

# Carmichael Times

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## Happy New Years!

### Community Planning Commissions Seeks Applicants

County Supervisor Susan Peters wants more local residents to become involved in the land-use decision-making process and is encouraging applications for membership on the new Community Planning Commissions recently established for Arden Arcade and Carmichael/Old Foothill Farms by the Board of Supervisors.

In 2005 the Board of Supervisors established a pilot program creating four community councils for Arden Arcade, Carmichael/Old Foothill Farms, Fair Oaks and Rio Linda/Elverta with authority to review and decide land use matters that previously had been made downtown by either the County Project Planning Commission or Zoning Administrator. Those pilot councils were successors to the Community Planning Advisory Councils or CPACs that only performed an advisory function.

After reviewing the pilot program, the Board of Supervisors in September 2008 concluded the underlining purpose of local delegation of authority deserved to be continued with a few minor administrative modifications to provide uniformity. The new community planning commissions will have a standardized membership of seven persons for the built out communities of Arden Arcade, Carmichael/Old Foothill Farms and Fair Oaks. Rio Linda/Elverta will retain five members but can expand in size as that area grows. The hearing bodies will be called Community Planning Commissions which reflects the important land use decision making authority that has been delegated by the Board of Supervisors.

The new commissions will take effect January 31, 2009 and the Board of Supervisors will appoint the members as was done for the pilot program. As part of the application process, all applicants will be required to provide a statement of qualifications that will be posted on the County website so the public can see who has applied.

While the current members of the community councils are eligible to reapply, the application process is open to all residents interested in serving. A description of the position and the application is available online through the Clerk of the Board at [sccob.saccounty.net](http://sccob.saccounty.net).



Enjoy your New Year's Eve. Make 2009 the best year yet!

### Happy New Year Carmichael 2009

With the New Year arriving this January 1st, 2009, we are all in for many new changes in our lives. Our new president will be inaugurated this month, a real change in the political world, whether you voted for him or not. We have changes in some local political offices as well, all in hopes of getting our local problems resolved.

The economy, both nationally and statewide, has driven our local economy into some very tough positions. Many local businesses have closed this past year and some that did not have the holiday sales "push" they needed are most likely close behind. Retailers within Carmichael and the surrounding areas are

seeing the result of months of people deciding to hold on to their incomes and waiting to see what is going to happen when all the new political changes are in place.

The state budget not being resolved continues to be a major problem for our community. Many just want any budget to be passed so they can get their funding from the state. Others want it held up until they get a balanced budget, or at least something close to a balanced budget. The inability, or unwillingness, to balance the state's checkbook is crushing small businesses and leaving many people wondering if they will even have employment in 2009.

The tougher the times, the more creative and heartened people must be. Easy to say, but often hard to do. Local businesses are doing all they can to stay in business to ride-

out the economic storm. Supporting local businesses by buying from our neighborhood retailers, restaurants and services turns the local economy around first. Rebuilding a local economy isn't going to happen by way of a national government's grand ideas. It happens when local family businesses hire family and people within the community. It happens when people buy goods and services locally and stay within their own home budget. It happens when the local government gets off the backs of small business owners and makes it possible to spend more time doing business and less time complying with the myriad of laws and requirements of doing business that far exceed reasonability.

Let's make 2009 the year that Carmichael turns it around and begins to see more economic growth. Let's make it the year employment grows and more local businesses come in because Carmichael is seen as the "hot" place to start a business. Support your fellow business owners by doing business with each other. Support your neighbors by buying their products. Make 2009 your own most successful year and it will be a Happy New Year!

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**Pet of the Week - Pg 8**



# Free Test Charts Risk for Heart Disease

**Sutter Heart & Vascular Institute Offers Risk Assessment, Clinician Consultation**

The Sutter Heart & Vascular Institute, which serves heart patients throughout Northern California, this week is launching a Heart Health Risk Assessment tool on the Internet along with a free half-hour consultation with a clinician for those who are at risk of heart disease.

The assessment tool and clinician consultation are free to everyone with any or even no insurance. To take the 10-minute, Web-based assessment, go to [www.sutterheart.org](http://www.sutterheart.org) and click on the button to the right labeled "Heart Health Risk Assessment." Through a series of questions, it will assess your current cardiovascular health status and identify those medical or lifestyle conditions that may lead to development of the disease. After the assessment, if respondents are at risk for heart disease, they can fill out a form for a 30-minute, in-person clinician consultation.

"Our mission is to improve the heart health of everyone in the Sacramento region and throughout Northern California," said Dr. David Roberts, Medical Director of the Sutter Heart & Vascular Institute. "Cardiovascular disease is the leading cause of death in the United States, and many

people are unaware that, to a large extent, the disease is both modifiable and preventable. We hope everyone will take advantage of this risk assessment and consultation, and will take action to improve the health of their heart and their entire vascular system."

The consultation with a registered dietitian includes cholesterol, body mass index, blood pressure and other tests, and individuals will leave with individualized information on how to reduce their risk of heart disease and whether they need follow-up visits with their physician or a cardiologist. The consultations are held in the offices of the Sutter Heart & Vascular Institute at 5301 F St., Sacramento.

The Heart Health Risk Assessment and Consultation isn't the only program sponsored by the Sutter Heart & Vascular Institute in order to improve the heart health of men and women throughout Northern California. The Institute also sponsors two American Heart Association programs: The Go Red for Women movement promotes awareness for women's battle against heart disease, and Start! is a heart-healthy initiative that encourages walking as an on-the-job form of exercise.

For those without access to the Internet, the Sutter Heart & Vascular Institute can fill in your assessment information by phone. The Institute's phone numbers are (916) 733-1777 and, toll-free, 1-877-50HEART.

# Laid-off Workers Need Stronger Unemployment Safety Net

**Statement by Art Pulaski, California Labor Federation Executive Secretary-Treasurer on Release of October Unemployment Numbers**

"California's workers got the latest in a string of bad news with the release of the state's newest unemployment figures. Between September and October, California's unemployment rate jumped from 7.7% to 8.2% - its highest rate in 14 years. There are now more out of work Californians than ever before.

"While the numbers are staggering in their size, it is important to remember each family behind the numbers. For each of the 26,000 jobs lost last month, a family struggles to buy groceries and pay the mortgage.

"For these families and those who have already been without work for months, unemployment benefits are a safety net to keep

them from falling into the economic abyss. As unemployment soars, it's bad economics for Governor Schwarzenegger to propose devastating cuts and limits on eligibility for unemployment benefits. His anti-worker proposals are economically backwards and will issue another blow to laid-off workers and their communities.

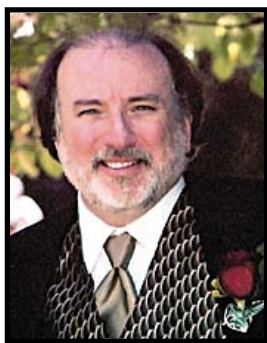
"California's unemployment benefits already rank 42nd in the country when compared to our wages. Now, more than ever, our state's unemployed families need better unemployment benefits, not another threat to their pocketbooks. Strengthening and stabilizing the unemployment system must be a top priority for the governor and the new legislature."

Just Like Cats & Dogs by Dave T. Phipps



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## Carmichael Times



**Publisher - Paul V. Scholl**

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# Family Films by David Dickstein

## Hotel for Dogs

Opens Jan. 16, rated PG  
hotelfordogsmovie.com

Emma Roberts, who had a dog of a starring debut film with "Nancy Drew" last year, is surrounded by dogs in her top-billed sophomore feature that co-stars Don Cheadle and Lisa Kudrow. When their new guardians forbid 16-year-old Andi (Roberts) and her younger brother to have a pet, she needs to find a new home for their dog. The solution is an abandoned hotel that, to the dismay of neighbors, soon turns into a Red Woof Inn.

## Paul Blart: Mall Cop

Opens Jan. 16, rated PG  
paulblartmallcop.com

A mall security guard who dreams of becoming a real policeman gets his chance to prove he's badge-worthy when a highly organized band of thieves takes over the shopping center. Kevin James plays the cop wannabe in what smells like a slapstick "Die Hard."

## Inkheart

Opens Jan. 23, rated PG  
inkheartmovie.com

"Journey to the Center of the Earth" and the third "Mummy" movie disappointed audiences and critics, but hopefully Brendan Fraser's latest action-adventure won't. He plays a father who loves reading bedtime stories to his young daughter, but has a change of heart when he steps over the boundaries of fiction and becomes a character himself.

## Family Videos

### The Adventures of Walker & Ping Ping:

### The Great Wall and The Chinese Market

(ages 3-8, Jan. 20, not rated): My 1st grade teacher wife says she'll play this video for her students later this month for Chinese New Year, but only because we're less thrilled with Nickelodeon's "Ni Hao Kai-Lan: Celebrate with Kai-Lan" that's released Jan. 6. With "Walker & Ping Ping," good is the concept to introduce young explorers the Chinese life, culture and language, "Dora the Explorer" style. Alas, this is a cheaply produced, poorly executed two-episode DVD featuring a saccharine-sweet Caucasian boy (the kid actually says "neato" twice) who befriends a native girl from his new hometown of Hong Kong. Grade: C-

### The Fraggles Complete Series

Collection: (ages 3-10, now available, not rated): Many Baby-Booming adults will want this 20-disc set, too, no doubt, but small fry will laugh and learn over 47-plus hours with this musically charged, multi-E Emmy-award-winning children's series that ran four seasons in the mid-'80s on HBO. The brainchild of the late Jim Henson of "Sesame Street" fame, the show stars a quirky clan of cave-dwelling creatures who live and work in harmony. Grade: A

### Open Season 2 (ages 6-11, Jan. 27, PG):

A domesticated dachshund named Mr. Weenie (now that's original) escapes to join the rebellion of forest animals in this passable direct-to-DVD sequel to the mildly successful 2006 theatrical release. As usual with home video follow-ups, the voice cast isn't as star-studded, so you have Mike Epps replacing Martin Lawrence as Boog, a trained grizzly. Grade: B-



NO STRAY GETS TURNED AWAY  
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DREAMWORKS PICTURES AND NICKELODEON MOVIES PRESENT IN ASSOCIATION WITH CLOUD SPRING PICTURES A BUNNERS COMPANY / MANIFESTO PICTURE COMPANY PRODUCTION  
"HOTEL FOR DOGS" EMMA ROBERTS, JAKE T. AUSTIN, KYLA PRATT WITH LISA KUDROW, KEVIN TOLLEN AND DON CHEADLE. MUSIC BY JOHN DENNEY. COSTUME DESIGNER BETH PASTERNAK, S.A.S. EDITOR CHELSEA KATON, A.C.E.  
PRODUCTION DESIGNER WILLIAM SHAMMILL. DIRECTOR OF PHOTOGRAPHY MICHAEL SPADY. EXECUTIVE PRODUCERS IVAN RESTMAN, TOM POLLOCK, JEFFREY CLIFFORD. PRODUCED BY JAMES SHULER, DANNY JONATHAN GORDON, EVAN LESLIE, JASON CLARK  
WRITTEN BY LOG DUNCAN. DIRECTED BY JEFF LOWELL AND BOB SCHROEDER & MARK MACVICKLE. STYLING BY PHILIP FREDRICKS. EXECUTIVE PRODUCERS  
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# Getting More From Your Money

by John Addison

(NAPSA)-There are a number of ways by which budget-conscious people can tighten their belts without feeling too much of a pinch. Try these tips:

## Cut Energy Use

Sealing your house properly can save you 25 percent on heating and cooling costs, according to Money magazine. Ask your energy provider for a free energy audit, hire an energy pro or follow the steps at energystar.gov to find air leaks. You should also eliminate "energy vampires" such as new types of TVs that draw power whenever they're plugged in, even if they're not turned on.

## Cut Grocery Costs

A household of four that strategically uses coupons can save about 25 percent on grocery costs each year, according to Kiplinger's. If you've joined a warehouse club to buy in bulk and save cash, be sure to avoid making impulse buys while you're there (many stores place electronics and other temptations on display). Shoppers can save up to \$1,200 annually by cutting just half of their unplanned purchases.

## Entertainment Expenses

You don't have to stop eating out, you just have to eat smarter. Skip the drinks, and instead of ordering two entrées, order one appetizer and split a meal. Or dine out dur-

ing breakfast or lunch times, when meals are typically cheaper. You can also cut the cost of going to the movies by hitting a matinee for discounted admission. Some theaters also have loyalty clubs that offer discounts.

## Improve Gas Mileage

The easiest way to spend less on gas is to simply use less of it. Consolidate your errands into one trip, or walk to the grocery store instead of driving (it's better for your health and the environment, too). Speeding, braking sharply and frequent lane changes significantly reduce your gas mileage.

## Save On Insurance

You can't fix high gas prices, but odds are you can get a better deal on your car insurance. If you haven't reviewed your policy lately, you may have missed some extra money savers. Most insurers will shave prices for anti-lock brakes, having an accident-free record, taking a defensive driving course, or using the same insurer for your home policy-adding up to as much as 25 percent off your premium, again according to Money magazine.

## Learn More

Financial professionals at Primerica have created a guide that shows you how to take control of your financial life. To get a copy of "How Money Works," write to Primerica, 3120 Breckinridge Blvd., Duluth, GA 30099, ATTN: Corporate Relations, or call (770) 564-6329.

For more information, visit [www.primerica.com](http://www.primerica.com).

John Addison is a co-CEO of Primerica, a subsidiary of Citigroup, Inc.

# CRIME REPORTS

	Time	Crime	Address	Location Type
<b>Carmichael</b>				
2008-12-14	17:20	Larceny/Theft	7900 block of Fair Oaks Blvd	Commercial/office building
2008-12-14	17:30	Burglary Residential	5400 block of Marconi Ave	Residence/home
2008-12-14	21:00	Burglary From Vehicle	2400 block of Camino Garden Way	Residence/home
2008-12-14	22:00	Burglary From Vehicle	2100 block of Bircher Way	Vehicle
2008-12-15	00:35	Burglary From Vehicle	5700 block of Hesper Way	Vehicle
2008-12-15	01:00	Burglary From Vehicle	4200 block of Josh Ct	Vehicle
2008-12-15	11:15	Larceny/Theft	4400 block of Manzanita Ave	Public/government building
2008-12-15	23:00	Burglary Business	5000 block of Manzanita Ave	Church/synagogue/temple
2008-12-16	16:40	Burglary From Vehicle	6400 block of Tarshes Dr	Vehicle
2008-12-17	12:00	Burglary Business	5900 block of Van Alstine Ave	Other/unknown
2008-12-17	16:30	Vandalism	6100 block of Fair Oaks Blvd	School/college
2008-12-17	17:00	Vandalism	5000 block of Cottage Way	Church/synagogue/temple
2008-12-17	23:20	Robbery	6500 block of Coyle Ave	Parking lot/garage
2008-12-18	17:00	Simple Assault	5800 block of Fair Oaks Blvd	Residence/home
2008-12-18	18:50	Larceny/Theft	5800 block of Manzanita Ave	Parking lot/garage
2008-12-19	00:30	Burglary Business	5800 block of Manzanita Ave	Commercial/office building
2008-12-19	00:49	Burglary From Vehicle	8200 block of Fair Oaks Blvd	Vehicle
2008-12-19	16:00	Vandalism	6000 block of Cherrelyn Way	Vehicle
2008-12-19	18:00	Burglary From Vehicle	2700 block of Leoleta Way	Vehicle
2008-12-19	23:00	Burglary Residential	2700 block of Calisa Ct	Residence/home
2008-12-20	00:20	Robbery	7200 block of Fair Oaks Blvd	Financial/bank/savings loan
2008-12-20	15:09	Robbery	5800 block of Sutter Ave	Residence/home
2008-12-20	18:10	Vandalism	Marconi Ave / Walnut Ave	Parking lot/garage
2008-12-20	18:30	Robbery	Kenneth Ave / Arborea Ct	Public use area
2008-12-21	01:44	Burglary Residential	3000 block of San Lorenzo Way	Residence/home
2008-12-21	03:49	Aggravated Assault	Fair Oaks Blvd / Engle Rd	Highway/road/alley
2008-12-21	04:00	Robbery	6300 block of Fair Oaks Blvd	Gas/service station
2008-12-21	16:00	Burglary From Vehicle	7700 block of Fair Oaks Blvd	Vehicle
2008-12-21	23:45	Simple Assault	5000 block of Marconi Ave	Convenience store
2008-12-22	06:00	Burglary Residential	5200 block of Morro Bay Dr	Residence/home

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# Discover the Truth about Assisted Living

**New Book reveals solutions and in-depth analysis of moving seniors into an Assisted Living Community**

By 2012, approximately 10,000 Americans will turn 65 every day and by 2030 our overall senior population will reach nearly 71 million (Centers for Disease Control and Prevention and The Merck Company Foundation). This dramatic shift in demographics has brought with it many questions related to finding quality care for seniors in need of assistance in the United States. This immensely valuable book is for anyone considering a retirement community. It clearly states what one should expect in terms of service and amenities and answers many questions. The information provided in this eye-opening book will forever change how you approach retirement or assisted living communities.

The Truth about Assisted Living is a comprehensive guide written for people who are just beginning to search for appropriate alternatives in living accommodations for parents or loved ones who have reached a time in their lives when living at home is no longer a viable option. The chapters of this volume are not intended as an indictment of assisted living or memory care as a whole; rather, they emphasize how you can avoid some of the pitfalls one can encounter while in search of alternative living for the loved one who can no longer stay in their own home. This book also reveals the difficulties of selecting new places for elders, as well as the elders' struggle to adjust to new places. From the first page until the last, The Truth about Assisted Living will help concerned readers select the very best possible placement for their elderly, loved ones.



### About the Author

E. N. Porter has worked in the assisted-living and memory-care business for the last decade. She has been employed by three of the largest providers in the country as well as a smaller mom-and-pop operation in the state of California. She is an administrator in good standing and has always done very well on her annual California State audits with scores of 100% in compliance with state rules and regulations.

Her passion for seniors came at an early age, having been brought up in the church by her father who was a minister and a grandfather who was a bishop of the Episcopalian faith.

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# Avoiding The Gap In Medicare Coverage

(NAPSA)-While many seniors have benefited from Medicare Part D-the government insurance program that provides coverage for prescription drugs- grasping its intricate ins and outs can be a challenge.

In fact, many seniors are still unaware that the program comes with a "gap in service." It turns out that when Medicare beneficiaries reach the \$2,701 threshold in drug spending, they're responsible for paying the full cost of their prescription drugs up to a certain amount, at which time Catastrophic Coverage kicks in.

Fortunately, with a little planning, it's possible to delay or avoid falling into the gap by spending less on the medications you need throughout the year. Here are some tips:

**Switch to generics:** Ask your doctor about prescribing a generic medication to treat your condition. Generics can cost up to 80 percent less than brand-name drugs, which can make a big difference since the total cost of the drug-both your out-of-pocket expenses and what your plan pays-is counted when calculating where you are in relation to the gap. Once someone does reach the gap period, generics can help them save a lot of money, especially if he or she is taking multiple medications.

**Savings are in the mail:** Check to see if your plan provider offers a mail-order pharmacy. Mail-order users typically save on the amount of co-payments they'd make for the same quantity of medication dispensed by a retail pharmacy-which could reduce your out-of-pocket costs.

**Cover that gap:** Consider plans that provide coverage through the gap. While premiums for those plans are often higher, it can still end up costing you



less in the long run.

**Use online tools:** Check your Medicare plan's Web site. Some sites, such as medco.com, will have cost comparison tools such as My Rx Choices(r) that show you what your potential savings could be if you choose lower-cost options.

**Gap alerts:** Some plans offer notifications that will alert you when you are approaching the gap. Often, these types of programs can help you keep track of how close you are to the gap.

**Talk to your doctor and pharmacist:** Ask their advice on how to help you stay out of the gap and never stop taking a medication without consulting them first.

To receive a free copy of "What's Your Gap? Three simple steps to make the most of your Medicare Part D coverage and delay the Coverage Gap," please visit [www.whatsyourgap.com](http://www.whatsyourgap.com) or send a postcard with your name and address to "What's Your Gap?," P.O. Box 8007 Parsippany, NJ 07054-8007.

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## Youth express hopes, dreams for New Year

by Lauren Forcella

**Dear Readers:** I'm thrilled to present this year's youthful hopes and dreams for 2009. The concept "as within, so without" is grasped clearly by this generation. Tolerance, environmentalism, and truth prevailing over deception, remain huge themes for survival, and, compared to last year, optimism and activism are on the rise.

**Anne, 15, Sacramento CA:** I wish there was less meanness in the world, that the homeless had homes, the hungry had food. I also wish we would accept each other and expand our perspectives by getting to know those different than us.

**Rose, 14, Fair Oaks CA:** I wish people didn't spend a quarter of their life on TV and video games — then, we'd be more active and make the world a better place. We need to deal with global warming. There are more cars than people! I also wish you could buy "quick" healthy food. If more people ate organic, prices would drop.

**Sawyer, 17, Fair Oaks CA:** People need to become physically fit. Abusing your body with junk food and inactivity reduces your chances of being successful.

**Diana, 15, Folsom CA:** I wish there was less teasing, less sarcasm, and that boys at my school would stop playing video games. I also wish body image wasn't such an issue. Personalities are ruined over body fat — and you don't need to be fat to think you are.

**Lennon, 22, Fair Oaks CA:** Materialism sucks, chemicals suck, gas sucks. Each is killing us. Instead of "fixing" our economy, it needs replacing. And could we please slow down? We create myriad "time-saving" gadgets, only to cram more work into the day. Finally, could we all be more accepting? Or do we need to erase religion first?

**Graham, 15, Fair Oaks CA:** I hope people become more accepting of other lifestyles and cultures and strive to understand, rather than fight each other.

**Liva, 19, Hudson NY:** I hope people find peace within themselves, and instead of hungering for "more, different, better", we enjoy what we have.

**Jack, 18, Fair Oaks CA:** I got my wish for a

new president. Now I hope Obama will refocus Middle Eastern policy toward finding Bin Laden instead of forcing democracy on uninterested populations.

**Betsy, 20, Durham NH:** A lot of friends are overseas in the military. My wish is to end this war and bring them home safely.

**Charles, 23, Redding CA:** Every one of my friends (college graduates, grad students, and professionals) smokes weed. The "war on marijuana" is couched in moral/religious terms, with scientific truth discredited or ignored. Could we stop wasting money policing this so-called "morality"? (Please watch the documentary Grass: History of Marijuana.) And could we repeal Prop 8 and let gays marry?

**Ashley, 21, Auburn CA:** I wish people would be more honest — and not get so offended or hurt by the spoken truth.

**Emily, 16, Sacramento CA:** I wish for humane treatment of animals. I used to rally against horse slaughter, but eliminating slaughterhouses resulted in unwanted, neglected horses. I also campaigned against carriage rides for city tourists because horses were kept in horrid conditions. In both cases, economic needs were met with cruel treatment of animals. But slaughterhouses could kill horses humanely, carriage horses could be kept humanely, then supply and demand of horse meat, entertainment, jobs, and horses' well-being would even out.

**Elise, 17, Fair Oaks CA:** I wish everyone would feel the love within their hearts and care for each other.

**From Megan, 19, Boston MA:** Youth really did elect Obama; it was amazing to see thousands celebrating in Boston. We need to work together, lifting personal blocks, letting the past guide, but not dictate us, and create the future we want.

**Rachel, 17, Fair Oaks CA:** I thought about wishing for knowledge or compassion, but first we need universal understanding. This year, may a new understanding wash over us all.

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

## PG&E Offers Special Incentives To Conserve Natural Gas This Winter

'Appliance-Grams', New Web Page Help Friends and Family Save Energy and Money

Pacific Gas and Electric Company (PG&E) is offering customers a valuable incentive to control their heating costs in the coming months through the Winter Gas Savings Program. The program will give qualifying residential and business customers a credit of up to 20 percent on their natural gas bill for simply reducing natural gas usage during January and February 2009 by 10 percent or more. Last year, about 1.7 million customers reduced their gas usage and earned a bill credit through the program formerly known as PG&E's 10/20 program.

"Our northern and central California energy customers are among the most energy-efficiency conscious in the United States," said Helen Burt, PG&E's senior vice president and chief customer officer. "The Winter Gas Savings Program recognizes their commitment to reduced energy

consumption and rewards them for it."

Customers who reduce their cumulative gas usage during January and February, 2009 will receive a bill credit on their March or April gas bill. For every percent decrease in consumption, up to 10 percent, customers will receive an equal percent credit. Customers who reduce their gas usage by 10 percent or more will receive an automatic 20 percent credit. Every PG&E customer is eligible and automatically enrolled in the program. To maximize the bill credit, customers should begin conserving when they receive their December energy bill.

To help customers conserve natural gas this year, PG&E offers informative tips, tools and resources on a newly launched, interactive Web page. This Web page allows customers to calculate their savings or send an 'Appliance-Gram' to family and friends to help them discover ways to save natural gas and money this winter. These useful tools can be found at [www.pge.com/wintergassavings](http://www.pge.com/wintergassavings).

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# Carmichael Celebrates Century Hallmark With Cards

By Kris Kingdon  
Carmichael Chamber of Commerce

The Carmichael Chamber of Commerce is welcoming the community's centenary year with the publication of "Beautiful Carmichael" postcards. Already eagerly sought by members and public, these limited-edition cards feature eight Carmichael scenes.

Orders are being taken and packages will be available for Holiday giving.

Each glossy image was chosen to reflect the beauty, history and tradition of this century-old community. Carmichael's parks and landmarks are also featured. Stately Palm Drive, planted with trees by pioneer Mary Deterding, is another iconic Carmichaelian scene.

The cards are now on the press at Carmichael Printing. Sold as a fundraiser for the Chamber, Postcard images were donated by Susan Maxwell Skinner, author of the award-winning book "Carmichael - Americana on the Move."

Their production being underwritten by generous Chamber members. These sponsors include County Supervisor Susan Peters and the Carmichael Water District. Board sponsors include Burnie Lenau (Lawman), Peter Tateishi (Tateishi Strategies), Chris Schoonveld (Aegis Living), Kris and Jim Kingdon (Heritage Service Group Construction) and the John Skinner Band. Residents Nancy and Allan Davis are also chipping in.

We thank these generous folk for assisting the Chamber to fundraise for continued good work. Others can help by ordering gift sets that are destined to be cherished centenary keepsakes!

Each set of eight postcards is priced at \$10. Bulk purchases can be discounted and vendors may also purchase at discount for resale. To order your postcard sets, call the Chamber at 481-1002. Orders will be available for collection before the Holidays.



California International Marathon at half-way mark: the "Great Wall" mural in Carmichael Park. Postcard images donated by Susan Maxwell Skinner, author, "Carmichael- Americana on the Move"



An aerial view of Marconi Ave highlights Carmichael's spectacular fall foliage and the landmark Presbyterian Church.

## 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.

## Weekly SUDOKU

Answer

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

## Free Christmas Dinner!

December 23, 5:30-6:30pm

Call 487-8684 for a free reservation.



Other Upcoming Events at Carmichael Church:

**Use Your Brain for Success - Jan 24**

**And Male-Female Differences in Thinking. 11:00am & 3:00pm - Brain expert Arlene Taylor, PhD**

**Manage Your Money - Jan 27**

**Free class on Christian principles for financial security. Tuesday Nights starting Jan 27, 7:00pm**

Call 487-8684 for more information.  
carmsda.org

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# Pet of the Week: Jazzy

My name is Jazzy and I'm a spunky 2-year-old girl looking for a loving and fun family that I can stay with forever. This might be the best time for you to adopt me because I could help around the house for the holidays by entertaining guests. I also love going on walks or runs, so when the holidays are over, and you are trying to get in shape for the New Year, I will exercise with you and be your jogging buddy. I don't always want to run around; when I'm not all Jazzyed-up I want love and affection. I'm a really sweet girl and I'm the kind of dog that can give you the best of both worlds – active yet very loving. Right now I have a kennel mate that I get along with really well, but I would rather have you come to the shelter to meet me and take me home with you. Just a reminder: dogs are pack animals and need to be inside the house daily with their humans. Most behavior problems such as barking, digging, chewing and hyper behavior are caused by leaving a dog in a backyard day and night.



To see Jazzy (Pet ID #: A486388) 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.sacountyshelter.net  
 (916) 368-7387 (PETS)

# Weekly SUDOKU

by Linda Thistle

Answers on page 7

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

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

## DIFFICULTY THIS WEEK: ★

★ Moderate    ★★ Challenging  
 ★★★ HOO BOY!

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## Amber Waves

by Dave T. Phipps



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# Joni Hilton

## Can You Hear Me Now?

I kid you not. Have you been to Hawaii? Have you noticed that every other road reminds you of Donald Duck's nephews, HuiLui and Dui? And you've seen the King Kamehameha Highway, right? But let's be honest: Not that many people actually speak Hawaiian, so I am puzzled as to why a cell phone company would produce a product that has a Hawaiian feature. How large a market can that be, after all?

Every time I hang up, this woman says, "Seha Kameha." I cannot get her to stop. I press additional buttons but all I get is, "Seha Kameha." Talk about distracting.

So the other day I am driving my daughter, Nicole, to school, and I get a call. Just as it ends, I say to Nicole, "Oh—listen to this. It's a Hawaiian lady on my speaker thing."

"Seha Kameha," the woman says, right on cue. "See that?" I shout. "She's speaking Hawaiian. Seha Kameha."

Nicole sighs. "She's telling you to say a command."

OH FOR CRYING OUT LOUD! All this time I had control of the universe and I didn't know it? And what kinds of commands does she want? "Lower the price of gasoline." "Make this car a Ferrari." "Give me back my teenage body." To think I've had a genie clipped to my visor all this time!

And now I wonder about the whole Hawaiian language—have I just been listening wrong all

this time? Maybe King Kamehameha never even existed, and folks were just trying to say, "Come here! Come here!" Even that Merry Christmas phrase, "Mele Kalikimaka" probably just refers to a leak that needs mopping. We simply need teenage translators, that's all.

Or... the genie company needs to hire speakers without accents. After all, the idea is not to distract the driver, right?

*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.KAHL.com](http://www.KAHL.com) or 950 AM

## — King Crossword —

### Answers

Solution time: 27 mins.

E	T	A		M	A	I	M		S	A	R	A	
B	A	R		A	N	N	A		C	R	A	G	
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A	L	E	E		E	Y	E	S		A	R	G	
S	P	I	N		S	E	R	E		R	E	Y	

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# Getting Organized Can Help Save Time & Money

(NAPSA) - Disorganization costs Americans time and money and can even diminish a person's quality of life. For example, the National Association of Professional Organizers claims that Americans spend 55 minutes a day looking for things they know they own but can't find.

## Take Control to Save Time and Money

The good news is there are simple steps that you can take to get organized now for the coming year-and the coming tax season-and take back your free time. Now that the IRS accepts electronic copies of receipts, it's permissible to convert paper and scanned files into PDF documents that you can submit with your tax forms. All you need is a focus on organization and the help of some affordable technology solutions, such as desktop scanners and document management software, to get started.

## Get Organized

- Take stock of what you have and sort into "keep" and "toss" piles.
- Shred/recycle what you don't need. Be sure to shred documents with any personal or sensitive information. Check online for recommendations regarding which hard copy documents you should save and for how long.
- Sort your "keep" pile into appropriate stacks.
- Scan your documents. Take advantage of a desktop document management solution like PaperPort to organize those electronic files. ([www.nuance.com/paperport](http://www.nuance.com/paperport))
- Make organization a habit by scanning

documents as they come in and shredding/recycling the waste.

Getting organized now and erasing those piles of paper can help to ease the stress of tax time next year. Having all of your documents scanned and filed electronically will make them easy to find and submit come tax time. And you'll also have peace of mind knowing that you now have a safe, secure electronic copy of your most important files.

Already have electronic copies of your documents but need them in PDF to submit with your taxes? Products such as PDF Converter Professional can help get your files converted to PDF in a snap. For more information, visit [www.nuance.com/pdfconverter/professional](http://www.nuance.com/pdfconverter/professional).



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# River Cats Release Complete 2009 Schedule; Put Season Tickets On-Sale

**West Sacramento** - The two-time defending PCL and Triple-A Champion Sacramento River Cats released their complete 2009 schedule today and announced that season tickets and mini-plans are currently on sale. The team will open up their '09 home schedule on April 9 at Raley Field, when they face off against the Tacoma Rainiers (Seattle Mariners) at 7:05 p.m. The complete schedule is attached (times subject to change).



Oklahoma City RedHawks come to Raley Field.

A wide variety of season ticket and mini-plan packages are available for the 2009 season. Prices start as low as \$162 and can include tickets to every River Cats game at Raley Field or select prime dates throughout the season. Amenities for season tickets and mini-plans include: discount pricing, priority seating, and invitations to exclusive team and player events.

The River Cats also offer a number of special event packages including group outings, suite nights, birthday party packages and all-inclusive exclusive seating areas. For more information about these, and other hospitality options at Raley Field, visit [Rivercats.com](http://Rivercats.com).

For a complete 2009 River Cats schedule and more information about season tickets, mini-plans and group outings, visit [Rivercats.com](http://Rivercats.com) or call (916) 371-HITS (4487).

Key dates on the home schedule include: April 9, Opening Day 2009 and the presentation of the 2008 PCL and Triple-A Championship rings; May 4, the Cats square off with their new regional rival, the first-year Reno Aces; July 3, the team's traditional Independence Day Fireworks Spectacular; and August 5, a rematch of the PCL Championship Series when the

## Cats' Manager Steverson Named to Oakland's Major League Coaching Staff

**West Sacramento** - River Cats Manager Todd Steverson has been named to the Oakland Athletics' Major League Coaching Staff as First Base Coach, team officials announced today. Steverson, the third Manager in team history, guided the Cats

to the Pacific Coast League and Triple-A Baseball Championship in his first and only season at the helm in Sacramento.

The team has not yet announced who will replace Steverson as Manager of the River Cats. That announcement is expected after the first of the year.

## King Crossword

Answers on page 9

### ACROSS

- 1 Timetable abbr.
- 4 Cripple
- 8 Poet Teasdale
- 12 Prohibit
- 13 King of Siam's friend
- 14 Mountaineer's foothold
- 15 Censor's job
- 17 Canyon comeback
- 18 Resells for a big profit
- 19 McShane or McKellen
- 21 Retainer
- 22 Gooseflesh inducing
- 26 Stinky
- 29 Sweet potato
- 30 Vast expanse
- 31 Have coming
- 32 Western st.
- 33 Humpty's perch
- 34 Actress Joanne
- 35 Erstwhile acorn
- 36 Paratrooper's need
- 37 Bashful friend?
- 39 The girl
- 40 A/C meas.
- 41 "South Pacific" heroine
- 45 The gang

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
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50						51				52		
53						54				55		

- 7 Miraculous
- 8 Landscape, e.g.
- 9 Orbit segment
- 10 "Go, team!"
- 11 Past
- 16 Sprite-like
- 20 Branch
- 23 Jacob's brother
- 24 Hit
- 25 "Boola Boola" campus
- 26 G-men
- 27 Count counterpart
- 28 Verifiable
- 29 Tie up the phone
- 32 Horses
- 33 Puppy
- 35 Make up your mind
- 36 It's said to make you smile
- 38 Jed Clampett actor
- 39 Villainous look
- 42 Prevaricator
- 43 Concerning
- 44 Like quiche
- 45 — de deux
- 46 Matterhorn or Jungfrau
- 47 Floral garland
- 49 Zee preceder

### DOWN

- 1 Undergoes recession
- 2 Body powder
- 3 Neighborhood
- 4 Planned in detail, with "out"
- 5 Ouzo flavoring
- 6 Hostel

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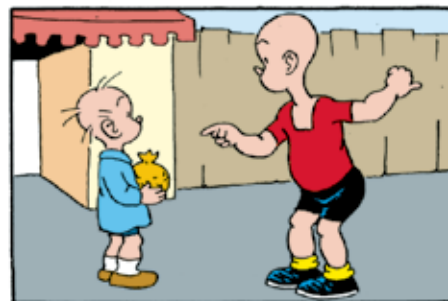
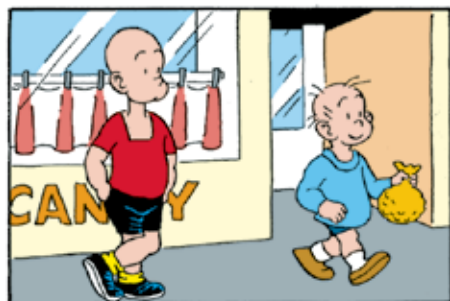
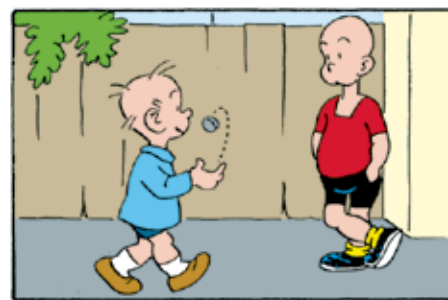
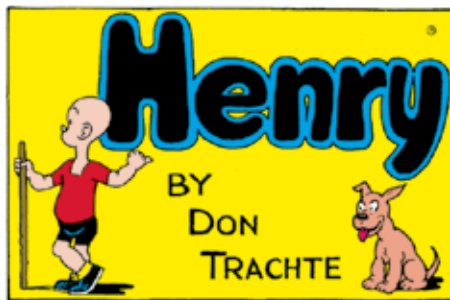
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FICTITIOUS BUSINESS NAME STATEMENT #0811832. Amy Coleman, 5642 Gita Ria Ct., Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "Dynamic Solutions" at 4180 Truxel Rd. #150, Sacramento, CA 95834. Filed with the Clerk of Sacramento County on Nov. 26, 2008. Publish: December 9, 16, 23, 30, 2008.  
 CYNAMI 81202 12-30-08

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, 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, January 6, 2009.  
 SAWYER 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 1-13-09

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 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. on 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 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.  
 HAGER 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 has filed a petition in this court for a decree changing name of Katherine 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. 19, 2008.  
 Shelleyanne W.L. Chang  
 Judge of the Superior Court  
 Publish: December 23, 30, 2008, January 6, 13, 2009.  
 HAGER 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 has filed a petition in this court for a decree changing name of Katherine 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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2008-00029256-CU-PT-GDS WHEREAS, Katherine Maria Regan has filed a petition in this court for a decree changing name of Katherine 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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2008-00029256-CU-PT-GDS WHEREAS, Katherine Maria Regan has filed a petition in this court for a decree changing name of Katherine 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.  
 REGAN 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, 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, 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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2008-00029256-CU-PT-GDS WHEREAS, Katherine Maria Regan has filed a petition in this court for a decree changing name of Katherine 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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2008-00029256-CU-PT-GDS WHEREAS, Katherine Maria Regan has filed a petition in this court for a decree changing name of Katherine 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

the petition. Dated: Dec. 16, 2008.  
 Shelleyanne W.L. Chang  
 Judge of the Superior Court  
 Publish: December 23, 30, 2008, January 6, 13, 2009.  
 NGUYEN 81204 1-13-09

FICTITIOUS BUSINESS NAME STATEMENT #0812525. MR Automotive 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 #0812525. MR Automotive 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



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**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)

**\*\*\*FREE Foreclosure Listings\*\*\*** Over 200,000 properties nationwide. Low down payment. Call now. 800-749-3138 (NANIG)

**SANCTUARY By The SEA.** \$925-House share in Timber Cove-2 hours north of S.F. An amazing retreat, beautiful ocean views. Looking for vegetarian, non-smoker. (415) 797-2636. (Cal-SCAN)

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

**\*\*\*FREE Foreclosure Listings\*\*\*** Over 200,000 properties nationwide. Low down payment. Call now. 800-755-9719 (NANIG)

**STOP RENTING!** Own A Home. 100% Financing. Zero Down. No Closing Costs. Federally Insured. 1st Time Buyer OK. Call 866-903-8051. Green Planet Mtg. DOC LIC#4130948. (Cal-SCAN)

## For Sale

**SAWMILLS FROM ONLY \$2,990** -Convert your Logs to Valuable Lumber with your own Norwood portable band sawmill. Log skidders also available. www.NorwoodSawmills.com/500A -Free Information: 1-800-578-1363 x300-N. (Cal-SCAN)

**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)

**GIGANTIC MIRRORS.** Jobsite leftovers, 48"x100"x1/4" (15), \$99/each. 72"x100"x1/4" (11), \$145/each. 72"x50"x1/4" w/1" Bevel, \$115/each. 84"x60" w/1" Bevel, \$135/each. Free delivery. Installation available. A & J Wholesale, 800-473-0619.(NANI)

**Need Cash?** Sell Your Unwanted Jewelry! We Buy Gold, Diamonds, & Watches Highest Price Paid Guaranteed Call Today --> 888.555.1212 Visit Our Website --> www.cashoutgold.com (NANI)

**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)

## 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)

**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

**DIET PILLS** Maximum prescription strength Phentromine, 37.5 mg, blue and white capsules, 60 count, \$77.95. No Prescription needed. Free Shipping! 1-800-627-7896 ext. 809 (NANI)

**DIABETIC TEST STRIPS** !! Wanted !! Any type Any brand Will pay up to \$10 per box Call Katrina 209.267.1680 (MPG)

**CONTACT LENS USERS:**if you used Contact Lenses between 2004 and May 2007 and required a corneal transplant or lost eyesight due to an eye infection, you may be entitled to compensation. Attorney Charles Johnson 1-800-535-5727 (SWAN)

**New Feather-Weight Motorized Wheelchairs** at NO COST TO YOU if eligible!We come to you!ENK Mobile Medical, 1-800-693-8896 (SWAN)

**Celebrate American Pharmacists Month** - Local Pharmacists can check cholesterol, blood-sugar, hypertension, & more! Sponsored by: University of the Pacific, School of Pharmacy and Health Sciences! (NANI)

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

**DIET PILLS** Maximum prescription strength Phentromine, 37.5 mg, blue and white capsules, 60 count, \$77.95. No Prescription needed. Free Shipping! 1-800-627-7896 ext. 808 (NANI)

## Health Insurance

**Affordable Health Benefits** from \$117.00 Individuals / \$419.00 FamilyDoctors, Hospitalization, ER, Critical Illness, \$10 Generic, Dental, Vision, Lens & Frames \$8 up. Guaranteed Issue. 1-888-508-5470 (SWAN)

## 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

**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.\$\$\$





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Commission, Bonuses, Residuals Training available call 916 612-6621 (MPG)

**\$\$\$ 997.00 PAYMENTS!** Over & Over By Showing People AMAZING Movie! NO Selling! NO Phone Calls! Fully Automated!(800) 584-2490 (24 Hours) Register Online! www.RichAverageJoe.com (NANI)

**EMAIL PROCESSORS NEEDED!** \$15.00-\$25.00 per Email Income Potential! Easy! No experience Necessary. Genuine Home Based Opportunity. Start Immediately and Make Extra Cash Online! Visit: www.EasyEmailJob.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)

**OVER 18? AVAILABLE TO TRAVEL?** Earn Above Average \$\$\$ with Fun Successful Business Group! No Experience Necessary. 2wks Paid Training. Lodging, Transportation Provided. 1-877-646-5050. (Cal-SCAN)

**POST OFFICE NOW HIRING.** Avg. pay \$20/hr or \$57K/yr including Federal Benefits and OT. Placed by adSource not aff.w/ USPS who hires. 1-866-574-4775 (SWAN)

**SWEEET JOB!** Now hiring 18-24 sharp, motivated guys/gals, immediate F/T Travel. No Exp. Req. Transportation Provided. Daily Pay. Call M-F, 8-4 MST - 1-866-745-3172 (SWAN)

**TRAVEL-WORK-PARTY-PLAY.** 50 States. National company now hiring 18+ sharp guys & gals to work & travel entire USA. 2wks paid training, transportation & lodging furnished. Paid daily. Returns guaranteed. Call Today Start Today. 1-888-741-2190. (Cal-SCAN)

**\$\$\$19 PEOPLE WANTED\$\$\$** \$1,200-\$4,400 Weekly Working from Home Assembling Information packets. No Experience Necessary! Start Immediately! FREE Information 24hrs. CALL NOW! 1-888-248-1359 (Dept.75) (NANI)

**\$\$-Fun-\$\$-Job-\$\$** TRAVEL/WORK- PARTY- PLAY- 50 STATES. National company now hiring 18+ sharp guys & gals to work & travel entire USA. 2wks paid training, transportation & lodging furnished. Paid daily. Returns guaranteed. Call Today! Start Today! MTV/Road Rules types. Please Apply: 1-877-896-1128 (SWAN)

**Movie Extras/Models Needed!** Earn \$200-\$400 per day. No Experience Required. PT/FT. All Looks and Ages Needed. Call Now!! 1-800-605-6851 (NANI)

**ARIZONA DEPT. OF ECONOMIC SECURITY** seeking applicants for Child Protective Service Unit Supervisor, Bullhead City, Arizona. To apply, visit www.AZStateJobs.gov Click Search for Jobs, type keyword DES, select job title above. EOE. Persons with disability may request reasonable accommodation at 602-271-9596 or request alternative format: TTY/ TDD 7-1-1. (Cal-SCAN)

**EXCHANGE COORDINATORS WANTED.** EF Foundation seeks energetic and motivated representatives to help find homes for int'l exchange students. Commission / travel benefits. Must be 25+. 877-216-1293. (Cal-SCAN)

**EMT FREE TRAINING** plus pay, benefits, vacation, regular raises. HS grads ages 17-34. Help others. Gain financial security. Call Mon-Fri 1-800-345-6289. (Cal-SCAN)

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

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

7468. (Cal-SCAN)

**POLICE OFFICERS:** Earn up to a \$20,000 bonus. Train to protect your fellow Soldiers. Be a leader in the Army National Guard. 1-800-GO-GUARD.com/police (Cal-SCAN)

**TRUCK DRIVERS:** CDL training. Up to \$20,000 bonus. Accelerate your career as a soldier. Drive out terrorism by keeping the Army National Guard supplied. 1-800-GO-GUARD.com/truck (Cal-SCAN)

**ENGINEERING AID/CONSTRUCTION.** Conduct surveys for roads, airfields and pipelines. No experience necessary. One semester Trig. Navy Reserve has openings. Work one weekend a month + two weeks a year. Excellent benefits pkg. + salary. Call 1-800-345-NAVY. (Cal-SCAN)

**EXCHANGE COORDINATORS WANTED.** EF Foundation seeks energetic and motivated representatives to help find homes for int'l exchange students. Commission / travel benefits. Must be 25+. 877-216-1293. (Cal-SCAN)

**PROFESSIONALS WANTED PART-TIME.** Paid training & potential sign-on bonus. Great Benefits, flexible schedule, \$ for education. Call Mon-Fri. 1-800-345-6289. (Cal-SCAN)

**JOBS, JOBS, JOBS!** California Army National Guard. No Experience. Will pay to train. High School Jr/ Sr & Grads/ Non- Grads/ GED. May qualify for \$20,000 BONUS. 1800GoGuard.com/careers (Cal-SCAN)

**CHEF APPRENTICE.** Get paid to learn. Medical/dental, 30 days vacation/year, \$ for school. No experience needed. HS grads ages 17-34. Call Mon-Fri. 1-800-345-6289. (Cal-SCAN)

**MECHANICS:** Up to \$20,000 bonus. Keep the Army National Guard Rolling. Fix Humvees, Strykers, etc. Expand your skills through career training. Be a soldier. 1-800-GO-GUARD.com/mechanic (Cal-SCAN)

**WYOMING:** 3/32" MIG Welders- \$26.00/hr, Code Shop Fabricators/Welders-\$27.50/hr. CALIFORNIA: Sheet Metal Mechanics- \$27.00/hr, Riggers & Outside Machinist- \$24.00/hr. HAWAII: Structural Welders- \$24.00/hr. 615-473-3415, 757-438-2540. (Cal-SCAN)

**LOAN OFFICER OPPORTUNITY.** US Home Funding seeks licensed Loan officers to work from home. Strong support, Excellent commissions. Phone: 800-788-4498. Fax: 866-255-3371 or email: hr@ushomefunding.com (Cal-SCAN)

**\$\$\$HELP WANTED\$\$\$** Earn Extra income assembling CD cases from Home. CALL OUR LIVE OPERATORS NOW! No experience necessary. 1-800-405-7619 x 104www.easywork-greatpay.com (NANI)

**Local Movie Extras Needed** Have Fun & Make Up to \$300 Per Day NO Experience Needed! NO Fee to Register GO TO > www.Talent54.com (NANI)

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

**SECRET SHOPPERS NEEDED IMMEDIATELY** For Store Evaluations. Local Stores, Restaurants, & Theaters. Training Provided, Flexible Hours. Assignments Available NOW!! 1-800-585-9024 ext. 6262 (NANI)

**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.REB.Vision.com (MPG)

**PART TIME JOBS.** The Navy Reserve has part-time jobs for one weekend each month + two weeks a year. Ages 18-39, w/ no prior military service. Call 1-800-345-

NAVY. (Cal-SCAN)

**EMERGENCY MED. TECH.** Must be HS grad ages 17-34. No experience needed. Paid training, benefits, vacation, regular raises. Call Mon-Fri. 1-800-345-6289. (Cal-SCAN)

**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)

**\$\$\$ 19 PEOPLE WANTED \$\$\$** \$1,200-\$4,400 Weekly Working from Home Assembling Information packets. No Experience Necessary! Start Immediately! FREE Information 24hrs. CALL NOW! 1-888-248-1359 (Dept.75) (NANI)

**HOME REFUND JOBS!** Earn \$3,500-\$5,000 Weekly Processing Company Refunds Online! Guaranteed Paychecks! No Experience Needed! Positions Available Today! Register Online Now! www.RebateWork.com (NANI)

**\*\*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)

**NCim is looking for EVENT PERSONNEL** to hand out samples in local grocery stores. \$12+/hour. Weekends call 800-799-6246 ext.168 or visit www.ncim.com (Cal-SCAN)

**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)

**\*\*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 x 52 (NANIG)

**\*\*AWESOME CAREER\*\*** Government Postal Jobs! \$17.80 to \$59.00 hour Entry Level. No Experience Required / NOW HIRING! Green Card O.K. Call 1-800-913-4384 ext. 53 (NANIG)

**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)

**Post Office Now Hiring.** Avg. Pay \$20/hour or \$57k annually including Federal Benefits and OT. Offered by Exam Services, not Aff. w/ USPS who hires. 1-866-574-4781 (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, code 5\*\*\* Not available in MD\*\*\* (NANI)

**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)

**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. To apply, send your email to publisher@singleagain.com.

**DRIVER - CDL Training:** \$0 down, financing by Central Refrigerated. Company Drivers earn average of \$40k/year. Owner Operators average \$60k/year. 1-800-587-0029 x4779. www.CentralDrivingJobs.net (Cal-SCAN)

**DRIVER:** Don't Just Start Your Career, Start It Right! Company Sponsored CDL training in 2 weeks. Must be 21. Have CDL? Tuition Reimbursement! www.JoinCRST.com 1-800-781-2778. (Cal-SCAN)

**DRIVERS** - Ask about qualifying for 5 raises in a year! No experience? CDL Training available. Tuition reimbursement. 1-877-232-2386 www.SwiftTruckingJobs.com (Cal-SCAN)

**DRIVERS-ASAP!** Sign-On Bonus. 35-41 cpm. Earn over \$1000 weekly. Excellent Benefits. Need CDL-A & 3 months recent OTR. 1-877-258-8782. www.MeltonTruck.com (Cal-SCAN)

**DRIVER- \$5K SIGN-ON Bonus** for Experienced Teams: Dry Van & Temp Control available. O/Os & CDL-A Grads welcome. Call Covenant 1-866-684-2519 EOE. (Cal-SCAN)

**DRIVERS: CALL TODAY!** Sign-On Bonus. 35-41 cpm. Earn over \$1000 weekly. Excellent Benefits. Need CDL-A & 3 months recent OTR. 1-877-258-8782. www.MeltonTruck.com (Cal-SCAN)

**IMMEDIATE OPENINGS. CDL A team & solo owner operators.** \$1.00 empty. Up to \$2.45 loaded. OTR & regional positions. Ammo experience a plus. Sign-on bonus negotiable. 1-800-835-9471. (Cal-SCAN)

**Never A Layoff! SPONSORED CDL TRAINING.** No Experience Needed! Earn \$40k-\$75k in your new career! Stevens Transport will sponsor the total cost of your CDL training! Excellent Benefits & 401K! EOE. Call Now! 1-800-358-9512, 1-800-333-8595. www.BecomeADriver.com (Cal-SCAN)

**OWNER/OPERATORS** To Pull Our Trailers. Salinas to Yuma refrigerated transfers. November-April. 60% Drop & Hook, 100% No Touch. Brent Redmond Logistics. 1-800-777-5342. (Cal-SCAN)

**OTR DRIVERS DESERVE more pay** and more overtime! \$.41/mile! Home weekends! Run our western region! Health, Dental, Life Insurance! Heartland Express 1-800-441-4953. www.HeartlandExpress.com (Cal-SCAN)

**TRUCK DRIVERS-SALINAS/YUMA** refrigerated transfers, November-April. 90% Drop and Hook, late model tractors, top pay, benefits. Year round work also available. Brent Redmond Transportation. 1-800-777-5342. (Cal-SCAN)

**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)

**QUIT LONG-HAUL,** run regional and Have It All! \$.41 per mile. Home weekly! Benefits! Stability for peace of mind! Heartland Express 1-800-441-4953. www.HeartlandExpress.com (Cal-SCAN)

**WANT HOME WEEKLY With More Pay?** \$.41/mile for company drivers! Home weekends and great benefits! Run our Western region! Heartland Express 1-800-441-4953. www.HeartlandExpress.com (Cal-SCAN)

## Holiday Help

**Christmas Lights** 241-9682 Home Imp. Specialists, Gutters Cleaned Senior Discounts - Reasonable (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 RV's 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

**Legal Services**

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

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

**SWITCH YOUR RESIDENCE from PG&E.** Save up to 10%+ off your cost of natural gas. No Cost to Switch. Visit www.BmarkEnergy.com. Also Sales/Income Opportunity. (Cal-SCAN)

**INSURANCE** - 100% Guaranteed Approval From \$49.95 - \$99.95 Annually 1 Payment - Never An Increase www.HeldHarmless.com (NANI)

**CHRISTIAN DATING & FRIENDSHIP SERVICE.** Over 100,000 members, countless relationships & marriages since 1989. Singles over 40 call anytime for a free package, 1-800-437-1926 (NANI)

**hr: LUXURY - FREE ISSUE.** You are invited to read the Magazine of the Rich and Famous...Go Now to: www.hrLuxury.com/free (Cal-SCAN)

**International Inventor's EXPO.** Las Vegas - Oct. 18th -19th, 2008. FREE admission. Inventions Worldwide. Booths available. See investors, buyers, and licensees www.inventbay.com/inventorsexpo or call 1-888-999-4391 (NANI)

**Advanced Stuttering Therapy** Speak fluently. Practical, Effective 12-day treatment. Superior, long-term results. Some scholarships available. Hollins

Communications Research Institute—nationally recognized center, Roanoke, Virginia. 540-265-5650 www.Stuttering.org (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)

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

**Say Good-Bye Dial-Up!** Get Highspeed Broadband Internet by Satellite. Available Now. Quick Installation. Only \$99 Start-Up! \$50 Rebate. Call Today. 1-(866) 425-4990 www.ContinuousBroadband.com (NANI)

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

**STORAGE CONTAINERS,** steel, watertight. New 8'x20' = \$2,950, Used 8'x8'6"x20' = \$1,850; 8'x8'6"x40' = \$2,000; 8'x9'6"x40' = \$2,200. 8'x8'6"x40' Refrigerated \$5,500 or lease \$750/month. Delivery available! John 707-975-3000. (Cal-SCAN)

**"DIRECTV Satellite TV:** Save \$23/month for one year plus 3 Free months of HBO, Starz and Showtime! Call Expert Satellite 1-868-926-2066 (credit card required)" (NANI)

**BioDiesel, \$1.00 a Gallon!** Make your own high-quality, safe BioDiesel at home! Set your own fuel prices! We'll show you how! www.EzBioDiesel.com 1-888-521-6696 x 6 (SWAN)

**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, Ammore 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)

**SEARS Central Cooling Systems** from Sears Home Improvement Products. Full Line of CARRIER(R) & KENMORE(R) products. ENERGY STAR(R) qualified systems. Call for a FREE in-home estimate. 1.877.669.8973 (NANI)

**Going out of Business!** (Cerrando Negocio) \$1.50 each Levi's & 501 & other designer brands (otras marcas). Minimum order 2400 jeans (orden minima de 2400 pantalones). Call between 9am-5pm. Porfavor inclíes: 818-522-9824 (SWAN)

**Set Your Own Fuel Prices!** We'll show you how! BioDiesel, \$1.00 a Gallon! Make your own high-quality, safe BioDiesel at home! www.EzBioDiesel.com 1-888-521-6696 x 6 (SWAN)

**\*\*A L L 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)

**DIET PILLS** Maximum prescription strength Phentromine, 37.5 mg, blue and white capsules, 60 count, \$77.95. No Prescription needed. Free Shipping! 1-800-627-7896 ext. 807 (NANI)

**Moving-Must Sell!!** Arcade style Nintendo Popeye game with quarter mechanism. Works also without mechanism connected. It's a joy for small children to see Pluto try to catch Popeye and save Olive Oil. For the serious video player. The game is a real challenge. \$500 or best offer. Call Shirley at 482-4188. (MPG)

**FREE DIRECTV 4 Room System!** 265+ Channels! Starts \$29.99! FREE HBO,

**Carmichael Times**





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Showtime, Starz! 130 HD Channels! FREE DVR/HD! No Start Up Costs! Local Installers! 1-800-620-0058 (NANI)

**Satellite Internet Broadband!** Goodbye Dial-Up! Available Everywhere! Lightning Fast! 30x-50x Faster! \$100 Cash Back! Local Installers! Free Installation! Order Hughes NetToll Free 1-866-815-2851 (NANI)

**Free DIRECTV Satellite TV** for 4 months with NFL Sunday Ticket; Free Set-Up, HD-DVR Upgrade. Offer ends 10/31/08. Call Expert Satellite 1-866-926-2066 (credit card required)(NANI)

**DIRECTV Satellite Television**, FREE Equipment, FREE 4 Room Installation, FREE HD or DVR Receiver Upgrade. Packages from \$29.99/mo. Call Direct Sat TV for details 1-800-380-8939 (NANI)

**FREE DIRECTV Satellite TV** For 4 months with NFL Sunday Ticket package; or Save \$18/month for 12 months. Packages from \$29.99/mo. Call Expert Satellite 1-866-926-2066 (NANI)

**MEMORY FOAM THERAPEUTIC NASA VISCO THERAPEUTIC WHOLESALE!** 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)

**DIRECTV Satellite TV.** Save \$18/month for 12 months. Free Install 4-Room System; Free HD or DVR upgrade. Packages from only \$29.99/mo. Call Expert Satellite 1-866-926-2066 (NANI)

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**BRAND NEW MOBILE/Manufactured Homes** with Warranty. Buy at Factory for \$19,900. Photos and Floor plans online www.FactorySelectHomes.com or 1-800-620-3762 for color brochure. (Cal-SCAN)

## Motorcycles

**Hondas from \$500!** Buy Police Impounds! Hondas/Toyotas/Jeeps and More! Call for Listings 800-591-0328 (NANIG)

## Musical Instruments

**WORLD GUITAR SHOW**, Buy, Sell, Trade, Marin Civic/San Rafael, January 10-11, Orange County Fair, January 17-18, Saturdays 10-5, Sundays 10-4. www.TXShows.com Clip this ad! (Cal-SCAN)

## 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)

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**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)

**Dog Poop R Us**, They poop, we scoop. Specializing in dog poop removal services. 916-DOG-POOP (MPG)

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

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## Novenas & Prayers

www.CarmichaelTimes.com

**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. Thanks you St. Jude. M.J.P. (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 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)

**3BR 2BA Only \$43,500!** Buy Foreclosure! Call for Listings 800-279-1604 (NANIG)

**Homes for \$10,000!** 1-4 Bedrooms Available! Foreclosures, VA's, HUD's & More! Call for Listings and Details 800-815-4493 (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)

**FORECLOSED HOME AUCTION.** Northern California. 1000 Homes Must Be Sold! Free Brochure: 1-800-470-9314. www.USHomeAuction.com REDC. (Cal-SCAN)

**OVER 275 FORECLOSED Northern CA homes** selling by auction November 12 -16 valued from \$35k to \$500k. Get all the details at www.HudsonAndMarshall.com or call 1-800-441-9401. (Cal-SCAN)

**AUCTION** - Jackson Hole Annual Fall Real Estate Auction. Homes, lots, land, cabins, bank repos & more. Sat. September 20th 12:12 Noon. Call 866-486-SOLD(7653). www.JacksonHoleAuctions.com AUCTION. (Cal-SCAN)

## Real Estate Land For Sale

**\*LAND AUCTION\*** 200 Properties Must be Sold! Low Down / EZ Financing. Free Brochure. 1-800-756-2087. www.LandAuction.com (Cal-SCAN)

**Bank Ordered: Land AUCTION.** 2000+ Properties. Land in 29 States. NO RESERVES. Multiple Lot Packs. Min Bids at \$100. Bid Online at www.LandAuctionBid.com/2 (Cal-SCAN)

**Giant Oceanview Lots in California!!!** Mobile Homes OK!!! Paved Streets!!! Electricity!!! Fishing!!! Boating!!! Beaches!!! Gorgeous Area!!! \$200.00 Down!!! \$200.00 Monthly!!! \$19,995.00 Cash!!! Owner!!! 949-260-9316. (NANI)

**Buy HUD Homes from \$199/mo!** Payments from \$199/mo! Financing Referrals Available! For Listings & Info 800-508-8178 Ext. 1276 (NANI)

**NEW TO MARKET.** Washington/Idaho border. 6 ac just \$39,900. Calendar cover beauty in Palouse Country. Rare acreage in an area where land is rarely available. Rolling hills, river access, near town & golf, close to WSU. Has it all including great price, must see. EZ terms. Call WALR 1-866-836-9152. (Cal-SCAN)

**BULK LAND SALE** 80 acres - \$39,900. Take advantage of the buyers market and own beautiful mountain property. Price reduced on large acreage in Eastern

Arizona. Not last! Good access & views. Wildlife abounds at Eureka Springs Ranch by AZLR. Financing available. ADWR report. 1-888-854-7403. (Cal-SCAN)

**COLORADO FORECLOSURE- 40 ACRES** \$29,900. Outstanding Views. Access to BLM Canyon Rec Land. Financing. Call 1-866-696-5263 x4843. (Cal-SCAN)

**ALMOST HEAVEN.** Washington/Idaho border. 6 ac just \$49,900. Calendar cover beauty in Palouse Country. Rare acreage in an area where land is rarely available. Rolling hills, river access, near town & golf, close to WSU. Has it all including great price, must see. EZ terms. Call WALR 1-866-836-9152. (Cal-SCAN)

**Beautiful SOUTHEAST TENNESSEE MOUNTAINS** Established gated community, secluded, paved roads, utilities; interior & bluff lots, wooded; 5 acres & up. 800-516-8387 or visit http://www.timberwood.com (Cal-SCAN)

**BUY BULK 40 AC** just \$29,900. Your own gorgeous ranch. Stunning land, inspiring views, great location, 2 hours east of Salt Lake in ideal outdoor recreational area. County maintained roads, ready to build or just hold and enjoy. Priced at bulk acreage prices for quick sale. Must sell. EZ Terms. Call UTLR 1-888-693-5263. (Cal-SCAN)

**FORECLOSURE SPECIAL!** 100+ Acre Colorado Ranch for \$49,900. Year-round roads, utilities. Access to 6,000+ acre recreation land. Call 1-866-OWN-LAND x4392. (Cal-SCAN)

**MONTANA LAND** New Acreage Available -20 Acres near Round Up w/ Road & Utilities -\$69,900. -40 Acres w/ New Cabin near Winnett -\$89,900. Approved by TV hunter Celebrity TRED BARTAI Excellent area for horses, hunting and ranching. Financing available. Western Skies Land Co. 877-229-7840 www.WesternSkiesLand.com (Cal-SCAN)

**NEW MEXICO SACRIFICE!** 140 acres was \$149,900, Now Only \$69,900. Amazing 6000 ft. elevation. Incredible mountain views. Mature tree cover. Power & year round roads. Excellent financing. Priced for quick sale. Call NML&R, Inc. 1-888-204-9760. (Cal-SCAN)

**PRICED TO SELL!** Newly Released Colorado Mountain Ranch. 35 acres-\$39,900. Majestic lake & Mountain views, adjacent to national forest for camping or hiking, close to conveniences. EZ terms. 1-866-353-4807. (Cal-SCAN)

**35+ Acres from \$34,900.** First Come, First Served Saturday, October 4, 2008. Southern Colorado ranches. Excellent financing available. Call for your private property tour. 1-866-696-5263 x4574. (Cal-SCAN)

**NEW TO 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)

**UTAH RANCH DISPERSAL.** Experience the fun and relaxation of having your own 40 acres in the great outdoor recreational area of the Uintah Basin. Starting at only \$29,900. Call UTLR 1-888-693-5263. (Cal-SCAN)

**NEW ARIZONA LAND** Rush! 1 or 2-1/2 "Football Field" Sized Lots! \$0 Down. \$0 Interest. \$159-\$208 per month! Money Back Guarantee! 1-877-466-0650 or www.SunSitesLandRush.com (Cal-SCAN)

**MONTANA LAND BARGAINS** (A Safe Haven) 20 Acres w/ Road & Utilities-\$29,900. 40 Acres w/ New Cabin- \$89,900. 160 Acres at \$99,900. Financing available. Fully guaranteed. 1-888-361-3006 www.WesternSkiesLand.com (Cal-SCAN)

**LAKEFRONT OPPORTUNITY.** Nevada's 3rd Largest Lake. Approx. 2 hrs. South of Carson City. Lake Front - \$89,900. Lake View - \$29,900. 38,000 acre Walker Lake, very rare home sites on paved road with city water. Magnificent views, very limited supply. New to market. www.NVLR.com Call 1-877-542-6628. (Cal-SCAN)

**MONTANA'S BEST LAND DEAL 20AC-** Ponderosa Pines, County Road & Utilities. Was: \$99,900. Now: \$79,900. 160AC w/ New Log Cabin Was: \$199,900. Now: \$149,900. 208AC w/Huge Storage Barn Was: \$299,900. NOW: \$249,900. Affordable financing, discounted prices. Absolutely beautiful land. Call 877-229-7840. Visit www.WesternSkiesLand.com While we talk! (Cal-SCAN)

**MONTANA'S BEST EVER Elk & Deer** Hunters Land Deal. Book a trip- we'll prove it. Buy a lot, the trip's on us! 160- 600AC Tracts Starting at \$700/AC. 877-229-7840. www.WesternSkiesLand.com (Cal-SCAN)

**3BR 2BA Foreclosure!** Only \$48,900! Bank Owned! Call for Listings & Info. 800-279-1604 (NANI)

**Granite Bay Listings** View at www.lyzoakum.com Call 390-5634 (MPG)

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I BUY NOTES and Deeds of Trust - call Frank 530-885-8032 or visit www.FGRealEstateInvesting.com for FREE information and quote. (Cal-SCAN)

**REAL ESTATE/OUT OF STATE FORECLOSURE SPECIAL!** 100+ Acre Colorado Ranch for \$49,900. Year-round roads, utilities. Access to 6,000+ acre recreation land. Call 1-866-OWN-LAND x4392. (Cal-SCAN)

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**20 ACRE RANCHES**, Near Booming El Paso, Texas. (#1 Growth State!) \$15,900. \$200/down, \$159/month. Roads, Views. Owner Financing. Free Maps/Pictures. No Credit Checks. 1-800-343-9444. (10%/209 mths) (Cal-SCAN)

**Colorado, 5 acres, \$7500!** \$500 down, \$125/month. Tract with water well, \$12,500 (good terms). Beautiful high mountain country. Good year round roads. Owner, 806-376-8690 (NANI)

**20 ACRE RANCHES**, Near Booming El Paso, Texas. (#1 Growth State!) \$15,900. \$200/down, \$159/month. Roads, Views. Owner Financing. Free Maps/Pictures. No Credit Checks. 1-800-343-9444. (10%/209 mths) (Cal-SCAN)

**COLORADO acreage \$35,000!** In Rocky Mountain canyon with trout fishing stream on property! Very private, gated ranch, adjoins gov't lands. \$1,000.00 down. Owner finance. 806-376-8690. (NANI)

**TEXAS LAND SALE!!!** Beautiful 20-acres, Near Booming El Paso. Good Road Access. Surveyed. Only \$15,900. \$200/down, \$159/mo. Money Back Guarantee. No Credit Checks. 1-800-843-7537 www.sunsetranches.com(NANI)

**GEORGIA MOUNTAIN HOMESITES** - Blue Ridge, 2.5acre lots on Creek, paved road, Ready to Build. \$49,000. 1acre-20acre Homesites/Mini-Farms, Near Sandersville, starting \$3900/acre. Financing w/low payments. 706-364-4200 (NANI)

**PRICED TO SELL!** Newly Released Colorado Mountain Ranch. 35 acres-\$39,900. Majestic lake & Mountain views, adjacent to national forest for camping or hiking, close to conveniences. EZ terms. 1-866-353-4807. (Cal-SCAN)

**BUY BULK 40 AC** just \$29,900. Your own gorgeous ranch. Stunning land, inspiring views, great location, 2 hours east of Salt Lake in ideal outdoor recreational area. County maintained roads, ready to build or just hold and enjoy. Priced at bulk acreage prices for quick sale. Must sell. EZ Terms.

Call UTLR 1-888-693-5263. (Cal-SCAN)

**MONTANA LAND BARGAINS** (A Safe Haven) 20 Acres w/ Road & Utilities-\$29,900. 40 Acres w/ New Cabin- \$89,900. 160 Acres at \$99,900. Financing available. Fully guaranteed. 1-888-361-3006 www.WesternSkiesLand.com (Cal-SCAN)

**COLORADO FORECLOSURE 40 ACRES** \$29,900. Outstanding Views. Access to 6,000 acres BLM Rec Land. 300 days of sunshine. Call 1-866-696-5263. (Cal-SCAN)

**AZ LAND BARGAINS.** 5 to 80 acres, lowest possible prices. EZ terms. Call AZLR for free recorded message. 1-888-547-4926. (Cal-SCAN)

**BULK LAND SALE 80 acres - \$49,900.** Take advantage of buyers market and own beautiful mountain property. Price reduced on large acreage in Arizona's wine country. Won't last! Good access & views. Wildlife abounds at Eureka Springs Ranch. Financing available. Offered by AZLR. ADWR report. 1-877-301-5263. (Cal-SCAN)

**TENNESSEE MOUNTAINS** 1+ to 2 acrehomesites. Wooded Bluff and Lake View. Starting at \$59,900. Guaranteed Financing! 866-550-5263. Ask about Mini Vacation. 3 days, 2 Nights & Travel Allowance. (NANI)

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**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)

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