opens with the entertaining religious mystery "The Secrets"

The Sacramento Jewish Film Festival will celebrate its 12th year on February 7-8, 2009 at the historic Crest Theatre, 1013 K Street in downtown Sacramento. Presenting two dramas, three documentaries and several short films, this year's festival highlights a range of challenging and insightful topics about the Jewish experience.

The Festival begins at 7:00 p.m. Saturday, Feb. 7 with The Secrets, a film that delves into the challenges of two brilliant and free-spirited young women as they face the complexities of a religious lifestyle while in a vibrant environment of youth, rebellion and desire. Desserts and coffee will follow the screening. Neil Needleman's charming short Trip to Prague accompanies this program. The Not So Kosher Comedy Shorts program shorts hits the screen at 10:00 p.m. with Circumcise Me. This 2008 documentary provides a hilarious and fascinating look at American-born Yisrael Campbell a Catholic convert to Judaism who becomes a stand-up comedy star in Israel. Also on the program are Stephen and Joel Levinson's Jewno, Let My People Grow and Getting There is Half the Fun.

At 1:00 p.m. on Sunday, Feb. 8 the Festival kicks-off with Praying with Lior, a moving and entertaining documentary about Lior Liebling, a Rabbi's son with Down syndrome. As Lior approaches his Bar Mitzvah family and friends

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provide a window into life spent "praying with Lior." Told with intimacy and humor, the film poses such questions as what is "disability" and who really talks to God? There will be a sweets and coffee served in the lobby following the film. The second feature beginning at 3:10 p.m. is Love and Dance an irresistible story about a young boy torn between the conflicts of his Russian-born mother and Israeli father. When a crush leads him to take ballroom dancing lessons, our unlikely hero uses the Waltz and the Cha Cha to bridge the culture gap of his fractured family. The final film beginning at 5:15 is Blessed is the Match, a documentary about Hannah Senesh, who emigrated from Hungary to Palestine, but later joined the British Army, parachuted into Yugoslavia and tried to sneak into her native country in a valiant attempt to save the Jewish community--including her mother--from death at the hands of Hungarian Nazis. The short film Toyland by Jochen Alexander Freydank accompanies this program.

General admission for each screening: \$10.00 (senior/student \$8.50). All Festival passes \$45.00 (senior/student \$40.00). Saturday only passes: \$18.00 (senior/student \$16.00) Sunday only passes: \$27.00 (senior/student \$24.00). Advance tickets available at the Crest Theatre box office. For mail order information, call 916-442-5189. Admission includes three hours of validated parking at the Sacramento City Garage at 10th and L. For more information, visit www.thecrest.com or call 916-442-7378.

### Silverado Stages Coming to Sacramento

Silverado Stages, Sacramento's premier charter motorcoach company, is pleased to announce the opening of Silverado Tours in Sacramento. This new tour division is a great opportunity for today's traveler. The traveler now has more and better options when it comes to motorcoach travel. With offices in Sacramento, San Luis Obispo and Santa Barbara and a fleet of 70 modern luxury motorcoaches, Silverado is one of California's largest privately owned motorcoach companies in the state.

Silverado Tours staff has more than 45 years of group travel experience. We are set up to handle groups of any size. From 5 to 5000, Silverado is there for you and your group. "Don't have a group? No problem!" says Ken Dultz, Director of the new tour division. "We will be offering scheduled departures to many of your favorite destinations as well as the hidden gems that you may have never heard of. From one day outings to multi-day adventures, Silverado Tours has it all." Dultz also states that, "...all of our scheduled tours will of course have professionally trained tour directors to take care of your every need."

If you are interested in receiving more information regarding Silverado Stages or Silverado Tours, please call Ken at (916) 565-0200 or Email Ken at kdultz@silveradotours. com. You can also visit our website at www.silveradotours.com.

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# **Economic Recession Among 100 Top Sacramento Employers**

Sacramento Quarterly Employment Trends Announced Job demand & hiring trends for local companies dive in the 1st Quarter of 2009

Hiring freezes, workforce reduction through attrition, layoffs and company closures illustrate ongoing economic recession among 100 top Sacramento employers in the First Quarter of 2009. Fifty-one percent (51%) of employers surveyed say they won't hire anyone in January, February and March. Among those not hiring, twenty percent (20%) of Sacramento's top companies report plans to reduce workforces because of slow sales and economic recession in the First Quarter Three of those companies will layoff a hundred percent (100%) of their workforce and close.

Layoffs in the first quarter have increased for three years among Sacramento employers. At this same time in 2007 six percent (6%) of companies polled cited a slowing economy for reductions. Seven percent (7%) reported planned layoffs in the first quarter of 2008

Forty-nine percent (49%) will be motivated to hire in the first quarter, but thirty-three percent (33%) will seek only replacements for core workers and proprietary technical skills.

### **16th Annual Kiwanis Crab Feed**

January 17, 2009 is the date of the upcoming Carmichael Kiwanis 16th Annual Crab Feed. The event will be at the La Sierra Community Center, 5325 Engle Road, Carmichael, CA beginning at 6PM. Tickets are \$35, and for availability or more information call Hal Snow at 788-4434. No tickets will be sold at the door, and proceeds benefit Kiwanis projects for area children.

Home construction, housing products, property development, finance, auto dealers and retail firms indicate the largest cuts and closures.

Pacific Staffing discovered insurance, health networks, commodity distributors, agricultural, technical and customer service call centers expect to grow among Sacramento companies hiring in the first three months of 2009.

Sixteen percent (16%) say they are motivated to hire in the first quarter for growth due to new product lines, increasing video screen use, interest in green solar tech and administrative technical support. When asked what workplace or human resource challenge companies face in the next three months, seven percent (7%) mentioned high benefit costs while others were concerned with the economic downturn and increased on the job injury claims, safety, worker motivation and morale.

Sacramento's Regional Top 100 Companies By Industry: 33% are Service, 37% are Manufacturers, 19% are Construction and 11% are Retail. Sacramento employers who are hiring are seeking customer service, sales, and technical skills most in the next three months.

For more information and to see the surveys go to www.pacificstaffing.com.

### **Elks Charity Feb Bridge Party**

CHAR AAUW Educational Foundation Bridge Luncheon: February 7, 2009 @ 10 AM, Carmichael Elks Lodge, 5631 Cypress Avenue, Carmichael, CA 95608. Open to the public, the bridge luncheon will raise funds to support university scholarships for women. For reservations and additional information, contact 967-5934.



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# Training

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HOSPICE comes from a medieval word for a way station, a place for pilgrims to be replenished and cared for. But today Hospice describes specially trained people and practices organized to care for terminally ill persons and their families in their homes.

You can join the more than 300 volunteers who work with seven Hospice programs serving the Greater Sacramento Area and receive ongoing support and education.

Initial training includes History & Philosophy of Hospice Care, Concepts of Death and Dying, Communication Skills, Comfort Measures/Cancer and AIDS, Psychosocial Issues, Spiritual & Cultural Issues, Grief and Bereavement, and Volunteer Roles. Training is appropriate both for those wishing to become Hospice volunteers and for those coping with the care and support of a terminally ill person. Course sections are taught by professional staff members from local Hospice Programs.

Training classes will begin January 9 in Carmichael and February 5 in Auburn. For information call the Sacramento Hospice Consortium Volunteer Response Line at 388-6288.

# Hospice Carvings You Volunteer "Wood" Love

You are invited to join us for lunch on Tuesday, January 20, 2009

#### 11:30 a.m. to 1:00 p.m. (\$20.00 per person) Lions Gate, Club Room A 3410 Westover

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# **Bringing back the draft**

### by Lauren Forcella

Dear Readers: The "draft" is a dirty word for many Americans. But every New Year I like to share what's on my mind - with hopes that it starts many conversations!

The last year we had a draft was 1973, when the Vietnam War ripped this nation apart. The young of this country went crazy with justified anger over having to fight - and probably die - in a senseless war. The draft was the prime mover in why our young were so passionate, so demanding of change, so actively participating as citizens. It was even the draft - hell no, we won't go! - that ended the war.

Thirty-six years have passed and America has asked nothing of the 18- to 24-year-old crowd. Home life has changed, too. Very few children are required anymore to roll up their sleeves and apply elbow grease for the benefit of the family. Parents are busy, kids are overscheduled, many eat what they want, go to bed when they please, and most don't know the first thing about handling tools, preparing a meal, even running a vacuum cleaner. We have become a nation of largely apathetic, mostly overweight youth who have few skills beyond running personal electronic devices.

Last New Year, I wrote "The Male Crisis" (JAN 2, 2008) and begged you to read Boys Adrift by Dr. Leonard Sax. I still beg you to read this book. It explains how boys have been "feminized" by our current educational system, ADHD drugs, video games, and plastics, resulting in an epidemic of lazy boys and lazy young men. I mention it again because when one-third of 22to 34-year-old men still live with parents, and 14 percent of able-bodied, mostly college-educated men are not working — and not interested in working - we have a problem Houston.

When I hear America compared to the fall of Rome. I think back to Vietnam and wonder what would have happened if, instead of ending the draft, we had expanded it to include non-military service. (Youth were not just howling about the war. They were protesting many of the same

social, political, and environmental problems that dropped Rome - all of which are worse today.) No one would've batted an eye. The draft was an acceptable part of life; people just didn't want this particular war.

But, that didn't happen. The draft was eliminated and youth were effectively amputated from public service. We "silenced the radicals" by not needing them. Whether this silencing sprang from Machiavellian design, or short-sightedness, not setting a place at the table for idealistic young adults is bad business for freedom.

I propose we bring youth back to the table by reinstating the draft. My vision is that youth could apply to military service - or to service in renewable energy, environmental restoration, disaster response, organic agriculture, transportation, urban renewal, education, afterschool programs, drug and alcohol programs, suicide prevention, health care, infant care, elder care - all of which are crying for help.

While these needs are being served, apathy would fall away. Youth would gain real-life skills and become competent, self-directed, socially-involved adults (with no need to fake a British accent while traveling to avoid being called "dumb Americans"). At the end of their service, a GI Bill would launch them into the next phase of adulthood with debt-free education or low-interest mortgages or business loans - an essential foothold in these prohibitively expensive times.

That's my vision. I thought the draft was a dirty word, too, until I realized how rejuvenating it would be, not only for the whole country, but for our young people, personally. For them to put sweat-equity into their homeland, to make it stronger and better, to be able to say, "I did that, I am part of America", that would be very powerful. And then to receive compensation designed to jump-start their adult lives... I only wish it was available right now for my own kids.

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



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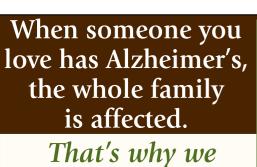
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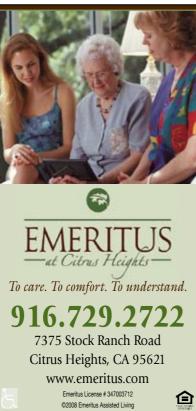
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make sure the whole family is involved.

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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.





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# CHP Officers Involved In Shooting

On January 4, 2009 at approximately 10:40 p.m., two CHP Officers in a marked CHP patrol vehicle were patrolling in the area of El Camino Avenue and Maryal Drive. As the Officers traveled south on Maryal Drive they observed a gold BMW in a parking lot on the east side of the roadway. The BMW was running and the drivers' side door was open. The Officers pulled into the parking lot, facing the BMW. At that time, a suspect jumped out the window of a business (later identified as Mr. Haney's Gameday BBQ) with a flat screen television in his hands. Officers got out of their patrol vehicle and drew down on the suspect with their service weapons. The suspect observed the Officers and continued to get in the vehicle disobeying their commands. The suspect momentarily put his hands up in the air while in the vehicle, then suddenly accelerated at the Officers.

The CHP Officers, fearing for their lives, fired rounds from their service weapon at the suspect. The suspect drove out of the parking lot and continued westbound down an alley behind some businesses crossing over Avalon Drive where the suspect abandoned his vehicle. The suspect exited his vehicle and fled on foot. A perimeter was set up with the assistance of the Sacramento Sheriff's Department. The suspect was located by a Sheriff canine unit approximately one hour later in the backyard of a residence on Verna Drive. The suspect was shot in the left leg and was transported to Mercy San Juan Medical Hospital. The suspect was identified as Trevor Hunnewell, a 24 year old from Sacramento. The criminal investigation is being handled by the Sacramento County Sheriff's Department and the CHP. Both CHP Officers were not injured.



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# Pet of the Week

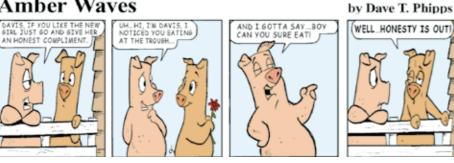
No name

Pet ID #: A488010

I'm a white and brown tabby cat and I'm only 6 months old. My best feature is my lovable personality but the first thing you will notice about me is my cute, white fuzzy ears with small tufts of fur poking out of them. I love to play and still have a lot of my kitten characteristics - I'm curious, playful and very cute. I would be so happy if you came to the shelter to visit me, and find out if I'm the kind of cat you have been looking for; I know I would love to go home with you. Now that the weather is getting colder I can keep you warm or snuggle with you on the coach while you watch a movie. Plus adopting me is like two gifts in one: you'll have a great new pet and you will be saving my life. Imagine how good you'll feel after saving a life. Please come down to the shelter today; I'll be waiting!

To see this cat and other adoptable animals visit:





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## Office Complex — King Crossword — Burns

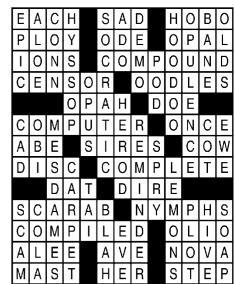
#### 2009 Starts Off With A Three Alarm Fire

On December 31,2008 at 1154 pm the Sacramento Metropolitan Fire District responded to a two story commercial office complex located at 950 Fulton in the Arden area. Metro Fire arrived to find fire coming from the second floor. Additional alarms were called to combat the fire discovered spreading through the attic space. It took over sixty fire fighters including fire fighters from the City of Sacramento to bring the fire under control. The damage is estimated at \$200,000.00 and the cause is under investigation. No fire fighters or civilians were injured.

On December 22,2008 Metro fire was notified of 5 fires that were ignited in this building but never spread and created very minor damage no arrests were made on those arson fires

# Answers

Solution time: 21 mins.



# Weekly SUDOKU

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

# DIFFICULTY THIS WEEK: \*\*

★ Moderate ★★ Challenging  $\star \star \star$  HOO BOY!

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# Joni Hilton



A wealthy friend of my husband Bob's, gives him a gift certificate to Morton's restaurant for his birthday. Naturally we waste no time getting dressed up and dashing downtown to enjoy their delicious steaks and pampering service.

A friendly waiter gives us oversized menus, on which are printed oversized prices. I gasp—one baked potato costs what I paid for my blouse. And the entire dinner tab for two people could purchase a used VW in 1974, which is precisely what I did, so I know.

But we order, nonetheless. After all, we have a "coupon." But then I begin to glance around. The waiter is chatting with an older couple in the corner; obviously they know each other and those people eat here all the time.

"What do you think he does?" I ask Bob. "I mean, how can they eat here so often that they know the waiter?"

Then I see a whole table full of executives, sticking it to their company and ordering appetizers, desserts, and of course, pricey drinks. "Look at that!" I hiss. "They're probably spending five thousand bucks!"

Another table of three couples is nearby. "How can they afford this?" I whisper. "Look—count up what they're eating!"

On top of all this, there are brass plates tacked to various doors of the wine thingamajig, bearing the names of what I can only assume are big investors in Morton's, the culinary equivalent of a Vegas high roller. People have their own, individual booze stashes! What do they do for a living?

I am absolutely flabbergasted, but then I realize this is Bob's birthday dinner, so I turn to him and say, "Oh I'm so sorry—I hope I'm not spoiling the evening."

And Bob says, "Well, let's just put it this way. If I die and you date, don't do this."

# If I Die and You Date

Well now I'm laughing so hard that I really am creating a scene, and I am also thinking of a number of things he shouldn't do if I die first and he's the one dating. And from that moment to this, that line has become a family motto of sorts, uttered whenever one or the other of us does something truly obnoxious, annoying, or downright insane. For example, if I die and he dates, he should not slice up his fried eggs into a swamp of glowing primordial goop, and then eat them in front of his horrified date.

I should not feed people food to the dog, especially not in the kitchen.

He should not leave piles of mail, hardware store bags, car parts, light bulbs or random tools on the dining table.

I should not remind him repeatedly to do something, just because it's on my list.

He should not buy megatron giant gulp drinks and leave the bucket-sized cups around as if they add to the décor.

I should ask for things directly, not hedge and hint, expecting him to be psychic.

On the other hand, we both crack our knuckles, so we're okay with that.

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 3-4 pm on www.KAHI.com or 950 AM

# **RT Fare Increase Effective January 1**

In response to an \$18.3 million loss in state funds for Fiscal Year 2009, the Sacramento Regional Transit District (RT) will increase bus, light rail and complementary paratransit fares effective Thursday, January 1, 2009.

The new fares will increase the Basic fare by 25 cents (to \$2.25), the Basic daily pass by \$1 (to \$6) and the Basic monthly pass by \$15 (to \$100). Discount fares will increase accordingly.

The fare for complementary paratransit services operated by Paratransit, Inc. will increase by 50 cents (to \$4.50). The Paratransit monthly pass price will not increase and will remain at \$100.

Due to the fare increase, RT light rail fare vending machines will not accept pre-paid passes and tickets displaying 2008 pricing (June 30, 2010 expiration date) on or after January 1, 2009. Light rail passengers must exchange these Basic and Discount daily passes or single-ride tickets for new fare media. Bus passengers may continue to use pre-paid passes and tickets displaying 2008 pricing (June 30, 2010 expiration date) on buses only by paying the additional fare.

RT will conduct exchanges of fare media (June 30, 2010 expiration date only) with additional payment at RT's Customer Service and Sales Center located at 1225 R Street (adjacent to the 13th Street light rail station) in downtown Sacramento. The Sales Center is open weekdays from 8 a.m. to 6 p.m. and Saturdays from 10 a.m. to 2 p.m. For route and schedule information, call 916-321-BUSS (2877) or visit www.sacrt.com.

# **CRIME REPORTS**

	Time	Crime	Address	Location Type
Carmichael				
2008-12-23	14:00	Burglary Residential	4700 block of Minaret Way	Residence/home
2008-12-23	22:56	Simple Assault	5800 block of Winding Way	Residence/home
2008-12-24	11:00	Burglary Residential	1800 block of Shelfield Dr	Residence/home
2008-12-24	12:14	Larceny/Theft	4700 block of Manzanita Ave	Grocery/supermarket
2008-12-24	21:56	Vandalism	6100 block of Fair Oaks Blvd	School/college
2008-12-24	22:30	Burglary From Vehicle	Boyer Dr / Sarah Ct	Highway/road/alley
2008-12-25	00:30	Burglary From Vehicle	4200 block of Oak Knoll Dr	Vehicle
2008-12-25	10:00	Burglary From Vehicle	4700 block of Manzanita Ave	Parking lot/garage
2008-12-25	16:30	Burglary From Vehicle	2500 block of Greenfield Way	Residence/home
2008-12-26	01:00	Burglary From Vehicle	5300 block of Agate Way	Vehicle
2008-12-26	11:40	Larceny/Theft	6500 block of Coyle Ave	Other/unknown
2008-12-26	14:30	Burglary Residential	5900 block of Adana Cir	Residence/home
2008-12-26	20:30	Simple Assault	4700 block of Manzanita Ave	Specialty store
2008-12-27	06:30	Burglary Residential	4000 block of Grover Ct	Residence/home
2008-12-27	08:00	Larceny/Theft	5900 block of Sutter Ave	Public use area
2008-12-27	16:00	Vandalism	4900 block of Douvan Ct	Residence/home
2008-12-27	16:03	Stolen Property	7700 block of Fair Oaks Blvd	Parking lot/garage
2008-12-28	15:00	Burglary Business	4700 block of Manzanita Ave	Retail/dept/discount store
2008-12-28	20:30	Vandalism	Monteglen Ct / Landis Ave	Highway/road/alley
2008-12-29	14:10	Burglary Residential	6200 block of Saint James Dr	Residence/home
2008-12-29	16:40	Narcotics	Winding Way / Rampart Dr	Highway/road/alley

# God's 2350 Ways to Manage Your Money

Free class: Jan 27-Mar 17 7pm Tuesday Nights Space limited to 35. <u>Call 487-8684 to sign up.</u>

Also:

**Use Your Brain for Success** - Jan 24 And *Male-Female Differences in Thinking*. 11:00am & 3:00pm – Brain expert Arlene Taylor, PhD

#### carmsda.org

Carmichael Seventh-day Adventist Church 4600 Winding Way - Sacramento, CA 95841 Corner of Winding Way and Pasadena

# **Healthy Lifestyles Reduce Cancer Risk**

*NewsUSA* - Cancer and its treatment can sometimes generate other health problems in survivors, including the risk of secondary cancers. The National Cancer Institute (NCI) and the American Cancer Society (ACS) both recommend that cancer survivors lead healthy lifestyles to reduce their risk. In addition to cancer survivors, now is a good time for all people to incorporate healthy habits into their lives.

The National Children's Cancer Society, a nonprofit organization that works to improve the quality of life for children with cancer and their families, offers these tips for a healthy lifestyle:

- Don't smoke. Avoid using any tobacco product. Tobacco use, especially smoking, is the largest cause of preventable death in the United States. If you don't smoke, don't start. If you do smoke, quit. Also, avoid secondhand smoke. Nonsmokers who live with smokers are 30 to 50 percent more likely to develop lung cancer.

- Eat right. The National Cancer Institute has found that 35 percent of adult cancers are linked to diet, so eating your fruits and vegetables can make a big difference in your long-term health. You should eat five or more servings of fresh produce every day, especially dark green, yellow and orange fruits and vegetables.

The ACS and the NCI also recommend



A healthy, active lifestyle will reduce your risk of developing cancer.

eating fish three times a week, reducing salt and fat, choosing low-fat dairy products and eating very little cheese, choosing beans over red meat and cooking food in olive or canola oil instead of butter.

Adequate fiber intake also helps reduce cancer risk. Men ages 50 and under should eat 38 grams of fiber a day. Women in the same age range should eat 25 grams. If you eat the recommended amounts of whole grains, fruits and vegetables, you should be getting enough fiber. If not, increase fiber slowly and drink plenty of water. Try switching white bread for whole grains and replace red meat with beans. Taking a fiber supplement does not have the same health benefits as eating fiberrich foods.

- Exercise. Studies show that regular exercise reduces the risk of colorectal cancer, heart disease, osteoporosis, diabetes and maybe breast cancer. Follow the U.S. Department of Agriculture (USDA) guidelines and aim for 60 minutes of moderate activity almost every day.

For more information, or to learn how to help children with cancer and their families, visit www. nationalchildrenscancersociety.org.

# Planning Ahead Seminars

#### Have you planned for everything?

Mount Vernon Memorial Park is hosting free informational seminars on planning funeral and cemetery arrangements well in advance of need. These seminars provide a perfect vessel to begin thinking about a subject much avoided and yet much needed to be discussed.

In January there are three seminars. Saturday January 10th at 10am, Friday January 16th at 10am or Tuesday January 27th at 3pm. Mount Vernon Memorial Park, is located at 8201 Green Back Lane, Fair Oaks Ca.

Please RSVP with Janice Jordan at 916.969.1251 x569.



# Learn About New Treatments for Foot and Ankle Disorders

1st Arden Arcade Community Run

The first Arden Arcade Community Run will be January 24, 2009 at 8:30 AM. The event will be a seven-mile run starting and finishing

at William Pond Park along the American River. There will also be a

www.ardenarcaderun.com

two-mile walk. Event organizer is the Rotary Club of Arden Arcade. More information and registration can be found at

Orthopaedic surgeon and foot and ankle specialist, George Lian, M.D., will present information on the newest trends in surgical and non-surgical management of common foot and ankle disorders including total ankle replacement.

This free symposium will be held on Wednesday evening, Jan. 14, at the Sutter Cancer Center, 2800 L Street, Sacramento, in classrooms 1-4. Registration begins at 5:45 p.m. and Dr. Lian's presentation begins at 6 p.m. Question and answer session is between 6:45-7:15 p.m.

Space is limited, to RSVP or for more information, please call 1-877-

361-2663 and select option 5.

The Sutter Orthopaedic Institute team of participating surgeons, nurses, rehabilitation specialists and other patient-care provider's work together to deliver high quality services and superior outcomes for pediatric and adult patients. Sutter Medical Center. Sacramento is recognized by HealthGrades for being ranked in the top ten percent in the nation for orthopedic surgery and joint replacement surgery. Sutter performs the most total hip and knee replacements in Northern California while maintaining exceptional outcomes.

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# What do you want the North Watt **Corridor to look like in 20 years?**

on Next Step for Watt Avenue

The draft North Watt Avenue Corridor Plan will be presented at a community meeting on January 27, 6:30-8:30 p.m. The meeting will be held in the prestigious Aerospace Museum of California at 3200 Freedom Park Drive.

"The Watt Avenue plan reflects the input from local residents and business people, citizens' groups and technical staff," said Sacramento County Principal Planner, Tricia Stevens. The public draft of the Watt Avenue Corridor Plan includes a proposed transit-oriented development in the Triangle Gateway area, near- and long-term transportation options, and proposed streetscape, park and trail improvements.

The Watt Avenue Corridor Plan



Sacramento County Seeking Your Input will guide future development and improvements along the North Watt Avenue corridor. In addition to opportunities for infill and revitalization, North Watt Avenue is also a major transportation corridor with the potential to include bus rapid transit. The Plan therefore addresses the community's goals for business, employment, and housing while also meeting regional transportation objectives.

> To RSVP for the meeting or to find out more information, contact:

> Tricia Stevens, Principal Planner, Planning & Community Development,916-874-2926 or Mark Manoff, North Service Area Municipal Manager, Services Agency,916-874-5381

> Additional information can be found at:http://www.corridors.saccounty.net/ northWattPlan.asp

> > Weekly SUDOKU \_\_\_\_

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# King Crossword

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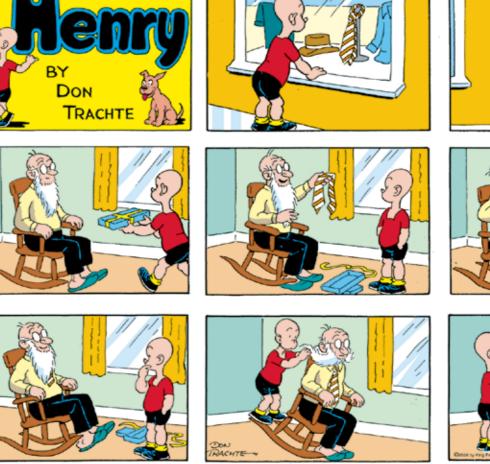
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SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2008-00028564-CU-PT-GDS

WHEREAS, Mark Edward Sawyer has filed a petition in this court for a decree changing name of Seth Marcellus Santos to Seth Marcellus Sawyer. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Jan. 20, 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 County California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Dec 8,2008

Loren E. McMaster

Judge of the Superior Court Publish: December 16, 23, 30, 2008, anuary 6, 2009.

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SAWYÉR	81203	1-6-09	

FICTITIOUS BUSINESS NAME STATEMENT #0811969. Jemvel Johnson, 4024 Tawny Meadow Way, Antelope, CA 95843 is doing business under the Fictitious Business Name "Disasterkit" at 4024 Tawny Meadow Way, Antelope, CA 95843. Filed with the Clerk of Sacramento County on Dec. 3, 2008. Publish: December 23, 30, 2008, January 6, 13, 2009 DISAST 81204 1-1 1-13-09

FICTITIOUS BUSINESS NAME STATEMENT #0812293. John Pantis 5832 Hoffman Lane, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Yianni's Bar & Grill" at 6628 Fair Oaks Blvd., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Dec. 15, 2008. Publish: December 23, 30 2008, January 6, 13, 2009. YIANNI 81204 1-13-09

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE #0605325

The following persons have abandoned the use of the FICTITIOUS BUSINESS NAME of Yianni's Bar & Grill, located at 6628 Fair Oaks Blvd., Carmichael, CA 95608.

Michel J. Vlachakis, 3201 Panama Ave., Carmichael, CA 95608. The Fictitious Business Name

The Fictitious Business Name Statement was filed on May 3, 2006 in the County of Sacramento. Filed with the Clerk of Sacramento

County on Dec. 15, 2008. Publish: December 23, 30, 2008, January 6, 13, 2009. YIANNI 81204 1-13-09

SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2008-00029731-CU-PT-GDS

WHEREAS, Michael Robert Hager (Brown) has filed a petition in this court for a decree changing name of Michael Robert Brown to Michael Robert Hager. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. or Jan. 30, 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 general circulation, printed of

Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition, Dated: Dec. 19, 2008 Shelleyanne W.L. Chang

Judge of the Superior Court Publish: December 23, 30, 2008, January 6, 13, 2009 HAGER 81204 81204 1-13-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2008-00029256-CU-PT-GDS

WHEREAS, Katherine Maria Regan Maria Regan to Katherine Economou Regan. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Jan. 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: Dec. 15, 2008. Loren E. McMaster

Judge of the Superior Court

Publish: December 23, 30, 2008, January 6, 13, 2009. 1-13-09 REGAN 81204

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE

CHANGE OF NAME #34-2008-0002-CU-PT-GDS WHEREAS, Ngoc Bao Le Nguyen

aka Bao N. Nguyen has filed a petition

in this court for a decree changing name of Ngoc Bao Le Nguyen aka Bao N. Nguyen to Charlene Nguyen. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Feb. 3, 0000 in Dect 54 located at 800 Mb Ct 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: Dec. 16,2008

Shelleyanne W.L. Chang

Judge of the Superior	Cou	π	
Publish: December	23,	30,	2008,
lanuar (6 12 2000			

NGUYEN 81204 1-13-09 FICTITIOUS BUSINESS NAME STATEMENT #0812525 MR utomotive Solutions, 2977 Bergamo Way, Sacramento, CA 95833 is doing business under the Fictitious Business Name "Precision Tune Auto Care" at 6542 Fair Oaks Blvd., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Dec. 23, 2008 Publish: December 30, 2008, January 6, 13, 20, 2009. PRECIS 81205

1-20-09

FICTITIOUS BUSINESS NAME STATEMENT #0812622. Norman Burnam, 5204 "U" St., Sacramento, CA 95817 is doing business under the Fictitious Business Name "Grand Weddings & Occasions" at 6811 Fair Oaks Blvd., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Dec. 29, 2008. Publish: January 6, 13, 20, 27, 2009.

1-27-09 FICTITIOUS BUSINESS NAME STATEMENT #0812585. James D. Hoppe and Lisa H. Hoppe, both of 6401 Covvomar Circle, Orangevale, CA 95662 are doing business under the Fictitious Business Name "Video Documentation" at 3295 Monier Circle #B, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on Dec. 26, 2008. Publish: January 6, 13, 20, 27, 2009. VIDEOD 90101 1-27-09

90101

GRANDW

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

#34-2008-00030351-CU-PT-GDS

WHEREAS, Amanda Lynn Accomazzo has filed a petition in this court for a decree changing name of Amanda Lynn Accomazzo to Amanda Lynn AccomaZZo-Delgado. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Feb. 11, 2009 in Dept. 53. located at 800 9th St. Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this order to show cause be published in the Carmichael Times. newspaper of general circulation, inted in Sacramento County, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Dec. 26, 2008.

Loren E. McMaster

Judge of the Superior Court Publish: January 6, 13, 20, 27, 2009. ICCOMA 90101 1-27-09 ACCOMA

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO

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### SUMMONS CASE #34-2008-00012644

NOTICE TO DEFENDANT: DAVID CASTILLO, an individual doing business as CABINETS PLUS; and DOES 1 through 10, inclusive:

You are being sued. PLAINTIFF'S NAME IS: J.E. HIGGINS LUMBER COMPANY, a California corporation.

You have 30 Calendar Days after this Summons and Petition are served on you to file a typewritten response (form FL-120 or FL-123) at this court and have a copy served on the petitioner. A letter or phone call will not protect you.

If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. If you cannot pay the filing fee, ask the clerk for a fee waiver form.

If you want legal advice, contact a lawyer immediately. You can get information about finding lawyers at the California Courts Online Self-Help Center(www.courtinfo.ca.gov/selfhelp), at the California Legal Services web site (www.lawhelpcalifornia.org), or by contacting your local county bar association.

The name and address of the court is Superior Court of California, County of Sacramento, Limited Civil Division, 720 Ninth St., Sacramento, CA 95814

The name, address, and telephone number of petitioner's attorney, or petitioner without an attorney, is: John W. Phillips (SBN 147117); Wild, Carter & Tipton, 246 W. Shaw Ave., Fresno, CA 93704; (559) 224-2131; (559) 229 7295

Dated: June 5 2008

Publish: January 6, 13, 20, 27, 2009. /ILDCA 90101 1-27-09 WILDCA



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window

room. Plantation shutters, carpet,

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