

Carmichael Times

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www.CarmichaelTimes.com

September 30, 2008

Adventures in Wine Gala to Benefit Stanford Home for Children

Bold Expressions at Sac Fine Arts

Northern California Arts Hosts 53rd Annual International Juried Art Exhibition at the SFAC in October.



Bold Expressions is the theme of this great Autumn open show at the Sacramento Fine Arts Center, running from September 30th, 2008 to October 25th. Works in all media will be presented including oil, acrylic and watercolor art. The public and collectors are invited to view the paintings throughout the exhibit; original artwork is for sale and can be purchased at the close of the show. A separate viewing category of digital files only will be displayed on a notebook as part of the show. (By digital, we mean of original works of art such as paintings, etc., but the artists live far away - Europe or Back East or whatever and would find the cost of sending the work prohibitive.) This work will be seen in the gallery, but not judged for prizes.

The Second Saturday reception to meet the artists and view the show is held on October 11th, 5:30-8:30PM, and features jazz and latin music by the trio "Freez," and refreshments will be served.

The October show will be presented at the Sacramento Fine Arts Center located at 5330-B Gibbons Dr., Carmichael. Gallery hours are 11AM-3PM Wednesday through Saturday, Tuesday 11-7PM. A wine reception will be served, admission is free, public invited, wheelchair accessible. Contact Anje Olmstead, (916) 971-3713 for more information.

Rare and Collectible Vintages up for Auction at Prestigious Gourmet Event

Sacramento-area wine aficionados will gather once again for the fourth annual Adventures in Wine gala to be held Friday, October 3, at the North Ridge Country Club in Fair Oaks. All proceeds raised at the event will benefit Stanford Home for Children, a Sacramento-based nonprofit that provides services for at-risk children and their families.

Twenty area restaurants and wineries will open the evening by offering wine, olive oil, chocolate, and gourmet food tastings. Guests will have the opportunity to enjoy the tastings before an extraordinary line-up of live and silent auction items ranging from vacation accommodations in Mexico, Lake Tahoe, Napa Valley, and the Bay Area to rounds of golf at premier courses including Spyglass in Pebble Beach and North Ridge Country Club. Honorary Stanford Home Board Member and KCRA 3 Meteorologist Eileen Ja-

vora will offer a private studio tour and lunch to the highest bidder.

The highlight of this year's wine extravaganza will be the live auction of more than 80 collectible vintages. Featured bottles include a 1975 Chateau Mouton-Rothschild, a double magnum of first-growth Bordeaux with a label designed by the late artist Andy Warhol. Also available for bidding will be magnums of 2005 Caymus Vineyards Napa Valley Cabernet Sauvignon, 1985 Chateau Lynch-Bages, 1998 Freemark Abbey Napa Valley Cabernet Sauvignon, and 2004 Ehrhardt Estates Clarksburg Petite Syrah.

"We are incredibly fortunate to celebrate our families' successes with our community supporters," says Keith Diederich, Stanford Home Executive Director. "Last year, Adventures in Wine raised more than \$100,000 which helped fund innovative programs like our family finding program that connects children in the system to safe and loving family members. We hope for similar success this year as we continue to

serve 1,800 local children and their families with our programs."

Adventures in Wine tickets are available for \$50 each. Everyone who purchases a ticket will be entered to win a 3-night family vacation to Disneyland. For more information, contact Shannon Mann at (916) 344-0199 or smann@stanford-home.org.

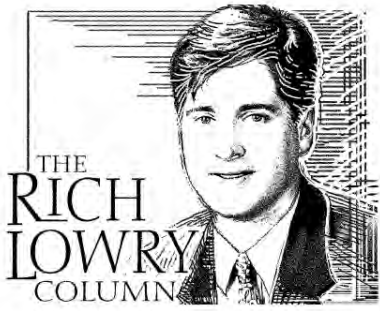
Stanford Home for Children leads our community in providing alternatives to institutional care for youth: the best solution to supporting families in turmoil. Through family centered practices, we connect and strengthen families, so that every child can thrive. For more than 100 years, Stanford Home's mission has been to provide innovative care and support to strengthen children and families so that they may define their own dreams, overcome their challenges, and thrive in the future. The nonprofit organization serves boys and girls of all races, creeds, and economic backgrounds—each with a different but painful set of experiences that have had a negative impact on their schooling, emotional well-being, and their ability to interact with adults and peers. Stanford Home seeks to unite and unify families whenever possible, minimizing the dependence on institutional care that can further traumatize a child facing turmoil. Stanford Home's vision for the future is to ensure that every youth is safe, healthy, self-sufficient, connected with family, and given the tools they need to develop into contributing members of our community.



"Left Looking Steward", by Byron Draper

PRESORTED STD.
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Crime
Report - Pg 5



Choosing Trig

children with Down syndrome are aborted in the womb, sought out by increasingly sophisticated prenatal tests and eliminated. This is the ugly eugenic underbelly of American life, even as we congratulate ourselves on our tolerance and diversity.

Parents of children with Down syndrome routinely encounter a "how could you?" disapproval. Former Washington Post reporter Patricia E. Bauer writes that strangers consider her daughter with Down syndrome as falling "into the category of avoidable human suffering. At best, a tragic mistake. At worst, a living embodiment of the pro-life movement. Less than human. A drain on society. That someone I love is regarded that way is unspeakably painful to me."

Here comes Trig, who -- via his mother, especially if she wins -- will have a high-profile platform to expose the rest of us to his personhood and dignity. Palin always describes him, aptly, as "a perfectly beautiful baby boy." Given how dated assumptions are about Down syndrome, he could do us much good growing up in the Naval Observatory.

It used to be that children with Down syndrome were institutionalized at birth.

Perhaps nothing Sarah Palin said in her boffo address at the Republican Convention had as much resonance as her statement that "sometimes even the greatest joys bring challenge."

That truism was redeemed from mere Hallmark-card sentimentality because everyone knew that Palin's 17-year-old daughter, Bristol, is pregnant and that Palin herself gave birth to a boy, Trig, with Down syndrome in April. The joys in the Palin household lately have been particularly leavened with challenges.

Palin's choice to give birth to Trig after she learned of his condition 13 weeks into her pregnancy endeared her to pro-lifers and contributed to the frenzied excitement among social conservatives about her selection. The national stage she's now been given means her choice could have much wider significance and constitute an enormous symbolic leap ahead for children with Down syndrome and their parents.

As many as an estimated nine out of 10

Without the love, care and education that any child needs, they lived stunted lives. Now, a generation of people with Down syndrome has been raised by families that love them. Advances in medical care and education mean they live full lives. Their capabilities differ -- as is the case with everyone -- but they graduate from high school, hold jobs and live on their own.

No one should trivialize the challenges Trig and the Palins will face. About 40 percent of children with Down syndrome are born with a heart defect. There will be the cruelty -- intentional or not -- of other children and the frustrations of struggling with tasks that come so much easier to others. And yet there will be the joy, as unalloyed and precious as any of us experience.

Palin said in an interview after Trig was born: "I'm looking at him right now, and I see perfection. I keep thinking in our world, what is normal and what is perfect?" That is the subversive promise of children like Trig, undermining all our superficial assumptions about what's truly important.

The Palins will have a humbling, heartbreaking and inspiring lesson in life's priorities from Trig. Here's hoping it's one that, one way or the other, the rest of us share.

Rich Lowry is editor of the National Review.

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Forms Assistance for Homeowners & Renters Rebate

Sierra Adren United Church of Christ presents "The Silver Swan Singers" in a concert in the church sanctuary on Saturday, October 18, 2008 at

3 PM. This group of talented musicians, who sing madrigals from the Renaissance and dress in authentic Elizabethan costumes, has arranged a program that features songs about love and nature.

A donation of \$12.00 includes dessert. Children 12 and under are admitted free when accompanied by a paying adult.

Silver Swan Singers

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Carmichael Times



Publisher - Paul V. Scholl

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POPPOFF!

with Mary Jane Popp

PERSONALITY DIET

Are you tired of trying every single diet that comes out from Hollywood Grapefruit to Pill Power...and they still don't work? Could your personality determine your diet? Dr. Robert Kushner, Medical Director of the Wellness Institute at Northwestern University, told me they treated literally thousands of patients with his revolutionary program, and he tells all about it in his book *Dr. Kushner's Personality Diet*.

This is how it works. You take the diet personality test Dr. K has pioneered for his patients to identify which eating, exercise, and coping patterns have been feeding your overweight lifestyle. The ultimate treatment plan boosts your overall health in addition to weight loss. The bottom line is he believes fat is not your fault, but it is your responsibility. Actually the good Doc is amazed that more Americans than one in three aren't overweight. He feels that unless there is an understanding that the battle over one's weight is not "one size fits all," Americans will keep yo-yo-ing on and off diets to higher levels of obesity. So, instead of struggling to find the optimal percentage of carbs and protein in your diet, Dr. K says learning to shape one's weight gaining patterns into weight losing patterns is the key to weight loss success.

So what are some of these Personality types? In his *Eating Test* he talks about:

THE UNGUIDED GRAZER: You do not plan your meals or eat on a set

schedule. Oooopppps, I think that might be me. Sooooo, if this is you, then create a supporting structure. Just eat...and enjoy. Connect hunger and fullness cues. Fill up on fiber and water.

NIGHTTIME NIBBLER: You eat little during the day, but you're ravenous at night. Redistribute calories. Calorie proof your home. Plan one nightly snack that satisfies. Reset your nighttime routine.

HEARTY PORTIONER: You put too much on your plate, usually finish it, and feel stuffed. Pace your mind and body. Proportion your plate. Be savvy about servings. Overcome portion traps. I wonder if he means Buffets? I do love Buffets! And there are more eating types.

Then the Doc got into the Coping Test. See if you fit one of these.

EMOTIONAL STUFFER: You eat when you are stressed, anxious, lonely, or depressed. Inventory your food. Acknowledge your feelings. Nurture emotions without food. Strengthen mind-body connection.

PERSISTENT PROCRASTINATOR: You talk endlessly about needing to lose weight, but can't make it happen. No problem. Probe the procrastination trait. Prompt yourself. Make it manageable. Enjoy small successes.

PESSIMISTIC THINKER: You are doubtful that anything new will work for you. Then realize pessimism's perils. Turn I can't into I can. Accentuate the positive.



Treat yourself better.

This is just the tip of the iceberg in Dr. Kushner's book. Basically, Dr. Kushner says what we all need to reach that dream weight is not Willpower but Skillpower! Small changes in lifestyle can yield big results when the changes are targeted to an individual's lifestyle patterns. Check out Dr. Kushner's Personality Diet Book or go to www.DoctorKushner.com. Remember SKILLPOWER over WILLPOWER!!!

Check out the "POPPOFF" Radioshow Monday thru Friday on AM-950 KAH10 AM-Noon and Saturday on AM-1240 KSAC 11 AM-Noon for provocative fast-paced informational and entertaining radio listening!

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'Stick' Bandit Robs 2 Banks

In just over a two week period a lone white male, dubbed the "Stick" bandit by authorities due to his slight build, has robbed two banks in the Sacramento area. On September 5, 2008, he robbed the Wells Fargo Bank, 7225 Fair Oaks Boulevard, Carmichael, California, and on September 23, 2008, he hit the Bank of America, 4300 Arden Way, Sacramento, California.

The "Stick" bandit made oral demands for money in both of the robberies and during the most recent robbery at the Bank of America he told the teller "I hate to do this to you, but I am robbing you". When the teller thought the man was kidding he said he was serious and that he had a gun. No weapon was seen or mentioned during the Wells Fargo Bank robbery. Witnesses to the first robbery describe the man as a white male with brown hair, around 5-foot-8 to 5-foot-9 and weighing 180 to 190 pounds.

He was unshaven and wore a black baseball cap, dark sunglasses, a light brown button-down collared shirt, dark pants and dark shoes. He also had an older brown leather wallet. Witnesses to the second robbery



describe the man as a white male, late 30's to 40 years old, around 5-foot-6 to 5-foot-7 with a thin build. He had scruffy facial hair, a black moustache and black hair with some gray on the sides. He was wearing a plain baseball cap, a long sleeve tan button-up collared shirt and dark sunglasses. The Sacramento Violent Crimes Task Force consisting of FBI Agents and Sacramento County Sheriffs Robbery Detectives are seeking information regarding this robbery. Anyone with information is asked to contact the FBI in Sacramento at (916) 481-9110, or Crime Alert at (916) 443-HELP. Callers can remain anonymous and may be eligible for a reward of up to \$1,000.00.

CRIME REPORTS

From The Sacramento County Sheriff

	Time	Crime	Address	Location Type
Carmichael				
2008-09-06	04:30	Narcotics	Fair Oaks Blvd / Stanley Ave	Parking lot/garage
2008-09-06	08:00	Burglary Residential	5900 block of Kenneth Ave	Residence/home
2008-09-06	20:00	Aggravated Assault	3200 block of Walnut Ave	Residence/home
2008-09-06	22:00	Robbery	Parkoaks Dr / Hilltop Dr	Other/unknown
2008-09-07	12:00	Burglary From Vehicle	4600 block of Fair Oaks Blvd	Parking lot/garage
2008-09-07	12:00	Larceny/Theft	4500 block of Barrett Rd	Residence/home
2008-09-07	12:30	Simple Assault	5600 block of Manzanita Ave	Highway/road/alley
2008-09-07	19:00	Burglary From Vehicle	6200 block of Cassidy Way	Vehicle
2008-09-08	15:00	Larceny/Theft	6400 block of Palm Ave	Residence/home
2008-09-09	03:00	Sexual Assault	El Camino Ave / Fair Oaks Blvd	Residence/home
2008-09-09	16:30	Burglary Residential	8700 block of Fair Oaks Blvd	Residence/home
2008-09-09	17:05	Larceny/Theft	4000 block of Manzanita Ave	Grocery/supermarket
2008-09-09	22:00	Burglary Business	6300 block of Coyle Ave	School/college
2008-09-10	00:00	Burglary From Vehicle	1700 block of Park Place Dr	Residence/home
2008-09-10	07:30	Larceny/Theft	5400 block of Nyoda Way	Residence/home
2008-09-10	10:00	Larceny/Theft	4200 block of Barrett Rd	School/college
2008-09-10	17:00	Vandalism	4800 block of Manzanita Ave	Parking lot/garage
2008-09-10	18:30	Burglary From Vehicle	6500 block of Coyle Ave	Parking lot/garage
2008-09-10	21:00	Burglary From Vehicle	4500 block of Colby Way	Residence/home
2008-09-11	00:30	Narcotics	Muldrow Rd / Manzanita Ave	Highway/road/alley
2008-09-11	00:30	Vandalism	5800 block of Westfield St	Residence/home
2008-09-11	05:09	Vandalism	2900 block of Palm Estates Ct	Highway/road/alley
2008-09-11	15:25	Simple Assault	5600 block of Marconi Ave	Public/government building
2008-09-11	23:58	Burglary From Vehicle	2900 block of Linden Ln	Vehicle
2008-09-12	03:30	Burglary From Vehicle	2100 block of Glancy Ct	Residence/home
2008-09-12	10:20	Robbery	5000 block of El Camino Ave	Convenience store
2008-09-12	12:00	Aggravated Assault	Marconi Ave / Fair Oaks Blvd	Highway/road/alley
2008-09-13	13:00	Simple Assault	Walnut Ave / Marconi Ave	Parking lot/garage
2008-09-13	20:00	Aggravated Assault	Hilltop Dr / Manzanita Ave	Highway/road/alley
2008-09-14	01:05	Burglary From Vehicle	5000 block of Marconi Ave	Parking lot/garage
2008-09-14	08:00	Vandalism	4500 block of Manzanita Ave	Residence/home
2008-09-14	09:30	Burglary Residential	4800 block of Arden Way	Residence/home
2008-09-14	17:00	Sexual Assault	7000 block of Fair Oaks Blvd	Residence/home
2008-09-14	19:00	Burglary From Vehicle	5200 block of Lequel Way	Vehicle
2008-09-15	00:01	Larceny/Theft	5400 block of Cedarhurst Way	Residence/home
2008-09-15	15:15	Vandalism	5300 block of Gibbons Dr	School/college
2008-09-15	19:00	Burglary From Vehicle	3000 block of San Lorenzo Way	Vehicle
2008-09-16	13:00	Simple Assault	5300 block of Gibbons Dr	School/college
2008-09-17	15:15	Burglary From Vehicle	6000 block of Madison Ave	Vehicle
2008-09-17	18:00	Drunkenness	5800 block of North Ave	Residence/home
2008-09-18	00:19	Weapons Violation	Fair Oaks Blvd / Paloma Ave	Highway/road/alley
2008-09-18	16:30	Larceny/Theft	8300 block of Fair Oaks Blvd	Residence/home
2008-09-18	18:20	Larceny/Theft	4700 block of Manzanita Ave	Grocery/supermarket
2008-09-19	00:00	Burglary Business	5800 block of Manzanita Ave	Restaurant/fast food
2008-09-19	23:00	Aggravated Assault	6400 block of Fair Oaks Blvd	Bar/night club



How Important Are Labor Unions?

show opens Saturday, October 4. Waiting for Lefty closes October 26.

Tickets for previews are \$7 general admission and \$5 for seniors, students and Los Rios employees.

Waiting for Lefty plays Thursday through Saturday evenings at 8 pm (\$18 general admission \$15 seniors, students and Los Rios employees), and Sundays at 2 pm (all tickets \$15).

Call the box office at 916-691-7364 for more information or go to www.riverstage.org or go to Facebook <http://www.facebook.com/srch.php?nm=Lefty+River+Stage>

Join River Stage at the opening of Waiting for Lefty. A panel discussion will take place immediately after the show. The panel features Lynn Damme, labor historian, Professor Emeritus Emanuel Gale, a witness to history and Charles Van Patten, Union Representative for CRC.

Waiting for Lefty will have performances at River Stage, on the campus of Cosumnes River College, 8401 Center Parkway. Directed by Frank Condon.

Previews begin Wednesday, Oct 1 and the

Carmichael Cactus and Succulent Society Meeting

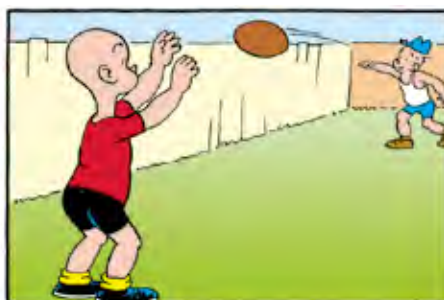
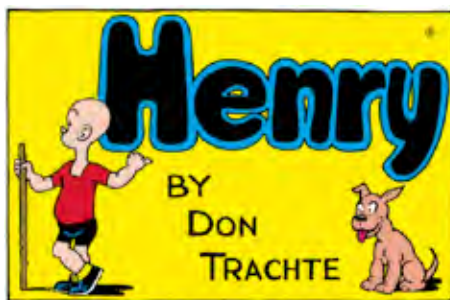
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Answers

Solution time: 27 mins.

T	A	J	R	O	P	E	Z	E	S	T		
O	S	U	A	D	E	N	A	A	U	T	O	
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		G	L	E	N		I	R	O	N	Y	
P	A	L	M	S		W	A	V	E			
I	R	I	S		V	A	G	A	B	O	N	D
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Riley Reviews

By Tim Riley

BITING WIT OF RICKY GERVAIS LIFTS "GHOST TOWN"

GHOST TOWN (Rated PG-13)

Tempting thought it may be to label "Ghost Town" a romantic comedy, the designation doesn't seem to fit comfortably, particularly when the lead character is a curmudgeon nearly incapable of redemption, let alone romantic conquest. But if you want to take a cynical, antisocial snob and overall self-consumed loner and turn him into something almost barely tolerable, then it helps that he has a British accent. Well, the appeal is not so much the manner of speech, but British comedic actor Ricky Gervais, who became famous for playing the much-despised office manager in the BBC Series "The Office," has a spot-on delivery for barbs and snide witticisms.

Making his first star turn in film, Gervais plays Bertram Pincus, a Manhattan dentist with the least friendly bedside manner. He's known to stuff more cotton into a patient's mouth, mainly to silence incessant chatter he wishes to avoid. Office parties are anathema to him, as he makes lame excuses to his colleague (Aasif Mandvi), and then slips out the door to shun interaction with the lowly office staff. Presumably, the good doctor is in a hurry to retreat to his nice apartment, where he slips into pajamas and works on crossword puzzles neatly arranged on a table. Dr. Pincus' ordered life, though, is rudely interrupted in the wake of a near-death experience.

At the beginning of the film, Bertram checks into the hospital for a routine medical procedure, only to later learn from his surgeon (Kristen Wiig) that he was clinically dead for a period of seven minutes. The funniest thing about his visit to the hospital was the way Dr. Pincus would refuse to answer some of the more standard questions posed by a nurse seeking to fill out lengthy personal medical history forms. As for the not-so-funny business of short-term death, Bertram soon learns that he has acquired an annoying ability to see ghosts. Even worse, these undead spirits desperately want something from him, since they are unable to reveal themselves to other human beings.

The most irritating ghost of them all is Frank Herlihy (Greg Kinnear), a handsome, debonair, tuxedo-wearing unfaithful husband who, after losing his life in a freak accident, decides to do the right thing by his widowed wife, Gwen (Tea Leoni). Pushy and obnoxious, Frank pesters Bertram into helping him break-up Gwen's impending marriage to Richard (Billy Campbell), a do-gooder lawyer thought to be a gold-digger anxious

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to get his hands on Gwen's fortune. Unfortunately, Gwen lives in the same building as Dr. Pincus, and has often been treated rudely by the dentist, who won't let her in the elevator, snubs her in hallways or steals her cabs. As ridiculous as it sounds, Frank thinks Bertram can somehow tempt Gwen away from her fiancé.

To get Bertram to do his bidding, Frank threatens to let all the other pesky poltergeists, still lingering on earth for some unfinished business, know that the dentist is able to see dead people. Soon enough, the waiting room at his dental office is full of people seeking something other than routine teeth cleanings. Naturally, there are funny situations where Bertram is caught talking to the persistent spirits that no living being can see. The humor is reminiscent of the old "Topper" TV series in which a staid banker had to cope with the demands of his undead houseguests.

The difficult part of accepting "Ghost Town" as a romantic comedy is that Bertram is not even remotely close to a romantic character. While the leading man doesn't have to look like Cary Grant, the pudgy, awkward and perpetually cranky Dr. Pincus doesn't fit the mold for the conventional candidate. Picking Ricky Gervais to work against type may be a bold move, but he's too unlikely to be coached by a suave character like Greg Kinnear to step into the breach so as to sweep a gorgeous babe like Tea Leoni off her feet. And yet, there's an odd, if uncomfortable, chemistry between the British crank and the American beauty.

"Ghost Town" may not fully succeed as a romantic comedy, but it has plenty of laughs that come almost exclusively from the offbeat, unorthodox performance of Ricky Gervais.

DVD RELEASE UPDATE

Speaking of guys who should be romantic leading men, Hugh Jackman stars in the sexy suspense film "Deception" being released on DVD and Blu-ray. He's not exactly the good guy this time around, considering that he's playing a slick lawyer friend to Ewan McGregor's naïve accountant. Jackman lures his buddy into an elite and clandestine sex club known as "The List." The mild-mannered fool becomes enamored with this new lifestyle, but soon becomes the prime suspect in a woman's disappearance and a multi-million dollar heist. Let the fun begin. By the way, I know next to nothing about this Blu-ray technology, except to know that these types of discs always cost more money. However, the studios are pushing this high-tech stuff more and more.

Website Makes Fee Deferrals Info Easier To Find

Part of Sacramento County's effort to improve services to building and development customers

Sacramento, Calif., --- Sacramento County has launched a new website to help builders find information about three County Development Fee Deferral programs that were launched in the late 1990's. These programs, designed to promote economic development, allow developers and homebuilders to pay a small portion of development impact fees at the time building permits are obtained, and defer the remainder of the fees until a later date.

"We want to do everything possible to provide as much information as possible so that developers can get their projects moving," said Development Services Administrator Steven M. Pedretti. "This is just one of the many new online tools we hope to launch this year to better serve our customers."

Access the website by visiting the County home page at www.saccounty.net and searching "Development Fee Deferral."

Development Impact Fees are fees collected at building permit issuance to fund a variety of major public facilities such as road, transit, sewer, drainage, water

supply, library and park improvements.

The three programs are:

· Non-Residential Fee Deferral - designed to stimulate and encourage economic development within the County, particularly those that will result in long-term commitments to the County which will create jobs and provide economic stimuli for the benefit of all of the County's residents.

· Affordable Housing Fee Deferral and Waiver - designed to encourage development of affordable housing projects, this program allows for the deferral and/or waiver of residential development fees for eligible low and very low income housing projects constructed in the unincorporated area of Sacramento County.

· Residential Fee Deferral - encourages the construction of residential developments in the unincorporated portion of the County of Sacramento.

The new website also provides links to other fee deferral programs including:

· The Sacramento Regional County Sanitation District (SRCSD)

· Sacramento Area Sanitation District (SASD) for sewer fees

· Sacramento County Water Agency (SCWA) for drainage and water fees

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Co-Ed Sleepovers: What's Really Going On?

by Lauren Forcella

Dear Straight Talk: A friend lets her teenage daughter stay overnight at a household where many teenagers regularly stay the night together, co-ed. Sometimes the parent of that household is there, sometimes not. When I bring up concerns, she says, "Those kids are all just friends." I think she is naïve. I mean, honestly, teens? Raging hormones? How could something NOT be going on? — Roseville, CA

From Mariah, 16: I have many friends of both sexes who sleep together and do not have sex. Sure it happens sometimes, but that doesn't mean all teenagers are sex-crazed. Some teenagers really are JUST friends with the opposite sex and have no intention to sleep with them in the sense you mean. Usually nothing ever happens because the guy is gay or he needs a place to crash and ends up with a good friend who happens to be female. Most of my friends are male and I don't see the big deal of having a non-sexual relationship with them.

From Jennifer, 14: It is different in every situation, but friends of the opposite sex CAN sleep in the same bed together without having sex. Even promiscuous people are not always at fault. This is a very flirtatious generation that most adults don't understand. If you see your teen flirting with someone don't automatically assume something is going on.

From Michael, 16: There are situations where the guys and girls are just friends. But it can be hard to completely stay away from having something sexual creep in. In many cases, we'd be lying to say it's strictly friends.

From Shelby, 16: I find it offensive that just because we're teens you assume we are having sex all the time. Could you be any more judgmental? I have quite a few guy friends who I feel totally comfortable sleeping over with — and we're not having sex, we're talking! Did you have sex every time you spent the night at a guy

friend's house?

From Katie, 15: I go camping with my boyfriend and his family, and usually there are eight or nine teenagers spending all day and night with each other. Nothing happens between either friends or couples because parents have said if we are caught doing anything, we all go home and there's no more camping. But they give us the opportunity to prove that we can be trusted. If parents make the limits clear, and provide strong consequences, the situation is under control.

From Sawyer, 17: Males and females sleep together a lot and nothing happens. Co-ed sleeping isn't so much the problem, it's the drinking and smoking that needs to be monitored. Yes, sex happens sometimes, but at least when it does, we're educated. We didn't do what your generation did! There was so much sex in the 60s and 70s, most of it unprotected. All our STDs come from you guys! When it comes down to it, the sex education we've been given brings in a huge amount of safety.

From Kendal, 22: It depends on the kids. They could very likely be just friends and really have nothing going on. It really does happen a lot. However, the fact that there aren't parents home is a red flag. Not that parental supervision insures that there are no sexual activities, but it's definitely a mood-killer. Your friend needs to be a bit more realistic and make sure there's parental supervision. And you need to mind your own business.

Dear Roseville: Well, there's a wrap! Anything else you'd like to know? We loved your question, by the way, and I wanted to close with Kendal's common-sense advice regarding parental supervision. This generation has platonic male-female relationships unlike anything our generation could, or can, imagine. Assumptions about sexual behavior are harder to make, but parental supervision will always be a no-brainer.

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



Don Flood

As George Carlin Said, It's All About Stuff

Not long ago my son told me about a man on TV who liked to get close to tornadoes and videotape them -- so close that once his windows blew out and his car was lifted off the ground.

Here's the interesting part. He isn't a scientist. Nor is he doing any research. This is his hobby.

My question: How does this guy buy life insurance?

When I bought my policy, I remember being asked if I had any potentially dangerous hobbies, such as skydiving. I felt comfortable answering because the closest I've come to jumping out of a plane is rolling out of bed in the morning (though I didn't let on to the insurance salesman just how dangerous that could be).

So I wondered how tornado guy would answer the same question:

"Yes, I like to videotape tornadoes."

"Really? How close do you get?"

"One time I got so close my car was lifted off the ground. It was cool. That won't affect my getting a policy, will it?"

"No, no problem at all. In fact, we have a special "nut-job" policy for people just like you. For just \$10,000 a month we provide you with a policy that will completely cover your burial expenses, except of course during tornado season."

It's this kind of news tip that I'll miss while our son is away at school

We recently took him to college. It might be more accurate to say that we took him and his stuff to college.

Our little SUV was so jam-packed it looked like the truck that Jed Clampett loaded up and drove to Beverly Hills.

We probably wouldn't have had enough room except I was able to tie my wife to the top of the car. (She said the view was great.)

OK, that wasn't completely true, but we were so packed in we had to make frequent rest stops so that we could get out and breathe. Safety experts recommend that drivers on long trips stop once every two hours to allow people who are taking their children to college to breathe.

It was different when I went to college. Back then -- this was before electricity, meaning we had to study by the light of candles we made ourselves -- the only thing I recall taking was a few shirts and a change of underwear. My pair of jeans was perfect for every social occasion.

Our son's move-in day was interesting. The plan, the officer sternly informed us, was to quickly dump our son's stuff on the lawn -- and not take it up to his room! -- and then park elsewhere, giving the scene the look of a mass hurricane evacuation, except as college parents, of course, we were far more anxious.

Still, we got moved him in pretty quickly and it was time for those parting words of wisdom.

I didn't have any, of course, so instead I said, "Have a good time."

I have a feeling, though, that that won't be a problem.

Write to Don Flood in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mails to dflood287@comcast.net.

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King Crossword

Answers on page 4

ACROSS

- 1 — Mahal
- 4 "Clue" weapon
- 8 Piquancy
- 12 Buckeyes' sch.
- 13 Mideast gulf
- 14 Jam ingredient?
- 15 Periodical
- 17 Food
- 18 Singer Campbell
- 19 O. Henry's specialty
- 20 Island flora
- 22 Greet silently
- 24 Rainbow
- 25 Tramp
- 29 X rating?
- 30 Buffalo
- 31 Victory gesture

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| <p>50 Lincoln in-law</p> <p>51 Ostrich's cousin</p> <p>DOWN</p> <p>1 Male cat</p> <p>2 Simile center</p> <p>3 Circus clown's skill</p> <p>4 Demolishes</p> <p>5 Valhalla</p> <p>6 Calligraphy tool</p> <p>7 Away from WSW</p> <p>8 Capital of Croatia</p> | <p>9 Modern coin</p> <p>10 Dazzle</p> <p>11 Jug that resembles a stout man</p> <p>16 Charitable donations</p> <p>19 Terrible guy?</p> <p>20 Actor Brad</p> <p>21 Vicinity</p> <p>22 Failed to be</p> <p>23 Enthusiastic, plus</p> <p>25 String instrument</p> <p>26 Too big</p> <p>27 Requirement</p> <p>28 Lairs</p> <p>30 Spend</p> | <p>lavishly</p> <p>33 Old computer?</p> <p>34 Oven</p> <p>36 Part of a Santa outfit</p> <p>37 Cultural idea</p> <p>38 Pinnacle</p> <p>39 Movie</p> <p>40 "Zounds!"</p> <p>42 Vanna's cohort</p> <p>43 Commotion</p> <p>44 Artesian appellation</p> <p>45 Debtor's letters</p> |
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Help for Understanding the Ballot Propositions

A program to help voters understand the November 4 ballot propositions has been planned by the Henry George School of Social Science. Sister Marti McCarthy of Jericho will be speaking and answering questions about the initiatives at the Arden-Dimick Library on Tuesday, October 7. Jericho is an organization that has been active in Sacramento for many years, lobbying for the poor and disenfranchised. Sister Marti McCarthy is an

experienced legislative analyst and spokesperson for the group. She uses her expertise to determine the impact of legislation on ordinary people. The library is located at 891 Watt Avenue and the program is scheduled to start at 7:00 p.m. The public is urged to attend. For more information about Sacramento's Henry George School and its activities, visit www.henrygeorge-sacramento.org on the Internet.

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Local Student Completes Level 3 of Astronaut Training



Space Shuttle Cockpit - stock photo

The Kansas Cosmosphere and Space Center graduated Nick Stanton, son of Marjie Lundstrom and Sam Stanton, from level 3 of its Future Astronaut Training Program this summer. The camp builds on knowledge gained from FATP levels 1 and 2.

The week-long astronaut camp is for students entering grades 7-10 and emphasizes teamwork, leadership, and problem solving. Developed by Cosmosphere staff, FATP is a nationally-recognized camp that motivates campers to seek careers in space-related industries.

Level 3 campers spend two days at the Cosmosphere, then travel to Johnson Space Center in Houston, Texas for further training. While there, campers tour the former and current Mission Control Centers and Building 9, which houses NASA's space shuttle trainers and the International Space Station mock-up. FATP level 3 campers also tour the vacuum chamber and the Neutral Buoyancy Lab's 6.2-million-gallon pool, where astronauts train for work in microgravity. Both of these facilities were used in the movie "Armageddon"

Before traveling to Houston, campers train at the Cosmosphere in the 4-G Centrifuge and in the multi-axis trainer.

The campers' training at the Cosmosphere

culminates in an advanced space shuttle mission aboard the Cosmosphere's space shuttle simulator, the Falcon III.

For more information on the Future Astronaut Training Program call 800.397.0330, ext. 323, or visit the Cosmosphere's Web site at www.cosmo.org.

The Cosmosphere's Future Astronaut Training Program (FATP) has four levels, each lasting five days. Levels 1 and 2 are held at the Cosmosphere; level 3 is held at the Cosmosphere for two days and then at Johnson Space Center in Houston, Texas for two days; and level 4 is held at Kennedy Space Center in Florida for all five days. Campers must complete the lower level before progressing to the next. For more information about FATP, contact Lori Given at 800-397-0330, ext. 323.

The Kansas Cosmosphere and Space Center is a non-profit organization dedicated to enhancing patrons' knowledge of space exploration. Educating people from around the globe, the Cosmosphere boasts the Hall of Space museum, one of the most significant collections of U.S. and Russian space artifacts in the world; the Justice Planetarium, a dome-shaped classroom where attendants learn about astronomy; Dr. Goddard's Lab, a live demonstration of early rocket technology; the Carey IMAX® Dome Theater; the 12th IMAX® theater built in the world; and summer astronaut training camps.

Weekly SUDOKU

by Linda Thistle

Answers on page 10

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

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Jon Voight Visits Volunteers at McCain HQ



John McCain may have put the campaign on hold, but he has many supporters that are hard at work to ensure a Victory in '08. The volunteers at Sacramento Republican Headquarters had a surprise visitor today, Jon Voight stopped by to pose for pictures, sign autographs and most importantly, help support John McCain. Mr. Voight shared some comical stories with the crowd and promoted his new film "An American Carol."

"An American Carol's" Myspace page, describes the movie as "a right-thinking, side splitting comedy about a liberal filmmaker who is on a crusade to abolish the 4th of July... until he's visited by three spirits who take him on a hilarious journey in an attempt to show him the true meaning of America."

If you would like to volunteer at the McCain/ Palin Victory '08 Headquarters please call 916-974-1821. You can see "An American Carol" in theaters October 3 or watch a preview at <http://www.myspace.com/americanCarol>.

Gov. Signs Legislation to Create the Gold Star Family License Plate

Governor Arnold Schwarzenegger today announced he has signed SB 1455 by Senator Dave Cogdill (R-Modesto), authorizing the creation of the California Gold Star Family License Plate. The legislation paves the way for families who have lost loved ones in current and prior wars to obtain license plates honoring the sacrifices their families have endured.

"I am very pleased to sign this bill to honor the sacrifices made by our servicemen and women and their families," said Governor Schwarzenegger. "When you see one of these license plates on the road, think about those who have given their lives to defend our way of life, and keep their families in your thoughts and prayers."

The Department of Veterans Affairs and the Department of Motor Vehicles will fund the start up costs of the Gold Star Family License Plates using private donations, allowing the state to honor Gold Star Families without placing any burden on California taxpayers. Also, as a token of the state's appreciation for their sacrifice, the bill provides a special waiver of fees for Gold Star Families.

SB 1455 authorizes the creation of the Gold Star Family License Plate and authorizes a family member of a member of the U.S. Armed Forces killed on active duty to apply for the plate containing a gold star and the words "Gold Star Family."

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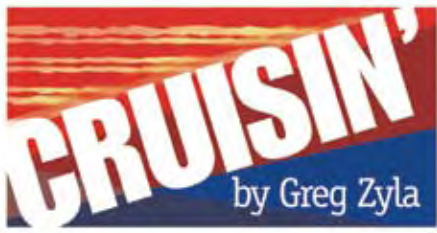


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1968 Wildcat

Q: Greg, I have a '68 Buick Wildcat with a 430-inch, four-barrel engine with 360 horsepower and only 70,000 miles. It is the desirable two-door hardtop, and the interior is all original and in pretty nice shape. The car was painted about three years ago and also is nice. Where is the best place to sell this car, and what price I should ask? Thanks for any help you can give me. -- Tim, e-mail from Pennsylvania

A: Tim, you have a pretty nice car there in that Buick Wildcat. We checked several price guides for a base Wildcat, and depending on a few incidentals, the prices are \$4,000 for a No. 3 condition two-door Wildcat coupe, which means it's a car that looks great from 20-feet away, but when you get closer you'll notice some wear here and there and maybe a ding or two. A fully restored Wildcat will go for about \$11,500.

Look to sell your car with a classified ad in your area newspapers first, as most all papers also have an Internet presence nowadays. If you can't sell it locally, I'd recommend using magazines like Auto Roundup and Hemmings, both available on any newsstand.

Also, as I say in all my columns when I give a price, the antique car business is much like the stock market in that it goes up and down, and you may get more or less for your car depending on buyer and seller demands and the economic mood at the time.

Write to Greg Zyla in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send an e-mail to gzyla@ptd.net.

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Weekly SUDOKU

Answer

7	8	6	9	5	3	2	1	4
5	4	2	1	8	6	3	9	7
9	1	3	4	2	7	5	6	8
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Answers to Help Plan Your Way Through a Tough Economy

by Dr. Joy Browne

(NAPSA)-Clinical psychologist, national radio host and accomplished author Dr. Joy Browne answers some frequently asked questions about planning for the future in a tough economy.

How can I talk to my spouse about our futures without making it stressful?

Many couples have told me they get stressed even thinking about the future, let alone sitting down with their spouses and planning for it. But believe it or not, talking with your partner and planning for the what-ifs in life together can actually be a stress reducer. With the economy as tight as it is these days, the emotional stress of economic hardship can lead people to focus on short-term expenses rather than long-term planning. What you need to realize is that planning today for the unexpected can help you embrace life knowing you are covered in the event of the unthinkable, such as the death of a spouse. It may be uncomfortable to discuss, but you'll find peace of mind in seeing that even though things are rough today, they're not going to be tough forever.

I'd like to plan for the future, but where do I start?

One of the best ways to plan for the long term is to determine what you can and cannot live without. Experts at State Farm, for example, say that life insurance is one item families should not skimp on. These professionals point out that even a small life insurance policy can allow you to focus on making the best of your present circumstance. In the short term, life insurance can provide a buffer so families won't have to face difficult financial decisions during a stressful, emotional time. Having a life insurance policy secured is a bit like putting on a seat belt just in time for an accident-and you keep that seat belt on because it keeps



Even when the going gets tough, there are things you can do to take care of the future.

you safe.

I've heard you tell your listeners to "embrace life." What does that necessarily mean?

I believe that in order to truly live your life to its fullest, you need to have peace of mind, knowing that your future is secure and your family is safe. This "embrace life" concept is also part of the reason I became involved with the State Farm Embrace Life Awards program, which honors men and women who persevered and inspired others after the loss of a spouse or a parent. Since 2004, State Farm has recognized 20 inspirational individuals who are embracing their futures rather than mourning their pasts. This year, marking the fifth anniversary Embrace Life Awards, a new group of 13 men and women will be honored at a ceremonial event and awarded \$10,000 and a trip for two to Chicago. The heroic stories the program has collected over the years prove that it's certainly possible to embrace life today by planning effectively for tomorrow.

Learn More

More information on life insurance can be found on the State Farm Web site, www.statefarm.com.

Walk for Mental Health

The Sixth Annual Walk for Mental Health will be held on October 4, 2008 from 9:00 a.m. until noon. The Walk begins and ends on the south steps of the State Capitol Building. Sign-in starts at 9:00 a.m. and the walk begins at 10:00 a.m. Participating agencies and other community service providers will have information tables offering educational material on mental health programs supported by this important community fund-raiser. Entertainment and refreshments will also be provided.

Participation is free to anyone interested in supporting important effort. All mental health advocates, consumers, families, friends and neighbors are welcome to come. Any walker who collects \$100 in pledges or more will receive a commemorative T-Shirt.

The 2008 Walk for Mental Health has three goals: (1) to bring awareness into the community about mental illness and the services provided for individuals who suffer from mental illness; (2) to make others aware of the challenges, hardships and stigma faced by individuals with mental illness; and (3) to raise funds for agencies that help people with mental disabilities and their families.

The Walk for Mental Health is a collaborative effort organized by major mental health services in Sacramento and Yolo Counties including: Consumer Self-Help Center, El Hogar Mental Health and Community Services Center, Human Resources Consultants/TCORE, Sacramento Gay and Lesbian Center, Loaves and Fishes/Genesis, NAMI Sacramento, NAMI Yolo, River Oak, Transitional Living and Community Support, Turning Point Community Programs and Welcome Home Housing.

Community sponsors for this even include Hanson-McClain, Cache Creek Casino, Smart-Sign Media, and Can Do Kids.

For more information about the Walk for Mental Health and registration forms, go to www.walkformentalhealth.com or call (916) 442-0185, ext. 108.

- Grow the perfect orchid
- Organize a charity drive
- Own a small dress shop
- Meditate in the mountains
- Never cook again
- Volunteer to read for the blind

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SMUD Unveils Hybrid Bucket Truck

Heavy duty SMUD truck is environmentally friendly and quiet while on duty in the neighborhood



Like a Prius on steroids, SMUD is using a hybrid electric-diesel bucket truck to do electric distribution system maintenance and repairs. The truck can deliver 40 to 60 percent fuel savings and emission reductions and it can operate on batteries only, keeping it quiet while crews work in neighborhoods.

Quality Management District provided \$11,000 to help defray SMUD's cost since the truck is friendlier to air quality.

SMUD has been a leader in the testing and demonstration of alternative-fuel vehicles for nearly two decades. In addition to all-electric and gasoline-electric hybrid vehicles, the District is testing hydrogen fuel-cell vehicles and operates about 70 flex-fuel ethanol vehicles. The E85 mixture is a renewable fuel source as the ethanol portion is derived mainly from corn. Recently, SMUD opened a solar-powered hydrogen fuel-cell vehicle refueling station on its campus.

SMUD has also "greened" its vehicle maintenance operations by using re-refined motor oil in its vehicles and also implemented an oil-testing program that has reduced motor oil consumption by 40,000 quarts and eliminated the disposal of approximately 1,800 oil filters over the past 18 months. SMUD's environmental fleet programs have been recognized with state of California "Clean Shop" certifications as an environmentally friendly operation.

As the nation's sixth largest publicly owned utility, SMUD has been providing low-cost, reliable electricity for more than 60 years to Sacramento County (and a small portion of Placer County). SMUD is a recognized industry leader and award winner for its innovative energy efficiency programs, renewable power technologies, and for its sustainable solutions for a healthier environment.

For more information, visit smud.org

Customers of the Sacramento Municipal Utility District (SMUD) may do a double-take when they see the label "HYBRID" on a heavy-duty SMUD bucket truck. But the huge vehicle, that also boasts a 60-foot aerial lift, is just that — an electric-diesel hybrid truck that is used to do large-scale electrical distribution maintenance and repairs like line, pole, transformer and other repairs that require work at high levels. The big truck is, in a way, like a Prius on steroids.

The hybrid bucket truck demonstrates that even heavy-duty vehicles can utilize cleaner and more efficient technology to get the work done. The hybrid electric technology allows the truck's diesel engine to be shut down while SMUD crews do repair and maintenance work, relying on the vehicle's bank of batteries to operate the aerial lift. Drawing on the batteries eliminates both noise and diesel exhaust emissions, so the truck can be operated in neighborhoods with practically no noise while the batteries remain charged.

The hybrid technology produces 40 to 60 percent fuel savings and emission reductions, depending on driving conditions and how frequently the batteries are drawn down to a level that the diesel engine kicks in to recharge them.

The truck is the latest addition to the SMUD alternative-fuel fleet. While SMUD has been using all-electric vehicles and hybrids for light-duty work for many years, this is the District's first heavy-duty hybrid vehicle. It is only one of a handful of hybrid bucket trucks in operation nationwide, and it has the tallest aerial lift. SMUD intends to buy nine more by the end of 2010.

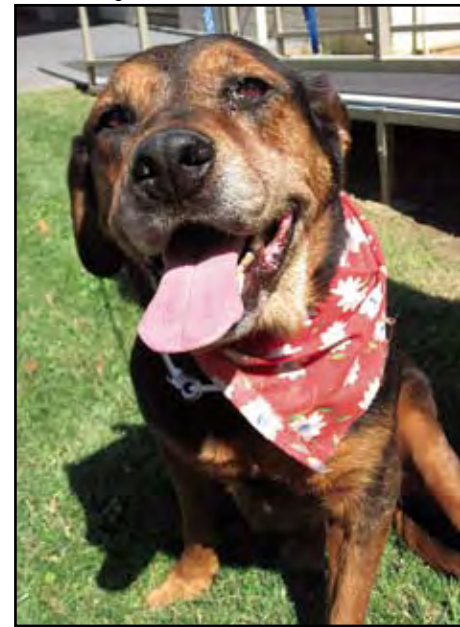
To further enhance the environmental sensitivity of the hybrid truck, the hydraulic system has been filled with inherently biodegradable hydraulic fluid. In the event of a hydraulic system failure, this fluid will have a minimal impact on the environment when compared to traditional hydraulic oils.

The hybrid bucket truck costs about \$270,000, or \$45,000 more than its conventional counterpart. The Sacramento Metropolitan Air

Pet of the Week: Daphne

Animal ID#: A478020

Daphne is a black and brown Rottweiler mix. She is approximately 8-years-old and has a sweet loving personality. Because she is a bit older she is mellow, which will enable her to focus when learning new tricks. She shows her spunk when shelter staff takes her for her daily walks because she loves being outside and the change of scenery excites her. She likes other dogs and doesn't pay any attention when they bark at her. Daphne would be a great dog to adopt if you have other pets because animals love companionship and she gets along with everyone. She shows signs of being housetrained and would be a great family dog that would need very minimal training, unlike a puppy or young-adult dog. She enjoys sitting and relaxing and would love to join the family while watching a movie or hang out in the backyard on a Sunday afternoon.



To see Daphne or other animals visit:

Sacramento County Animal Shelter
4290 Bradshaw Rd, Sacramento, Ca 95827
Open Tuesday – Saturday, and the first Sunday of every month.

Offices open at 8:00 a.m. and Kennels are open to the public at 10:00 a.m.

Visit us on the web to view pets online and learn more about our animals, services and programs at: www.saccountyshelter.net.
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FICTITIOUSBUSINESSNAME STATEMENT #0818090. John Casey, 5008 Tamaka Ct., Fair Oaks, CA 95628 and Fred Fletcher, 120 Marcin Way, Auburn, CA 95603 are doing business under the Fictitious Business Name "Pacific Coast Commercial Lending" at 2377 Gold Meadow Way #100, Gold River, CA 95670. Filed with the Clerk of Sacramento County on July 30, 2008. Publish: September 9, 16, 23, 30, 2008.
PACIFI 80902 9-30-08

FICTITIOUSBUSINESSNAME STATEMENT #0818089. John Casey, 5008 Tamaka Ct., Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Pacific Coast Residential Lending" at 2377 Gold Meadow Way #100, Gold River, CA 95670. Filed with the Clerk of Sacramento County on July 30, 2008. Publish: September 9, 16, 23, 30, 2008.
PACIFI 80902 9-30-08

FICTITIOUS BUSINESS NAME STATEMENT #0819204. Gwenda Lee Schoen and Earl Schoen, both of 4170 Stillmeadow Way, Sacramento, CA 95821 are doing business under the Fictitious Business Name "EG Schoen Communications" at 4170 Stillmeadow Way, Sacramento, CA 95821. Filed with the Clerk of Sacramento County on Sept. 2, 2008. Publish: September 9, 16, 23, 30, 2008.
EGSCHO 80902 9-30-08

FICTITIOUSBUSINESSNAME STATEMENT #0809679. Peter Wick, 7043 Los Olivos Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name "IMPEX Consulting Group" at 7043 Los Olivos Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Aug. 29, 2008. Publish: September 9, 16, 23, 30, 2008.
IMPEXC 80902 9-30-08

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE #0707401

The following persons have abandoned the use of the FICTITIOUS BUSINESS NAME of Golpe Magnifico - Tu Compania de Telefonos, located at 549 Kenilworth Parkway, Baton Rouge, LA 70808.

Brydels Communications, LLC, 549 Kenilworth Parkway, Baton Rouge, LA 70808.

The Fictitious Business Name Statement was filed on June 27, 2007 in the County of Sacramento.

Filed with the Clerk of Sacramento County on August 1, 2008.

Publish: Sept. 9, 16, 23, 30, 2008.

GOLPEM 80902 9-30-08

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2008-00021110-CU-PT-GDS

WHEREAS, Jimmy Mai has filed a petition with this court for a decree changing name of Jimmy Mai to Jimmy Tin Tran. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Oct. 23, 2008 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: Sept. 4, 2008.

Loren E. McMaster
Judge of the Superior Court
Publish: September 9, 16, 23, 30, 2008.

ADMINS 80902 9-30-08

FICTITIOUSBUSINESSNAME STATEMENT #0809451. William T. Avenell, 5001 Teichert Ave., Sacramento, CA 95819 is doing business under the Fictitious Business Name "Tom Avenell Management Company" at 5001 Teichert Ave., Sacramento, CA 95819. Filed with the Clerk of Sacramento County on Sept. 9, 2008. Publish: September 16, 23, 30, October 7, 2008.
TOMAVE 80903 10-7-08

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2008-00021286-CU-PT-GDS

WHEREAS, Clem B. Westerman and Pamela D. Westerman have filed a petition in this court for a decree changing name of Skylar Edward Westerman-Redinbaugh to Skylar Benjamin Westerman. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on Oct. 22, 2008 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: Sept. 5, 2008.

Loren E. McMaster
Judge of the Superior Court
Publish: September 16, 23, 30, October 7, 2008.
WESTER 80903 10-7-08

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2008-00021335-CU-PT-GDS

WHEREAS, Corey Dean Catalano has filed a petition in this court for a decree changing name of Corey Dean Catalano to Corey Dean Ebro. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Oct. 16, 2008 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: Sept. 5, 2008.

Shelleyanne W.L. Chang
Judge of the Superior Court
Publish: September 16, 23, 30, October 7, 2008.
CATALA 80903 10-7-08

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2008-00021411-CU-PT-GDS

WHEREAS, Desiree Pryor has filed a petition in this court for a decree changing name of Mersades Gloria Nasca to Mersades Gloria Pryor. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Oct. 21, 2008 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: Sept. 8, 2008.
Loren E. McMaster
Judge of the Superior Court
Publish: September 16, 23, 30, October 7, 2008.
PRYOR 80903 10-7-08

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2008-00021271PT-GDS

WHEREAS, Natasha Christine Mischke has filed a petition in this court for a decree changing name of Natasha Christine Mischke to Tina Christine Mischke. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Oct. 21, 2008 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: Sept. 5, 2008.

Loren E. McMaster
Judge of the Superior Court
Publish: September 16, 23, 30, October 7, 2008.
MISCHK 80903 10-7-08

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2008-00021303-CU-PT-GDS

WHEREAS, Alice May Thompson has filed a petition in this court for a decree changing name of Alice May Thompson to Alice May Ginosar. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Oct. 28, 2008 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: Sept. 5, 2008.

Loren E. McMaster
Judge of the Superior Court
Publish: September 16, 23, 30, October 7, 2008.
THOMPS 80903 10-7-08

SUPERIOR COURT OF

CALIFORNIA
COUNTY OF SACRAMENTO
PETITION FOR
PROBATE OF WILL and
LETTERS TESTAMENTARY
PETITION TO
ADMINISTER ESTATE
#34-2008-00019848-PR-LA-FRC

re: the ESTATE OF: MARIA GLORIA LOVELL, decedent.

A Petition will be held at 9 a.m. on Oct. 22, 2008 in Dept. 129, located at 3341 Power Inn Road, Sacramento, CA 95826.

Publication will be in the Carmichael Times Newspaper.
2. Petitioner: Richard A. Lovell

2a. Decedent's will and codicils, if any, be admitted to probate.

2b. Richard A. Lovell be appointed executor.

c. Full authority be granted to administer under the Independent Administration of Estates Act

d. Bond not be required for the reasons stated in item 3d.
3a. Decedent died on June 22, 2008, a resident of Sacramento County.

3b. Street address, city, and county of decedent's residence at time of death: 4704 Heatherbrae Circle, Sacramento County, CA 95842.

Estimated value of the estate for filing fee purposes: At least \$250,000 and less than \$500,000.

4a. Decedent died on January 25, 2008 at Sacramento, CA.

a1. a resident of the county named above. Street address, city, and county of decedent's residence at time of death: 3349 Irvindale Way, Antelope, CA 95843, Sacramento County.

c. Character and estimated value of the property of the estate: (1) personal property, \$500.00; (3) Subtotal: \$500.00; (4) Gross fair market value of real property: \$190,000.00; (5) (Less) Encumbrances: \$29,000.00; (6) Net value of real property: \$161,000.00; (7) Total: \$161,500.00.

d. (1) Will waives bond.

e. Copy of decedent's will dated: June 17, 1999.

F1a. Proposed executor is named as executor in the will and consents to act.

c. Petitioner is related to the decedent as: Son.

3g1. Proposed personal representative is a resident of California.

a. Decedent's will does not preclude administration of this estate under the Independent Administration of Estates Act.

5a1. The decedent is survived by spouse.

a(4) No registered domestic partner.

a(5) Child as follows: natural or adopted.

Listed below are the names,

relationships to decedent, ages, and addresses, so far as known to or reasonably ascertainable by petitioner, of (1) all persons mentioned in decedent's will or any codicil, whether living or deceased; (2) all persons named or checked in items 2, 6, 7, and 8; and (3) all beneficiaries of a trust named in decedent's will or any codicil in which the trustee and personal representative are the same person.

Name, age, address and relationship to decedent: Herbert Wendell Lovell, son, 41, 4825 Kingbird Way, Sacramento, CA 95842; Richard Alberto Lovell, son, 42, 5100 Oak Point Way, Fair Oaks, CA 95628; Mark Antonio Lovell, son, 43, 2340 Fair Oaks Blvd. #191, Sacramento, CA 95842; Jose Figueroa-Mercado, spouse, 68, 4704 Heatherbrae Circle, Sacramento, CA 95842.

Dated: Aug. 20, 2008.

Publish: September 30, October 7, 14, 2008.

LOVELL 80905 10-14-08

FICTITIOUSBUSINESSNAME STATEMENT #0809962. Unilab Corporation (Deleware), 3 Giralde Farms, Madison, NJ 07940 is doing business under the Fictitious Business Name "Quest Diagnostics" at 3714 Northgate Blvd., Sacramento, CA 95834. Filed with the Clerk of Sacramento County on Sept. 23, 2008. Publish: September 30, October 7, 14, 21, 2008.
QUESTD 80905 10-21-08

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2008-0002-CU-PT-GDS

WHEREAS, Iquo E. Onofiok has filed a petition in this court for a decree changing name of Iquo Eka Onofiok to Ekama Iquo Onofiok. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Nov. 5, 2008 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: Sept. 23, 2008.

Shelleyanne W.L. Chang
Judge of the Superior Court
Publish: September 30, October 7, 14, 21, 2008.

ONOFIO 80905 10-21-08



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ELECTRICAL APPRENTICESHIPS. Openings in all aspects of electrical work. Paid training, benefits, and advancement opportunities. High school grads ages 17-34. Paid relocation expenses. Call 1-800-345-6289. (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)

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)

FIREFIGHTER & EMT. Paid on-the-job training for H.S. grads. Must be physically fit and under age 34. Good pay/benefits. Paid relocation. Call 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. No Experience necessary. CALL OUR LIVE OPERATORS NOW! 1-800-267-3944 Ext 104 www.easywork-greatpay.com unavailable (MD,WI,SD,ND) (NANI)

SALES, Seeking Business minded Marketing rep's, New Technology/ Globally, Training available, F/P/T, Residual Income, Commission, Fax Resume 916.910.2002 (ARM)

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 (ARM)

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

PART TIME JOBS. The Navy Reserve has part-time jobs for one weekend each month + two weeks a year. Ages 18-39, w/w prior military service. Call 1-800-345-NAVY. (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)

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 (ARM)



CLASSIFIED



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 (ARM)

\$\$\$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 Closed Sundays. (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. (ARM)

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)

AWESOME CAREER Government Postal Jobs! \$17.80 to \$59.00 hour Entry Level. No Experience Required / NOW HIRING! Green Card O.K. Call 1-800-983-4384 ext. 53 Closed Sundays. (NANIG)

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

AIRLINES ARE HIRING - Train for high paying Aviation Maintenance Career. FAA approved program. Financial aid if qualified - Job placement assistance. 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 (ARM)

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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 (NANI)

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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. Drive for Central, earn up to \$40k+ 1st 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 3 weeks. Must be 21. Have CDL? Tuition Reimbursement! www.JoinCRST.com 1-800-781-2778. (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 (ARM)

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)

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)

TEAMS LOOK NO FURTHER Than Heartland! We have great miles, great pay, 1100 mile length of haul, western freight, drop and hook, no touch, hometime and more. Heartland Express 1-800-441-4953. www.HeartlandExpress.com (Cal-SCAN)

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

IMMEDIATE OPENINGS. CDL A team & solo owner operators. \$1.00 entry. 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)

DRIVERS: \$1000+ weekly. Sign-On Bonus. 35-41 cpm. Earn over \$1000 weekly! Excellent Benefits. Need CDL-A & 3 months recent OTR. 1-800-635-8669. (Cal-SCAN)

OWNER/OPERATORS with own permits and insurance to pull our 53' refrigerated trailers. \$1,000 Sign-On Bonus, weekly settlements, stop pay, fuel card program, 100% lump sum reimbursement. Company driver positions also available. Brent Redmond Logistics. 1-800-777-5342. (Cal-SCAN)

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)

Household Help

Housecleaning. Move In-Out Complete Clean trash hauling yards clean carpets windows repairs paint gutters. 761-0447 (ARM-M)

House Cleaning/Pet Sitting
Sparkling clean home guaranteed. Professional pet care. Experienced, dependable, reasonable rates. Call Madeline 916-723-1608. (ARM)

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

Homesitters on Wheels, Office needs two RV'ers with RV's for Petsitting 916-483-5146 (ARM)

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

Landscaping

Landscape/Pools
Designing & Building Custom Pools, Landscapes & Drainage for You. 916-630-7665 #626207 (ARM-M)

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

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

Tall Weed Cutting
Low Rates 916 524-7477 (ARM)

Legal Services

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

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

Mobile Homes

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)

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 (ARM)

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)

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

Miscellaneous Items For Sale

DIRECTV FREE 4 Room System! All 265+ Channels FREE 4 Months! Includes Movie Channels! 95 HD Channels! Ends Soon, Ask How! Packages Start \$29.99! FREE DVR/HD! 1-800-973-9044 (NANI)

SEARSCentral 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)

****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)

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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. (ARM)

FREE DIRECTV 4 Room System! All 265+ Channels FREE 4 Months! Includes Movie Channels! 95 HD Channels! Ends Soon, Ask How! Packages Start \$29.99! FREE DVR/HD! 1-800-620-0058 (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 form \$29.99/mo. Call Expert Satellite 1-866-926-2066 (NANI)

MEMORY FOAM THERAPEUTIC NASA VISCO MATTRESSES WHOLESALE!
AS ON TV TWIN-\$299 FULL-\$349 QUEEN-\$399 KING/CAL KING \$499 CRAFTMATIC ADJUSTABLES-\$799 FREEDELIVERY25YEARWARRANTY 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)

Musical Instruments

WORLD GUITAR SHOW. Buy, Sell, Trade, Marin Civic/San Rafael, July 26-27, Pomona Fairplex, August 2-3, Saturdays 10-5, Sundays 10-4. Bring your gear!! www.TXShows.com (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 (ARM)

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

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

Pets

Pet Sitting/House Cleaning Sparkling clean home guaranteed. Professional pet care. Experienced, dependable, reasonable rates. Call Madeline 916-723-1608. (ARM)

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

Pet Sitters Wanted!
Gold River has a need for pet sitters.

References required. Please call 916/635-5590. (ARM)

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

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

Novenas & Prayers

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. (ARM)

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! (ARM)

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 (ARM)

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

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

FORECLOSED HOME AUCTION. All Northern California. 1000+ Homes Must be Sold! Free Catalog 800-470-9314. USHomeAuction.com (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)

NEW TO MARKET- Colorado Mountain Ranch. 35 acres- \$39,900. Priced for Quick Sale. Overlooking a majestic lake, beautifully treed, 360 degree mountain views, adjacent to national forest. 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)

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)

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

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)

ARIZONA LAND BARGAIN 36 Acres - \$24,900. Beautiful mountain property in Arizona's Wine Country. Price reduced in buyers market. Won't last! Good access & views. Eureka Springs Ranch offered by AZLR. ADWR report & financing available. 1-877-301-5263. (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.timber-wood.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 HORSE RANCH and Hunting Camp. 160 acres w/mountain views, \$139,900. 480 acres - borders BLM Land, \$349,900. Great birds and huge elk and deer. Miles and miles of BLM trails. Call 1-877-229-7840 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)

NEW TO MARKET- Colorado Mountain Ranch. 35 acres- \$39,900. Priced for Quick Sale. Overlooking a majestic lake, beautifully treed, 360 degree mountain views, adjacent to national forest. 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)

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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)

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

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

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Back Guarantee! 1-877-466-0650 or www.SunSitesLandRush.com (Cal-SCAN)

LAKEFRONT OPPORTUNITY. Nevada's 3rd Largest Lake. Approx. 2 hrs. South of Carson City. 1 ac Dockable \$149,900. 1 ac Lake Access \$49,900. 38,000 ac Walker Lake, very rare. Home sites on paved road with city water. Magnificent views, very limited supply. New to market. 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)

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Granite Bay Listings View at www.lizyokum.com Call 390-5634 (ARM)

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20 ACRE RANCHES, Near Booming El Paso Texas. Roads Surveyed. \$15,900, \$200 Down, \$159/month. Money Back Guarantee. Free Maps & Pictures. 1-800-343-9444. No Credit Checks!! (Cal-SCAN)

TEXAS LAND LIQUIDATION!! 20-acres, Near BOOMING El Paso. Good Road Access. Only \$14,900. \$200/down, \$145 per/mo. Money Back Guarantee. No Credit Checks. 1-800-843-7537 www.sunsetranches.com (NANI)

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www.CarmichaelTimes.com

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)

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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Upcoming Events at the Chateau

Flu Shots

The Chateau at Carmichael Park, a Hank Fisher Properties senior living community, has partnered with Maxim Health Systems to provide flu shots to seniors on Tuesday, October 7 at 11:00 a.m. The cost is \$30 per injection; payable in cash or by check made out to Maxim. Medicare and Aetna insurance also will be accepted. A combined flu shot and pneumonia vaccination is available at a cost of \$45.

The community is located on 7125 Fair Oaks Boulevard between Grant Avenue and Engle Road. It offers some of the best-priced senior care and services, including independent and assisted living, The Garden Memory Care and The Club memory day care.

For more information, contact the community at 916-481-7105.

Free Blood Pressure Checks

First Responder Emergency Medical Services will be on hand to provide free, non-invasive blood pressure checks at the Chateau at Carmichael Park, a Hank Fisher Properties senior living community, on Wednesday, October 1 at 9:00 a.m.

Heart disease continues to be the number one cause of death among adults over age 60. It may be caused and is associated with diabetes, high blood pressure, smoking, poor diet and lack of exercise. It also has a genetic component.

Regular blood pressure checks help identify problems, so the health professionals with First Responder offer blood pressure checks at the community on the first Wednesday of each month.

The Chateau at Carmichael Park is located on 7125 Fair Oaks Boulevard between Grant Avenue and Engle Road. It offers some of the best-priced senior care and services, including independent and assisted living, The Garden Memory Care and The Club memory day care.

For more information, contact the community at 916-481-7105.

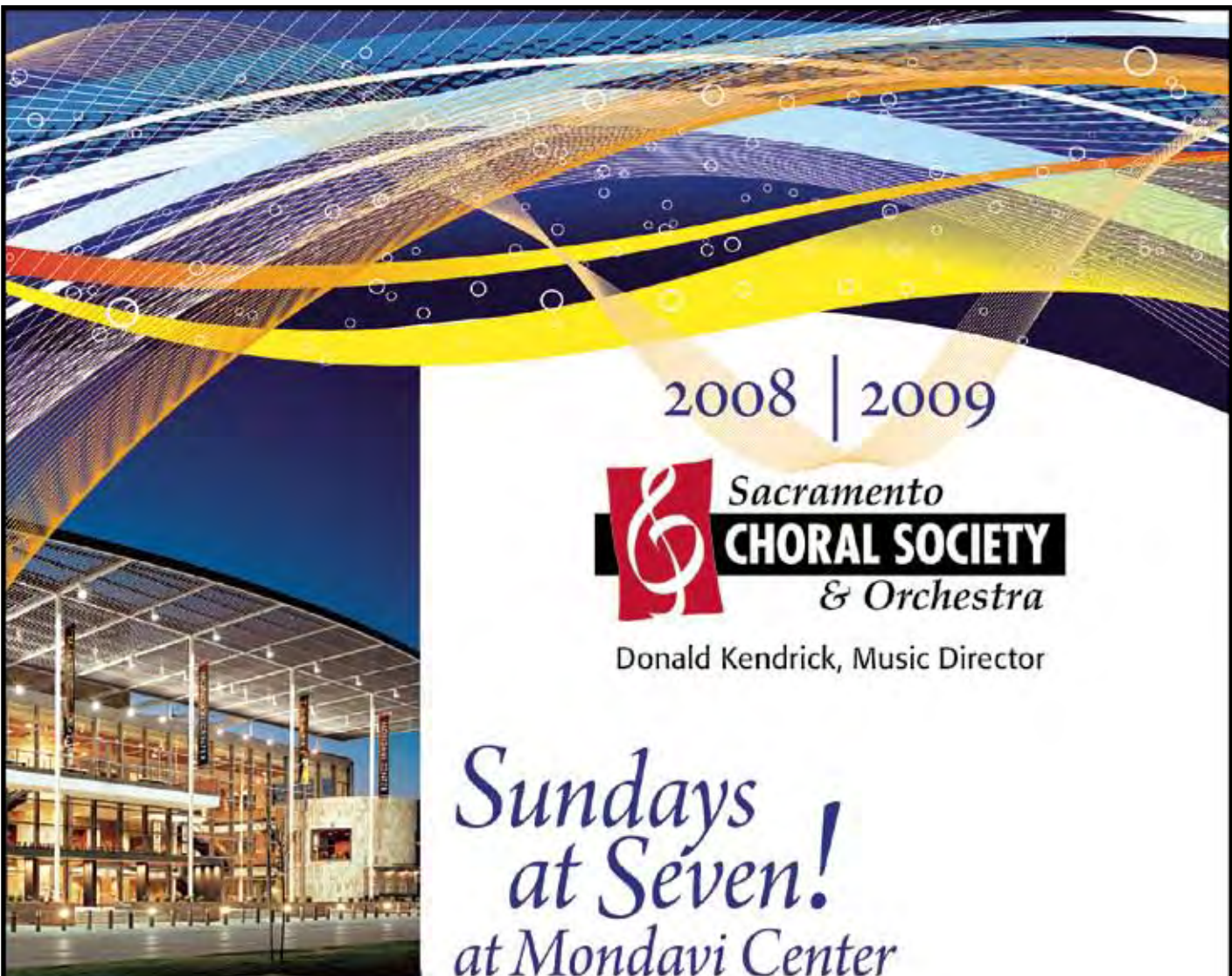
Quilting Bee and Instruction

Local seniors interested in learning the traditional art of quilting can attend a series of hands-on classes to be offered by Edee L at the Chateau at Carmichael Park, a Hank Fisher Properties senior living community, beginning on Monday, September 29 at 2:00 p.m.

Attendees will have an opportunity as they did in the past to gathered together to enjoy each other's company, express themselves artistically and create useful and beautiful blankets. Edee L has been making quilts since childhood. The quilt completed by the class will be donated to the Sutter Cancer Center.

The Chateau at Carmichael Park is located on 7125 Fair Oaks Boulevard between Grant Avenue and Engle Road. It offers some of the best-priced senior care and services, including independent and assisted living, The Garden Memory Care and The Club memory day care.

For more information, contact the community at 916-481-7105.



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