

# Carmichael Times

Volume 28 Issue 35

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August 26, 2008

## "Wear It! California" Pushing for Boat Safety

### Boating Course Helps Save Lives

Each year, approximately 700 Americans lose their lives in boating accidents. Statistics have indicated that those boaters who have completed a boating safety class are far less likely to become a boating fatality statistic. In fact, USCG statistics show that 80 percent of the fatalities in boating accidents had no formal boating safety education.

In an effort to equip boaters with the necessary skills to minimize the chance of them becoming a statistic, the U.S. Coast Guard Auxiliary, Flotilla 35, will be holding a Boating Skills & Seamanship class, beginning Wednesday September 3rd at the Carmichael Park Community Clubhouse, 5750 Grant Avenue, Carmichael CA 95608. Classes run from 7:30 to 9:30 PM each Wednesday evening through December 3rd.

The course, taught by qualified volunteers from the U.S. Coast Guard Auxiliary, is comprehensive in nature, and will benefit the novice boater as well as experienced skipper. Topics include: selecting the right boat, required safety equipment, trailering your boat, boat handling, highway signs of the waterways, rules of the road, inland boating, and boating emergencies. The cost for the course is \$60. Discounts are available for couples or groups.

Pre-registration is required. Contact Tommy Holtzman at 916-539-8199 or via email at tommyholtzman@hotmail.com.

### Facts in Observance of Labor Day

**BUSINESS WIRE**--The first observance of Labor Day is believed to have been a parade of 10,000 workers on Sept. 5, 1882, in New York City, organized by Peter J. McGuire, a Carpenters and Joiners Union secretary. By 1893, more than half the states were observing a "Labor Day" on one day or another, and Congress passed a bill to establish a federal holiday in 1894. President Grover Cleveland signed the bill soon afterward, designating the first Monday in September as Labor Day.

**Who Are We Celebrating?** The number of people 16 and older in the nation's labor force in May 2008, were 82.6 million men and 71.9 million women.

Americans work in a variety of occupations. Here is a sampling: • Teachers - 7.1 million • Hairdressers, hairstylists and cosmetologists - 778,000 • Chefs and head cooks - 345,000 • Firefighters - 288,000 • Roofers - 269,000 • Pharmacists - 247,000 • Musicians, singers and related workers - 170,000 • Gaming industry (gambling) - 111,000 • Tax preparers - 104,000 • 7.7 million workers hold down more than one job. So-called moonlighters comprise 5 percent of the working population. Of these, 4 million work full time at their primary job and part time at their other job. *Source: U.S. Census Bureau*



Cal Boating will educate about boating safety and how injuries and fatalities can be avoided.

On Labor Day weekend, thousands of Californians will celebrate on the state's waterways. "Wear It California!" is taking action to help save lives by promoting the essentials of boating safety and wearing life jackets. According to the 2007 California Boating Safety Report, 39 of the 55 victims who died in state boating accidents were not wearing life jackets. The Department of Boating and Waterways' (Cal Boating's) Safety Report provides data about boating accidents, injuries and deaths reported in 2007. Of the fatalities outlined in the report, 19 were fishing-related, 20 involved alcohol, and 39 individuals drowned. In 2007, 804 boating accidents occurred in California,

ranking it first among all states, followed by Florida, which had 668. There are 964,881 registered recreational vessels in California. Now through Labor Day weekend, members of the media are invited to take a boat ride with Cal Boating staff members. Appointments must be made to participate in a ride-along. Cal Boating will also educate about boating safety and how injuries and fatalities can be avoided with the simple addition of wearing a life jacket. And if you thought life jackets were only bright, big, and bulky, Cal Boating staff can show you the latest fashions in life jacket wear for the entire family and pets, too! To schedule an interview or boat ride, in-studio, or live remote, contact Kim Betton at

703-823-1600 or kbetton@pcicom.com For more information on "Wear It California!" visit <http://www.wearitcalifornia.com>

**WHO:**

- ♣ California Department of Boating and Waterways (Cal Boating)
- ♣ U.S. Coast Guard Office of Auxiliary Boating Safety
- ♣ National Safe Boating Council (NSBC)
- ♣ BoatU.S. Foundation of Boating Safety and Clean Water

**WHAT:**

- ♣ Boating tours by appointment promoting safety on California waterways through Labor Day weekend
- ♣ "Free" inflatable life jackets will be given away until Labor Day to Delta boaters who pledge to wear them at all times while boating.
- ♣ Cal Boating staff members available for "Wear It California!" interviews - live remotes, in-studio, or via telephone.

**WHEN:**

- ♣ Now through September 1, 2008

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# Our First Transnational President?

If elected, Barack Obama might make history in more ways than one. He will be the country's first black president, but also -- perhaps as consequentially -- could be its first transnational president.

Obama's personal history defies categorization, which makes it so alluring. Born in Hawaii to a black Kenyan father and white Kansan mother, and raised for a time in Indonesia, Obama embodies the crosscurrents of globalization and the remarkable dynamism of an American society open to people of talent from any background.

Obama tells his story to emphasize its quintessential American-ness, a tale of how an outsider -- like so many before him -- came to live the American dream. This is all to the good. But at times it's a post-nationalism that comes to the fore.

His recent overseas tour -- punctuated by his Berlin speech before 200,000 -- showed him to be a potentially powerful American emissary to the world. It also suggested that

Obama styles himself the world's emissary to us -- a discomfiting role for a would-be American president.

In Berlin, Obama called himself, unironically, a "citizen of the world." The world, however, issues no passports, nor does it have citizens. The world in the way Citizen Obama imagines it -- as a global community to which we all belong -- doesn't exist. Only backpacking hippies, devotees of the Davos World Economic Forum and U.N. bureaucrats speak this way.

Berlin at times sounded as much like Obama's coming-out party as the candidate of a transnational progressivism -- in which global norms are more important than sovereign nations -- as his audition as commander in chief.

Obama feels fit to speak for the world because of his background. Presidential candidates once relied on the myth of the log cabin to convey their connection to the common folks. Obama's log cabin has gone global as a symbol of his oneness with the

world's majority.

Transnational progressivism is closely allied to multiculturalism. Both share a hostility to American exceptionalism and seek to rein it in, by imposing global rules on the U.S. and by transcending its traditional culture (as defined by history, symbols and language). Obama, who for so long painfully sought an identity and initially found it in a black-nationalist church, clearly has affinities running in this direction.

Consider his gaffes: The world won't stand for us driving and eating and air-conditioning our homes as we please. We should worry less about immigrants learning English and more about teaching our kids Spanish. Gun-owning, Bible-believing people in rural areas are bitter. The flag pin is an inadequate symbol of patriotism. When Obama briefly auditioned his own presidential seal, "e pluribus unum" got bumped.

These are all hints of Obama's instincts, but he knows he has to check them. He has restored a flag pin to his lapel, ditched the fake seal and in Berlin was careful to declare himself also "a proud citizen of the United States" and defend America's global leadership. He'd be wise to do more. In November, the world doesn't have a vote.

*Rich Lowry is editor of the National Review.*

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## Parkinson Association of Northern California Upcoming Event

Terry Tempkin will be speaking at The Lewy Body Dementia Support Group on October 9, 2008 at 10:00. She is an Adult Nurse Practitioner working in the Parkinson's and Huntington's Disease clinics at UCD Medical Group. The location of the meeting is: Eskaton Gold River, 11390 Coloma Road, Gold River, CA 95670. Please come and learn all of the information that she has to give to you. Please call PANC at 916-489-0226 for reservations.

Parkinson Association of Northern California will be having its 15th Annual "Living with Parkinson's Disease and Educational Seminar and Resource Fair" on Saturday September 13, 2008 from 10:00- 3:00. There will be 3 speakers: 1) Dr. Suketu Khandhar 2) Dr. Paul Larson 3) Dr. Nicklesh Thakur and they all will be speaking about different aspects of Parkinson's. They will be over 15 exhibitors there to give information about their companies and what they can offer. The cost is: \$15 per person with a \$5 discount if signed up before August 15, 2008. You do have to be a member or become a member to attend. It is not hard to become a member so please call our office at 916-489-0226 or email us at parkanc@sbcglobal.net for information. Memberships range from \$15- \$1500 per year. Please register by calling our office. Thank you!

# Carmichael Times



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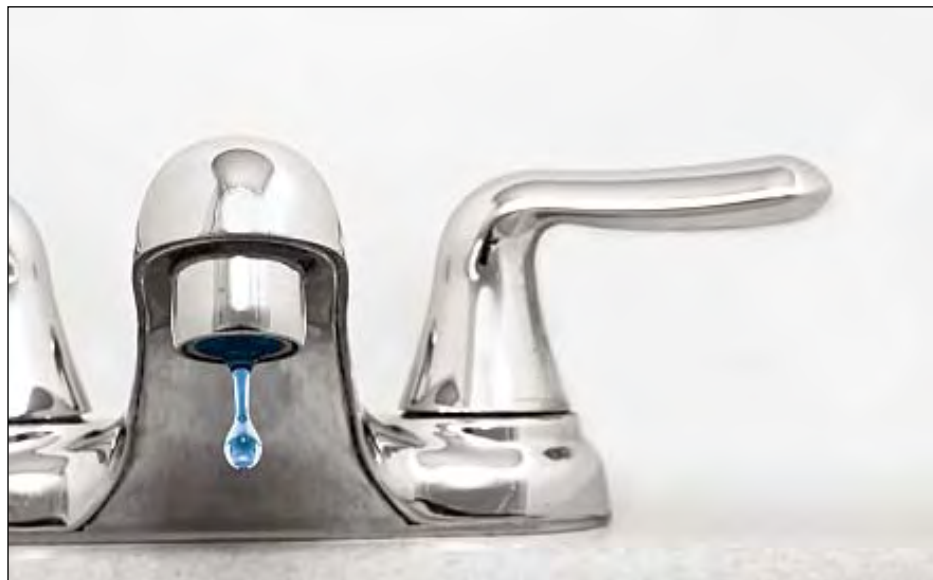
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# Who Owns Your Drinking Water?



By Erica Gies

We turn on the tap, and clean water flows. Most of us take this service for granted because we consider water, necessary for life, a basic right. In fact, this notion stems back to an ancient Roman legal precedent called the public trust doctrine. This fundamental tenet says that crucial natural resources, especially water, belong to everyone.

This was true in the United States until recently. However, now many aging U.S. public water systems are deteriorating. One-fifth of our drinking water is now lost to leaks, while overworked treatment plants release 1.2 trillion gallons of raw sewage into waterways annually, according to the Congressional Budget Office. Stark estimates show that Americans will need to spend up to \$1 trillion by 2019 to make necessary upgrades.

Unfortunately, federal funding for water systems has plummeted, and some strapped communities have turned to privatization deals -- public-private partnerships, leases to companies, or outright sales -- hoping the corporations will make water system improvements government hasn't. Thirteen percent of U.S. municipal water systems have been privatized already, mostly turned over to European multinational companies with misleading names such as American Water Works and United Water.

Privatization advocates argue that corporations can best provide and update water infrastructure. However, early adopters, including Atlanta; New Orleans; Indianapolis; Jersey City, N.J.; and Lexington, Ky., have seen privatization fail by a number of measures.

Water prices usually rise shortly after privatization -- sometimes dramatically. Privately owned water utilities charge customers significantly higher rates than those publicly owned: up to 50 percent more, according to Food & Water Watch, which compared rates charged by publicly and privately owned utilities in California, Illinois, Wisconsin, and New York.

High water prices can be catastrophic for the poor. In Bolivia in 1999, the government granted a 40-year water privatization contract to a Bechtel subsidiary. Rates increased immediately by as much as 200 percent. Many families were paying one-fifth their income for water, which resulted in rioting, government instability, and Bechtel's withdrawal from the country.

In some parts of the U.S., new industry-backed laws allow utility managers to turn off water due to customer nonpayment. In Pennsylvania in 2005, managers cut off water to thousands of people unable to pay their bills.

The significant environmental costs of privatization are just as troubling. Some companies push expensive, environmentally

destructive schemes to increase water supply -- such as desalination plants -- because their profits are tied to how much they spend on infrastructure improvement. High-cost projects generate huge profits for the corporation, while draining public coffers.

The simple, inexpensive solution to meeting U.S. water needs is not privatization but conservation. California, the country's biggest water consumer, could cut its wasteful use of water by 20 percent in the next 25 years, while meeting the needs of a growing population, a healthy agricultural sector, and vibrant economy, according to the Pacific Institute. Stormwater capture is also an important, less expensive strategy. But corporate water managers have little interest in conservation because the more water they sell, the bigger their profits.

One of the best and cheapest ways to assure a clean water supply is to let nature work. In 1989, New York City contemplated a new \$6 billion water filtration plant. Instead, the city spent \$1.2 billion over 10 years to purchase and restore its watersheds, allowing a 2,000-square-mile forest to clean the water. Other communities, such as Auburn, Maine, have done likewise. Private companies oppose this watershed approach, because it reduces the need for costly treatment methods, thus reducing water prices and profits.

In fact, water privatization can actually reduce water quality. In the United States, the National Association of Water Companies lobbies congress and the EPA to block higher clean water standards, which it views as an unnecessary expense.

For all these reasons, communities are breaking contracts with corporations. The list of the disenchanted includes Laredo and Angleton, Texas; Felton, Stockton, and Santa Paula, Calif.; Buffalo, N.Y.; East Cleveland, Ohio; Bridgeport, Conn.; Rockland and Lynn, Mass.; and Milwaukee, Wis.

A 2005 poll by an independent research company found that 86 percent of Americans support a national, long-term trust fund for water infrastructure. So do I. This solution would allow us to update aging community water systems, while keeping our drinking water securely in public hands.

Americans have a fundamental right to life, liberty, and the pursuit of happiness. Clean affordable drinking water is essential to life; it too is an inalienable right.

Erica Gies is a freelance reporter whose work has been published by the International Herald Tribune, Wired News, Grist, E/The Environmental Magazine, and The San Francisco Bay Guardian.

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**FT**  
**FITNESS TOGETHER**  
 1 Client 1 Trainer 1 Goal

I went from size 26 to size 10 and I want to cry, I'm so happy!

My name is Denise,



Before

I started focusing on reducing my weight about 2 and half years ago.

I've been done this road many times before only to end up going back to my old bad habits. But I had to try again.

So, I started that day with some Special K. I thought this Special K diet is pretty much a "no brainier" I get two bowls and couple of fruits and veggies and whatever I want for my third meal. Well that lasted just one day.

But I decided, why not just count the calories and keep it the same for every day. That worked.

Four months later I was still doing it and I starting to see changes in how my clothes fit, so, I got on a scale. 240! Wow, I had lost 45 pounds, since I had started at 285 pounds. I was very inspired. I can walk better now so why not start walking. So I did.

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(over 15 years ago) when I was a size 14 and from there I had exploded up to a size 26.

It's not been easy but it has been totally worth it. If you are ready to do it too, I truly recommend Fitness Together, and any of their programs and trainers.



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# Bill Puts Patients In Charge of End-of-Life Care



Photo from the Office of the Governor website

## Governor signs Wolk bill: Legislation gives Californians new tool to express wishes for medical care

Governor Arnold Schwarzenegger signed into law (Aug.4th) legislation by Assemblywoman Lois Wolk (D-Davis) providing seriously ill patients with a life expectancy of a year or less with a new tool to communicate precise instructions for their end-of-life health care.

Wolk's Assembly Bill 3000 ensures that when a patient has a completed Physicians Orders for Life Sustaining Treatment

(POLST) form, the form must be honored by all health care providers. A POLST form addresses a range of treatment options and enables a patient to clearly express their treatment preferences regarding life-sustaining treatments such as resuscitation, nutrition, and pain management.

"I applaud the Governor for signing this legislation, which puts patients in charge of their end-of-life care decisions," said Wolk. "My legislation ensures that, unlike advance health care directives and do not resuscitate orders, POLST forms will carry the weight of a doctor's order meaning that it must be followed across all health care settings, including long-term care facilities, and emergency rooms, by all health care providers including physicians, nurses and emergency medical personnel. That's the primary reason the POLST process is the best way for patients to ensure their wishes

are honored."

A POLST form is filled out by a health care provider during a conversation between the provider and patient, and must be signed by a doctor in order to be implemented. Evidence shows that POLST forms are easily used in emergency situations as they are written in precise, unambiguous language, and printed on bright pink color that makes them easy for emergency care providers to identify.

AB 3000 does not require that a physician utilize the POLST form. It does provide patients the option of using the POLST process, which has been successfully implemented in 15 other states and is currently being tested in seven pilot programs throughout California, including one in Woodland.

"I know from personal experience how critical it is for a patient's treatment preferences to be clearly conveyed and easily accessible to health care providers. A person's decisions relating to their end-of-life care are among the most important they'll ever make. This new law will ensure that those decisions are honored by all health care providers," said Wolk. "I look forward to continuing to work with the healthcare community to see the POLST process utilized to benefit patients throughout California."

AB 3000 is broadly supported by more than 40 organizations such as the American College of Emergency Physicians, Alliance of Catholic Health Care California, California Academy of Family Physicians, California Hospital Association, Palliative Care Association, California Association of Health Facilities, California Assisted Living Association and California Coalition for Compassionate Care.



## Are American-Made Cars Overpriced?

**Q:** I wrote to you a while back about the U.S. auto industry making better cars. However, everything now looks real gloomy, jobs are being lost and Ford, GM and Chrysler all are having horrible years. I still feel the prices are too high for cars. I know the VIPs are making a good wage, compared with the salary I received in my many years of work, but they have to lower the prices, or I won't buy a new car anymore. I want to buy American-made cars if possible, but right now some foreign cars are cheaper. -- R.D., Wisconsin

**A:** R.D., I guess I still can't argue much about your concerns, because gas prices are high, the economy is not in the best of shape, workers are getting laid off, and prices for cars in the mid-to higher-end model lines are indeed expensive.

However, and on a positive note, you'll be pleased to know that the average price of a mid-size new car is still within reach of most employed American consumers. Many nice models have retail prices less than \$17,000 fairly well equipped, and sub-compacts can be purchased brand new with full warranties for less than \$11,000, like the Chevy Aveo, Kia Rio or Hyundai Accent. I know two of these cars are foreign, but they are economically very attractive.

If you want to buy American -- and I see nothing wrong with that -- check your Chevy dealer, as the Aveo is a neat little car.

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@pfd.net](mailto:gzyla@pfd.net).

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## Weekly SUDOKU

### Answer

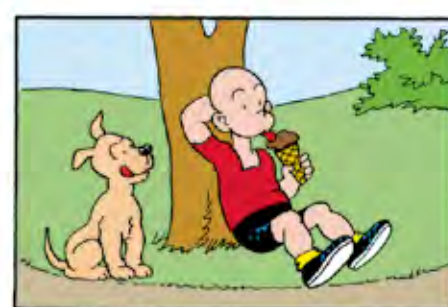
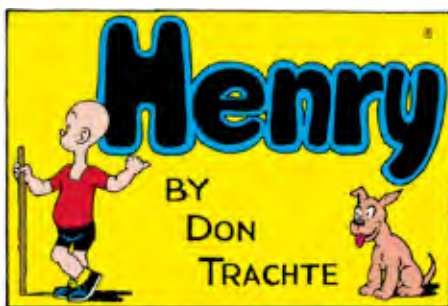
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2	9	1	6	8	4	3	7	5
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## King Crossword

### Answers

Solution time: 27 mins.

A	P	E	G	A	M	C	R	I	E	D	
B	U	R	I	D	I	H	A	R	R	Y	
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E	L	B	O	W	L	Y	E	H	R	S	





# Riley Reviews

By Tim Riley

## HOLLYWOOD HIT BY THE COMIC FURY OF "TROPIC THUNDER"

TROPIC THUNDER (Rated R)

In a full-blown assault on the narcissistic world of Hollywood filmmaking, it's fitting that "Tropic Thunder" takes no prisoners. Possessed of a fertile comic mind and talent, Ben Stiller, the director, co-star and co-writer, is the kind of guy who can get away with pricking the outsize ego of the industry. He's joined in this effort by some of the biggest names in the business, a few of them content to deliver fantastic cameos despite their superstar status. "Tropic Thunder" unites a diverse pool of talent into arguably the best, and probably most daring, comedy of the summer.

The film opens brilliantly with a series of fake trailers that precede the main event of an epic action picture set during the Vietnam War era, something in the vein of "Apocalypse Now." Considering that "Tropic Thunder" is a movie-within-a-movie, the trailers offer a glimpse at the stars of the main event. Ben Stiller's preening Tugg Speedman is a pampered action superstar on the wane. His "Scorcher" series of post-apocalyptic action epics have played out. Jack Black's Jeff Portnoy needs a new outlet beyond his gross-out comedy franchise "The Fatties," where comedy is derived from nonstop flatulence. An intense method actor, Australian Kirk Lazarus (Robert Downey Jr.) seeks for new challenges and ways to transform his artistic endeavors. Platinum hip-hop star Alpa Chino (Brandon T. Jackson) wants to be a serious actor, but he's consumed by merchandising products like the "Booty Sweat" energy drink.

The self-absorbed prima donnas come together to film an epic war movie in Southeast Asia and unwittingly wind up in a real battle. Things are going so badly on the set that frazzled British director Damien Cockburn (Steve Coogan) faces being shutdown by his studio bosses. In one of several hilarious cameo scenes, a nearly unrecognizable Tom Cruise appears as the fat, balding, foul-mouthed producer Les Grossman, who manages to terrorize everyone within reach of his cell phone. Several scenes have Grossman exploding in hilarious rage, spewing venomous profanity at anyone crossing his path. We've never seen Tom Cruise this funny before, even when he was jumping on sofas.

Threatened with the loss of his picture, director Cockburn leads his unsuspecting cast deep into the jungle, where cameras are hidden in the trees, and turns them loose for guerilla-style filmmaking. With no entourage of fawning assistants to shield them, the cast soon encounters a very real and dangerous band of drug runners who mistake the actors for American DEA agents. Tugg Speedman's role of John "Four Leaf" Tayback is based on the memoirs of a courageous real-life war hero whose memoirs form the basis for this Vietnam picture. When faced with real danger, Tugg doesn't know what to do, and he can't get any creature comforts delivered by his agent (Matthew McConaughey, delivering a funny cameo) back in Los Angeles.

Meanwhile, Kirk Lazarus is going so deep in his character that he had his skin surgically altered so that he could become African American sergeant Lincoln Osiris. This, of course, offends his fellow cast member Alpa Chino who is increasingly annoyed by Lazarus' refusal to drop out of character even when the cameras aren't rolling. Being stuck out in the middle of the jungle is also a bad time to find out that Jeff Portnoy has a serious substance abuse problem, particularly when the enemy is manufacturing heroin in its hidden camp.

Rounding out the cast of main characters is Jay Baruchel's Kevin Sandusky, an earnest young actor getting his first big break playing newbie soldier Brooklyn. As the rookie actor, Kevin is really eager and psyched to be working with an elite group of thespians. Yet he's the only one who bothered to read the book written by John "Four Leaf" Tayback (Nick Nolte, serving as the film's technical advisor). When things start to go bad for the cast, Kevin, who also attended a military boot camp, becomes the group's main hope to extricate itself from a harrowing situation.

Another interesting character is the pint-sized leader of the Flaming Dragons drug ring, 12-year-old Tran (Brandon Soo Hoo), a brutal, cigar-chomping thug who captures Tugg Speedman. For some strange reason, the rebels recognize the actor for his biggest flop, "Simple Jack," in which he played a mentally retarded farmhand, and they insist that he recreate his character for their amusement. This particular characterization has generated some heat, but there are plenty of politically incorrect moments in this over-the-top film.

Flawed at times in its execution, "Tropic Thunder" is still a high energy film with some comic brilliance. A film that pokes fun at pampered, self-absorbed actors who are out of control is obviously good for generating plenty of laughs.

# Free Prostate Screenings Offered by Mercy

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Mercy General Hospital September 25


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Why: Prostate Cancer is the most common cancer, other than skin cancers in American men. The American Cancer Society estimates that during 2008 about 186,320 new cases of prostate cancer will be diagnosed in the U.S. About one man in six will be diagnosed with prostate cancer during his lifetime. Prostate cancer is the second leading cause of cancer death in American men, behind only lung cancer. The American Cancer Society estimates that 28,660 men in the U.S. will die of prostate cancer in 2008. Fortunately, the disease is detected earlier and the death rate is decreasing.

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R.F.D.

by Mike Marland



# Fine Arts for Rent

Imagine being able to change the paintings in your home or office every few months, or whenever you feel like redecorating, without enormous expense. It's possible to do just that by renting original art from the Sacramento Fine Arts Center. Paintings can be rented on a monthly basis, or rented and purchased later. An entirely new show of original paintings by member artists are on display now at the Sacramento Fine Arts Center, and may be rented for a minimal monthly fee. The first month's rent may be applied toward the purchase price. This Fine Art Rental Program makes original art affordable to all.

Exhibits in this special gallery change every three months. The approximately 100 works showing each time have been created by accomplished member artists so you can choose from a variety of art styles and media.

Located in Carmichael the center is a non-profit corporation founded in 1985 to serve the community as a center of original art. This is a great way to try out a painting before buying it. Sometimes a painting that you loved in the gallery doesn't look quite the same in your house. More than 200 local artists currently are active members of the art center, and many contribute to the rental gallery. The artwork reflect styles ranging from impressionist and abstract, to realistic and surrealist. The cost of renting a painting varies from \$10.00 to \$30.00 a month depending on the size of the piece. The center tries to keep rental prices reasonable to make it as easy as possible for people to have real art in their homes. If a client decides to buy a painting after renting it, the first month's rent is applied to the purchase. Prices to purchase paintings range from \$100.00 for a small piece to more than \$2,500 for larger

works, with the average price about \$600. The program is also good business for companies, displaying local artists at a reasonable cost. If a company redecorates or relocates, it's easier to rent than to buy, and some companies like to rotate their artwork. Also, a company may not be able to budget for original art, but can easily afford the low rental costs. Paintings are hung on the walls of the rental gallery so they can be easily viewed by potential clients. The center also houses two additional galleries for their art groups to hold exhibits and a variety of other shows, both regional and international. Altogether the art center has over 6000 square feet of space with two exhibition galleries, meeting and instructional studios, library, gift shop and staff offices.

The Sacramento Fine Arts Center receives a commission from each sale, which is used to partially fund the organization. Volunteers and a small staff operate the center five days a week Tuesday through Saturday 11 am to 3 pm, admission is free. The Sacramento Fine Arts Center is located at 5330-B Gibbons Drive, between Walnut and Garfield in Carmichael. Two member art groups are responsible for displaying most shows (Northern California Arts - NCA and Watercolor Artists of Sacramento Horizons - WASH) which change regularly. The Galleries are open on Second Saturdays until 8:30 pm and include refreshments and sometimes music for visitors. The rental gallery can be viewed also at that time. In addition, the center offers workshops with well known local artists for a small charge, and open time for artists to paint on Tuesday nights (Hang out with Art) that is free. For more information, call Sharon Drysdale in the office at (916) 971-3713.



## Introduce Children to Natural World

According to a recent survey, children have lost touch with the natural world, so much so that many have trouble identifying even common animals such as frogs.

This is so sad, people! And so unnecessary.

If you think your children are unfamiliar with the great outdoors and its fascinating creatures, then it's high time to gather the family together, pack a lunch and then camp out in front of the big TV set in the living room.

There the wonders of nature will unfold, including such extraordinary animals as the talking gecko, an amazing lizard that actually sells car insurance. A groundbreaking series of commercials have captured the talking gecko in its natural environment, talking to potential customers. You have to see it to believe it.

Unfortunately, in the case of the aforementioned frogs, they are no longer pitchmen for Budweiser, but you can still share stories with your children about the three frogs, conveniently named "Bud," "Weis" and "Er," and how they helped keep people entertained during boring Super Bowl games.

These and other true facts about the natural world will teach children that animals don't have to be dull, that many of them, especially the talented ones that appear in commercials, are surprisingly wacky.

Elsewhere in science news, we have a report that the Phoenix Mars landing has confirmed the presence of water on Mars, meaning that NASA's long-cherished dream of bottling Martian water for sale on Earth may actually come true.

(Unbeknownst to NASA, I have already registered a trademark for the name "Martian Springs," though I am willing to negotiate. For more information, please check martiansprings.com. In addition to being unusual, Martian Springs water will have many health

benefits, though I haven't decided yet what they will be.)

The discovery also holds the promise of something of far more profound interest to NASA scientists and indeed to all human beings, namely, the establishment of a water theme park on Mars, which the agency desperately needs to rekindle interest in the space program.

On the negative side of the Mars mission, the Phoenix found evidence that Mars soil contains perchlorate, which apparently is hostile to any plant life. In the interest of science, I plan to donate to NASA some of my crabgrass, which I am confident can grow anywhere.

And finally, we have news from Dr. Edgar Mitchell, a real-life astronaut who flew on the Apollo 14 mission, that aliens do exist.

Mitchell, 77, said his contacts within NASA told him the aliens were "little people who looked strange to us."

In other words, they might look like some of those boy bands from the '90s. Or -- though Mitchell did not actually say this -- perhaps some of those boy bands were aliens, which might explain some of their peculiar dances and the strange sounds coming out of their mouths.

Mitchell also noted that the aliens had superior technology -- don't they always? -- and that if they had been hostile, "we would have been gone by now."

Maybe, but I'd like to think diplomacy would have succeeded, especially if we were represented by the talking geckos.

*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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## From A Business Standpoint, IDENTITY THEFT is not just a black and white issue.

### The Gray Areas are important too.

**DID YOU KNOW THAT NON-COMPLIANCE WITH FEDERAL LAWS COULD COST YOU PERSONALLY, OR COST YOUR BUSINESS, UP TO \$1,000,000 IN FINES AND UP TO 10 YEARS IN PRISON?**

As a business owner, you know there are laws every business must follow. However, results of a recent survey by zTelligence and Fellowes Inc., (July 2005), showed only 13.1% of business owners recognize the term "FACTA." That could mean that nearly 87% of all business owners aren't aware that FACTA:

- Is federal legislation that went into effect June 2005
- Can shut your business down whether you have two or two thousand employees
- Can result in major fines to you and your business by the FTC for non-compliance
- Provides another avenue for lawyers to file lawsuits against your business on behalf of

customers or employees

FACTA is only one piece of legislation that affects your business. There are others:

- HIPAA Security Rule
- Gramm, Leach, Bliley (GLB) Safeguard Rule
- Numerous individual state laws (such as the Texas Whistle Blower Statute)

We can help. Our Affirmative Defense Response System<sup>SM</sup> (ADRS) can help your business at virtually no cost. To learn more, please make the call. 916.995.2697

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## CALLING ALL PASTORS:

**7<sup>th</sup> The American River Bank - KFIA  
annual Pastor's Appreciation Breakfast  
is Coming September 25th.**

This years Speaker will be Author & Radio Host  
**Steve Arterburn** of "New Life Live".

The event will be held at  
The Vizcaya Hotel & Conference Center at 2019 21st street.  
This Free event is designed to honor area Pastors but room is limited,  
please call and make your reservation today.

For a great morning of Food, Fun, Giveaways, music and  
Inspiration, call 916-563-7483 to reserve your place.

# King Crossword

Answers on page 4

- ACROSS**
- 1 Gorilla
  - 4 Shapely leg
  - 7 Wept
  - 12 Plant prickle
  - 13 A mean Amin
  - 14 Torment
  - 15 Blackbird
  - 16 Trial-use PC programs
  - 18 Govt. agcy.
  - 19 Macho type
  - 20 Melt
  - 22 Edge
  - 23 Avoid
  - 27 Eisenhower
  - 29 Laud
  - 31 With 34-Across, site of central activity
  - 34 See 31-Across
  - 35 Sweethearts
  - 37 Agent
  - 38 Probability
  - 39 Reed or Rawls
  - 41 McNally partner
  - 45 Dismissal
  - 47 Marvin or Majors
  - 48 Skivvies
  - 52 Zsa Zsa's sis
  - 53 Persistent attack
  - 54 Onassis, to pals
  - 55 Corral
  - 56 Nudge
  - 57 Caustic

1	2	3	4	5	6	7	8	9	10	11
12			13			14				
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48	49	50	51					52		
53						54			55	
56						57			58	

- 11 Hair color
  - 17 Freeway access
  - 21 Mess under a desk, maybe
  - 23 Lecherous one
  - 24 That guy's
  - 25 "Born in the —"
  - 26 Bottom line
  - 28 Crucial
  - 30 Wardrobe malfunction
  - 31 Personal question?
  - 32 Scuttle
  - 33 Conclude
  - 36 Adagio
  - 37 Sweet
  - 40 Fans call him Shaq
  - 42 Hebrew letter
  - 43 When pigs fly
  - 44 Campus bigwigs
  - 45 Staff
  - 46 Pennsylvania port
  - 48 Work with
  - 49 Zilch
  - 50 Society newbie
  - 51 Id counterpart
- DOWN**
- 1 Sternward
  - 2 Sock
  - 3 "All My Children" role
  - 4 Lillian of silents
  - 5 Stick
  - 6 Florida city
  - 7 "Big Brother" host Julie
  - 8 Uncooked
  - 9 Playwright Levin
  - 10 Mess up

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## Victory Christian Schools Grades K - 12

For 45 years, Victory Christian Schools have been offering an outstanding academic program in a safe environment of spiritual nurturing, allowing students the opportunity to grow to their full potential in Christ.

*Applications now being accepted for the 2008/2009 school year*



Three campuses to serve you in Carmichael and Fair Oaks

For more information, visit us at [www.victorycs.org](http://www.victorycs.org), or contact us at 916-488-5601

# Creating Your Legacy; Telling Your Story

## A free community presentation

On two dates in September, two of Ray Stone Inc. Active Adult Communities will host a workshop on how to pass on our life experiences, lessons learned, values, beliefs and blessings. "Creating a legacy is more than a scrapbook or photo album. It is about defining what is important to you and sharing it in your way with those close to you. Because if you don't tell your story your way, someone will and it may not be what was really important and significant to you," states Marsha Vacca, guest speaker for the event. "Having your living trust or will in place ensures you pass on your wealth and other valuables. But, what about passing on your values? Your beliefs, experiences and life lessons? Creating a legacy is all about passing on not only your valuables but your values."

The presentation will discuss the history and use of ethical wills, a non-legal document used to pass on life lessons, values and blessings. In addition, ways to preserve your legacy will be explored - from making audio and video tapes and DVDs to scrapbooks to handwritten letters to photography. Maureen Arney, of Images by M Photography, will join Marsha and show how she has helped families capture personal histories through black and white photographic art.

All community members are welcome to attend this inspiring and informative presentation. RSVP by calling Winding Commons at (916) 485-0100 or Campus Commons at (916) 929-3966. Refreshments will be served.

First Opportunity to Attend the Free Seminar

**Where:** Winding Commons  
6017 Winding Way in Carmichael (916) 485-0100

**When:** Saturday, September 20 1:30 p.m. to 3:00 p.m.

Second Opportunity to Attend the Free Seminar

**Where:** Campus Commons  
22 Cadillac Drive in Sacramento  
(916) 929-3966

**When:** Thursday, September 25 1:30 p.m. to 3:00 p.m.

Winding Commons and Campus Commons are part of Ray Stone Seniors Communities, a group of independent living adult communities serving the Greater Sacramento region and the Central Valley. Ray Stone Seniors Communities offers their signature P.S.S. - Personalized Service with a Smile - providing their residents with personalized, quality services by friendly staff, among friendly neighbors.

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## California State Youth Pageant September 13, 2008

### 11 Categories

Baby Darling to Mrs./Ms Northern California Rep.  
Scholarships: \$1000.00 - Miss \$500.00 - Teen  
All contestants receive free training in ramp walking, public speaking, skin and hair care.

**Tickets at the door:** Seniors and children 12 & under can bring at least 5 cans of food or school supplies in lieu of a ticket to pageant

We will be collecting the food and school supplies for needy families in our area.  
Director, Mary Purvis 721-3824

# Straight Talk for Teens



By Lauren Forcella

**Dear Straight Talk:** I am a sophomore in high school and am really good friends with this boy I'll call "Nick." We hang in the same crowd and do all kinds of things together: stay the night, go to parties, talk on the phone. He's been like my brother, but now I'm going crazy because I have a major crush on him. Do I ask him out? Will it ruin our friendship? Has anyone else been through this? — "Ali"

**From Kyle, 16:** Most of my friends are girls and it would be awkward if one of them that I did not have similar feelings for, confessed to romantic feelings. Rarely can a friendship recover from that. Unless you are getting similar vibes from this guy, keep it to yourself. If you tell him, you risk losing him. A true friend will last for life, most high school relationships do not. Proceed with caution.

**From Hannah, 17:** I went through this last year. I was good friends with this guy and when he broke up with his girlfriend, I shared my feelings. We went out for a few months but then it got awkward because the little things we used to do as "friends" became "couple things." We broke up and now we're not really friends anymore. The few months together weren't worth the loss. Hold off and eventually your feelings for him will change and you will like someone else.

**From Bird, 17:** I had a best friend like this and after his "confession of love" our friendship was damaged because I knew he was "settling" as my friend. Pay attention to Nick and see if he has an attraction to you, because if he does, you would have the most incredible relationship.

**From Dominic, 21:** It's not uncommon these days to have great friends of the opposite sex. I have many good friends who are girls — and these situations do sometimes become romantic. I say, follow your heart. If you are good enough friends it might be weird for a bit, but you'll get over it, and if nothing else, you'll have something to laugh about later.

**From Lennon, 21:** Caution is always good when it comes to relationships. Wait and see

## When Boy-Girl Friendships Turn Hot

if the feelings continue, and get a second opinion. You could also get clues by being really friendly, sitting close to him, etc.

**From Ashley, 20:** I've been dating my best friend of eight years for a few months and it's great because we know each other so well. Make hints to see if Nick shares your feelings. If he doesn't and he's a good friend, you guys should be able to get past that and still remain friends. But if you do start dating and then break up, can your friendship survive? That's my question.

**From Emily, 16:** For those friends who are brutally honest with their crushes, it never seems to turn out bad. Suggest a date for just the two of you. In the midst of a friendly conversation, come out and ask him if he's ever considered you guys being more than friends. If he's mature, he won't make it awkward if he's not interested.

**Dear Ali:** The Hitchhiker's Guide to the Brave New World of Male-Female Relationships isn't out yet. Your generation is re-writing the rules of courtship so radically that, honestly, there is no single "right way" anymore. Use these years to learn what's right for you. Try things. Be kind, be honest. Forgive yourself (and others) if things don't work out. If you're strong, take a bold approach. If you're not, be more cautious. But avoid fantasies. They are destructive, addictive, and draining. Living in your head is bad news regardless of what universe you're from. Either explore this fantasy with Nick, or move on.

Write to Straight Talk at [www.StraightTalkForTeens.com](http://www.StraightTalkForTeens.com) or PO Box 963, Fair Oaks CA 95628.

# Weekly SUDOKU

by Linda Thistle

Answers on page 4

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

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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Just Like Cats & Dogs by Dave T. Phipps



- 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

**Life's a journey.** For part of it, your parents take care of you. For another part, you return the favor. When the time comes, we can help. Mostly, by making sure to honor your parents for a life well lived. If you need it, check out our Alzheimer's and Dementia care with revolutionary Snoeselen therapy. Call 916-972-1313 or go to [aegisliving.com](http://aegisliving.com).

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# 84 Year Old Volunteer Sets Example for Everyone

## How a "Hammer" Helped Build Rebuilding Together

Carl Hammer saunters through the office door of Rebuilding Together Sacramento, calling a friendly "hello!" He has come to check the warehouse for supplies for his next home modification project.

"Carl is a great example of how our volunteers help this organization succeed," said Carrie Grip, executive director of Rebuilding Together Sacramento, as he walks in. She makes no understatement. Thanks to volunteers, Rebuilding Together Sacramento, the local affiliate of the national home repair nonprofit organization, has improved thousands of lives and homes and grown into a fully-staffed, multi-service nonprofit organization in its relatively short lifespan of 17 years.

And 84-year old Carl Hammer has been a part of it all since day one. It is because of Carl's help that the Safe at Home program exists; that Christmas in April became Rebuilding Together; and that hundreds of volunteers have come on board to help make dreams come true. He has accumulated thousands upon thousands of volunteer hours, had a fund established in his honor, and left a legacy of kindness that will set the standard for Rebuilding Together volunteers as the years move forward.

Hammer, who also has made famous his own creation – "Carl's Jam" – and teaches senior exercise classes three days a week (also as a volunteer), has much to say about this organization he has helped build. "I read somewhere that people who volunteer live four to six years longer...volunteering is probably the most heartwarming, healthy thing you can do. It brings a sense of accomplishment and fulfillment," said Hammer.

And so he's volunteered endlessly for 17 years. When Hammer came to work with Rebuilding Together in 1992, the organization was called "Christmas in April." Originally, Hammer's role with the organization brought him to work with local high school students, particularly Jesuit students, to repair schools within the Catholic Diocese.

With the help of Sacramento high school students, 10 different projects were completed, totaling up to \$80,000 worth of work. Hammer also worked with other volunteers on annual home repair days, revitalizing homes throughout Sacramento that were considered substandard. Soon, however, "Christmas in April" grew into Rebuilding Together Sacramento, and with additional resources available, Hammer felt himself called in another direction.

As he worked on homes, he began to see a great need for additional improvements and home safety in the homes of seniors.

"We could see that in homes of seniors, many needed more than just simple repairs; they needed safety items. There was much more that we could do than we were doing through the rebuilding events," he said.

With this need in mind, Hammer spearheaded the Safe at Home program for the Sacramento chapter in 2000, after hearing about the program at a national Rebuilding Together conference. This program provides free or affordable home safety modifications to seniors who want to live independently in their homes, but can't without installing proper safety equipment.

Hammer said he felt there was a great need, and it was a niche he wanted Rebuilding Together Sacramento to fill. Under his leadership, hundreds of seniors have lived in greater comfort and safety for the past eight years. "I knew that I wanted to help seniors, because that's what I was. Plenty of people volunteer, but often the senior population is ignored in our culture. Somewhere while people were volunteering elsewhere, a senior was sitting at home with a broken door but couldn't get up to fix it. Once I realized that, I knew this is where I wanted to put my time," said Hammer of his motivation to start the Safe at Home program.

Not every house, however, is an easy fix. Hammer said that occasionally, volunteers witness disturbing sights: poor living conditions, elder abuse or the health of a client in jeopardy. Despite these disheartening obstacles, however, Hammer and a core group of volunteers have carried on. How does one maintain such dedication? "Volunteering is a commitment," he said. "You have to make that commitment, and volunteers who are serious about their work would probably say this is the best experience they've had in their life."

Hammer takes that commitment with him all the way home and into his kitchen, where he spends time making his famous jam – which he sells solely to raise money for Rebuilding Together Sacramento.

"I started making jam because I couldn't find any that I liked! Then I would sell it to people for donations to Rebuilding Together. We've raised \$10,000 with the jam," he said. And it's worth the donation. With flavors such as nectarine spice, boysenberry, pomegranate, and peach, "Carl's Jam" has quite the reputation among the Rebuilding Together community; perhaps a reputation almost as respected as its maker.

Because of volunteers like Hammer, Rebuilding Together Sacramento continues to grow and fulfill its mission. Volunteering



Thanks to special volunteers like Carl Hammer, the nonprofit is helping thousands

doesn't just benefit those receiving services, however. Of volunteers, Hammer said:

"We're providing an outlet for their energy. People have to have a purpose in life, and volunteering for this organization gives people a reason to get up in the morning."

Hammer's words resound as a call to action for those who want to make a difference in the community. It only takes a small effort to change someone's life, and when several small efforts come together, an organization can truly carry out its mission. "We could not survive without our volunteers," said Grip. "Because of

their committed service, we're able to carry out our mission and help more people in our community to live in greater comfort, safety, and independence."

*Rebuilding Together is the nation's largest volunteer home repair organization, and the Sacramento affiliate is dramatically changing neighborhoods and lives. It helps people live independently in comfort and safety through its Safe at Home program, generous single-sponsor workdays, and Rebuilding Dreams events that take place twice a year. The next Rebuilding Dreams Event will take place on Saturday, October 11, 2008 in North Highlands. To volunteer or donate to Rebuilding Together, please call (916) 455-1880.*

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For more information, please visit our website: [www.jhssac.org](http://www.jhssac.org)

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## 2008/2009 Entertainment Books

The McClellan Park Chief's Group is now selling the Entertainment Books for the 2008/2009 year. Each book contains many 2 for 1 discounts for dining, fast food outlets, movies, car rentals, etc. The price of \$40 per book is well worth it. We retain \$8 for each book that we sell and the proceeds go to support the enlisted programs that the Chief's Group is involved, such as Thanksgiving and Christmas Food Baskets, \$75 Commissary Gift Certificates that we include in the Food Baskets,

as well as supporting the Coast Guard Recognition Programs.

Your past support in purchasing Entertainment Books from the Chief's Group has been outstanding. To obtain a book, please contact CMSgt George Moses at the Retiree Activities Office in the VA Clinic. His number is: 916-561-7507. Other contact personnel are: CMSgt Jim Kearns, at 916-944-1732; and CMSgt Bob Konesky, at 916-359-5686. If you have any questions, please contact Chief Moses at the above number.

# Pet of the Week: **Abbey**



Pet of the Week: Abbey Animal ID#: A472799

Hi, my name is Abbey and I'm a tan Toy Fox Terrier. I'm 3-years-old and trying to enjoy my young life; it gets tough when your owner doesn't want you and you end up in the shelter. The people at the shelter are very nice and try to play with me as much as they can but there are just too many of us in here and not enough time in the day. This place can really stress a girl out; I'm in a cage most of the day and no one loves me. I've been loosing weight lately due to stress and I need to find a home soon so I don't get sick. I would be happier and healthier if I gained about five pounds. I'm a sweet dog and would be great for any household except one with cats. I don't like cats, never have,

never will, so if you have cats, and can't adopt me, maybe you can tell your friends about me so they can bring me home. Please come and visit me to see if I'm the pet you have been looking for.

To see Abbey or other adoptable 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](http://www.saccountyshelter.net).  
 (916) 368-7387 (PETS)

# Increased Access to Medical Weight Loss

## Family Practitioners open weight loss clinic to prevent same diseases treated in Family Practice

Spring Medical Clinic, a supervised medical weight loss clinic, today announced the opening of a West Sacramento location to help people in the Greater Sacramento area lose weight and improve their health.

The clinic is founded by Roger Bickford PA-C, a well-known and respected Family Practice Physician Assistant, and Joseph Toscano M.D., an Emergency Room Physician. The two bring many years of experience in primary and preventive care to Spring Medical – and a dedication to help prevent life threatening diseases.

“Being overweight puts an individual at serious risk for developing a number of health conditions, including hypertension, type 2 diabetes, heart disease and stroke. Tackling the weight issue is preventative medicine,” states PA Bickford, Medical Director of the Clinic. “At Spring Medical Clinic by treating our patient’s weight issues, we’re reducing their risk for these chronic diseases.”

PA Bickford, who most-recently provided weight loss care for patients at Howe Medical Clinic, has 14 years experience in family practice/primary care medicine in the Greater Sacramento area. His many years in primary care treating diseases like high blood pressure, diabetes, high cholesterol and other weight related illnesses led him to focus on medical weight loss treatment to

help treat and prevent those same illnesses.

Spring Medical Clinic’s weight loss program includes the use of a new state-of-the-art body composition scale that provides a detailed analysis for each patient.

“The unit is amazing. It accurately measures the individual’s body mass index, total body fat, resting energy expenditure, as well as cancer propensities and life expectancy at their current weight,” states PA Bickford. “All crucial information to the work up and treatment plan we give our patients. Up until now, this kind of specialized medical equipment was only available in research facilities, not easily accessed by the public.”

Unlike diet centers, Spring Medical Clinic’s programs are supervised by licensed health-care providers, and can include prescription medication to aid their patient’s weight loss. “Some patients only need diet advice; while others need all the various services we offer including referral to a reputable weight-loss surgeon. We try to help each patient get what they need and prefer,” says PA Bickford.

Spring Medical Clinic is located at 3050 Beacon Boulevard, Suite 101 in West Sacramento, just off the Harbor Boulevard exit of Hwy 50/Capital City Freeway. The clinic is open six days a week, and accepts new patients on a walk-in basis, as well as by appointment. For more information on Spring Medical Clinic, please visit [www.SpringMedicalClinic.com](http://www.SpringMedicalClinic.com) or call 916-371-1930.

## Let The Doctor Come To You!

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*Sacramento's premier mobile chiropractor brings his highly effective techniques and expertise to you at your home or place of business at your convenience.*

*He uses diversified, Constead, SOT, toggle, and activator techniques to restore both spine and extremities to their full function.*



#### Relief Is Just A Call Away!

Serving Sacramento and surrounding areas, this caring doctor is available when most are not: 8 a.m. to 8 p.m. Monday thru Friday; and weekends and after hours by appointment. Deaf and hearing impaired are welcome.

#### Business Owner Benefits:

Increase employee production and satisfaction by providing regular chiropractic check-ups and fine tune them for high performance. Healthcare benefits for you and your employees are tax deductible.

### James L. Stirton DC

Sacramento Area's Mobile Chiropractor

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[jimstirtondc@comcast.net](mailto:jimstirtondc@comcast.net)

## California Institute of Jewelry Training

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*Sam Davey, California Institute of Jewelry Training student from Red Lodge Montana, really lightens up when she's using her torch for soldering.*

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# Washington Politicians Again Covering Up True Size of Federal Deficit

By Richard Viguerie

**Christian Newswire**-- Reacting to projections from the Congressional Budget Office (CBO) that the Fiscal Year 2008 federal deficit will be about \$400 Billion, the Chairman of ConservativeHQ.com, Richard A. Viguerie, issued the following statement:

"According to CBO, the current fiscal year, which ends on September 30, will end up with a deficit of \$400 Billion. While this figure is shockingly high, the truth is that the actual deficit is a lot higher.

"The \$400 Billion deficit is based on an accounting fraud called the Unified Budget, in which money borrowed from the Social Security Trust Fund and which is added to the National Debt, is counted as income for the annual budget.

"This kind of trickery by Republicans and Democrats would land officers of publicly held companies in prison.

"When you take the \$186 Billion that is being borrowed from Social Security and add it to the \$400 Billion deficit that is being acknowledged, you get the real deficit of \$586 Billion.

"Raiding the Social Security Trust Fund to finance the general operations of the federal government is a direct attack on the financial security of senior citizens. Trying to cover it up through deception is unconscionable.

"As for Fiscal Year 2009, the Bush Administration projects a deficit of \$482 Billion, but that does not include \$36 Billion from the Housing Bill, \$80 Billion in war costs, and \$227 Billion borrowed from the Social Security Trust Fund. The actual deficit next year will be \$825 Billion--\$343 Billion more than has been acknowledged.

"While the Housing Bill passed late and no one really is sure what the wars in Iraq and Afghanistan will cost, it is inexcusable to pretend that the \$227 Billion being borrowed from Social Security is an asset, rather than a debt that must be repaid.

"Republican and Democratic politicians should keep their hands off of Social Security surpluses. And they should start accounting honestly for the money borrowed from the Trust Fund."

Richard A. Viguerie pioneered political direct mail and has been called "one of the creators of the modern conservative movement" (The Nation magazine) and one of the "conservatives of the century" (The Washington Times). His latest book is *Conservatives Betrayed: How George W. Bush and Other Big-Government Republicans Hijacked the Conservative Cause* (Bonus Books), which, Jerome Corsi wrote in WorldNetDaily, is "destined to become a classic of conservative thinking" and "may be the most important conservative book written in the last quarter century."

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NOTICE OF PETITION TO ADMINISTER ESTATE OF MARIAN C. KENNEDY NO. 34-2008-00017009-PR-PW-FRC

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Marian C. Kennedy.

A petition has been filed by Kathleen Kennedy Quadro in the Superior Court of California, County of Sacramento, requesting that I Kathleen Kennedy Quadro be appointed as personal representative to administer the estate the decedent.

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

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

The petition is set for hearing at 9:00 a.m. in Dept. No. 129, at 3341 Power Inn Road, Sacramento, CA 95826, Probate, on October 8, 2008.

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

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

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

The name and address of petitioner or petitioner's attorney is:

Susan L. Spann, Llewellyn & Spann, Attorneys at Law, 5530 Birdcage St. #210, Citrus Heights, CA 95610; 916-966-9036.

Publish: August 5, 12, 19, 26, 2008.  
SPANN 80801 8-26-08

NOTICE OF TRUSTEE'S SALE TS NO. 08-48382 Title Order No. 08-8-181958 APN No. 282-0340-008-0000 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 03/01/06. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. Notice is hereby given that RECONTRUST

COMPANY, as duly appointed trustee pursuant to the Deed of Trust executed by PHILIP J WILSON, AND DESIREE SUNSHINE WILSON, HUSBAND AND WIFE AS JOINT TENANTS dated 03/01/06 and recorded 03/15/06, as Instrument No. , in Book 20060315, Page 1419), of Official Records in the office of the County Recorder of Sacramento County State of California, will sell on 09/02/2008 at 11:00AM, At the main entrance to the County Courthouse, 720 9th Street, Sacramento at public auction to the highest bidder for cash or check as described below, payable in full at time of sale, all right, title, and interest conveyed to and now held by it under said Deed of Trust, in the property situated in said County and State and as more fully described in the above referenced Deed of Trust. The street address and other common designation, if any of the real property described above is purported to be: 2016 CLEARFIELD WAY, CARMICHAEL, CA, 956085409. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. The total amount of the unpaid balance with interest thereon of the obligation secured by the property to be sold plus reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$316,633.79. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. In addition to cash, the Trustee will accept cashier's checks drawn on a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state. Said sale will be made, in an "AS IS" condition, but with out covenant or warranty, express or implied, regarding title, possession or encumbrances, to satisfy the indebtedness secured by said Deed of Trust, advances thereunder, with interest at provided, and the unpaid principal of the Note secured by said Deed of Trust with interest thereon at provided in said Note, plus fees, charges and expenses of the Trustee and of the Trusts created by said Deed of Trust.

DATED: 08/10/08 RECONTRUST COMPANY, 1757 TAPO CANYON ROAD, SVW-88 SIMI VALLEY, CA. 93063 Phone: (800) 281-8219, Sale Information (626) 927-4399 By: Trustee's Sale Officer RECONTRUST COMPANY, is a debt collector attempting to collect a debt. Any information obtained will be used for that purpose. FEI # 1006.32609 8/12, 8/19, 8/26/2008 FEILLC 80802 8-26-08

FICTITIOUS BUSINESS NAME STATEMENT #0807357. Randy Dean Dettmann, 5537 Little Squaw Ct., Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "Terry Painting" at 5901 Rosebud Lane #110, Sacramento, CA 95841. Filed with the Clerk of Sacramento County on July 9, 2008. Publish: August 12, 19, 26, September 2, 2008.

TERRYYP 80802 9-2-08

NOTICE OF PETITION TO ADMINISTER ESTATE OF MARIA T. VALEZQUEZ NO. 34-2008-12129

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Maria T. Velazquez.

A petition has been filed by Maria T. Ortega-Velazquez in the Superior Court of California, County of Sacramento, requesting that Maria T. Ortega-Velazquez be appointed as personal representative to administer the estate the decedent.

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

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

The petition is set for hearing at 9:00 a.m. in Dept. No. 129, at 3341 Power Inn Road, Sacramento, CA 95826, Probate, on September 4, 2008.

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

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

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

The name and address of petitioner or petitioner's attorney is:

Maria T. Ortega-Velazquez, 2526 Wah Ave., Sacramento, CA 95822; 916-271-9924.

Publish: August 19, 26, September 2, 2008.  
VELAZQ 80803 9-2-08

NOTICE OF PETITION TO ADMINISTER ESTATE OF LINDA PRESTON SCHWARTZ NO. 34-2008-12129

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Linda Preston Schwartz.

A petition has been filed by Kimberly Schwartz-Brown and Robert P. Dirham in the Superior Court of California, County of Sacramento, requesting that Kimberly Schwartz-Brown and Robert P. Dirham be appointed as personal representatives to administer the estate the decedent.

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

The petition is set for hearing at 9:00 a.m. in Dept. No. 129, at 3341 Power Inn Road, Sacramento, CA 95826, Probate, on October 3, 2008.

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

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

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

The name and address of petitioner or petitioner's attorney is:

Kimberly Schwartz-Brown, P.O. Box 2344, Fair Oaks, CA 95628; 916-730-8533.

Publish: August 19, 26, September 2, 2008.  
SCHWAR 80803 9-9-08

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

#34-2008-00018502-CU-PT-GDS

WHEREAS, Samir Abdollahzadeh has filed a petition with this court for a decree changing name of Samir Vaziri. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Sept. 17 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: Aug. 8, 2008.

Shelleyanne W.L. Chang Judge of the Superior Court Publish: August 19, 26, September 2, 9, 2008.

ABDOLL 80803 9-9-08

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

#34-2008-000118476-CU-PT-GDS

WHEREAS, Yuliya Chernysh has filed a petition with this court for a decree changing name of Yuliya Chernyshto to Yuliya Sidorchuk. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on September 17, 2008 in Department 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: Aug. 8, 2008.

Shelleyanne W.L. Chang Judge of the Superior Court Publish: August 19, 26, September 2, 9, 2008.

ABDOLL 80803 9-9-08

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

#34-2008-000118476-CU-PT-GDS

WHEREAS, Yuliya Chernysh has filed a petition with this court for a decree changing name of Yuliya Chernyshto to Yuliya Sidorchuk. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on September 17, 2008 in Department 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: Aug. 22, 2008.

Loren E. McMaster Judge of the Superior Court Publish: August 26, September 2, 9, 16, 2008.

EVERYD 80804 9-16-08

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

#34-2008-00019406-CU-PT-GDS

WHEREAS, Matthew Vincent Monarrez has filed a petition with this court for a decree changing name of Matthew Vincent Monarrez to Matthew Hee Tae Kim. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on Sept. 10, 2008 in Dept. 53, Judge of the Superior Court July 30, 2008.

Loren E. McMaster Judge of the Superior Court Publish: August 26, September 2, 9, 16, 2008.

MONARR 80804 9-16-08

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO SUMMONS

CASE #07f1 01872

NOTICE TO RESPONDENT: MARY ELLA BERNAU

You are being sued. PETITIONER'S NAME IS: MARCUS BERND BERNAU

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

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

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

The name and address of the court is: Superior Court of California, County of Sacramento, 3341 Power Inn Road, Sacramento, CA 95826.

The name, address, and telephone number of petitioner's attorney, or petitioner without an attorney, is: Marcos Bernd Bernau, P.O. Box 863, Carmichael, CA 95609; 916-607-8054.

Dated: Feb. 26, 2007.

Publish: August 19, 26, September 2, 9, 2008.

BERNAU 80803 9-9-08

FICTITIOUS BUSINESS NAME STATEMENT #0808198. Michael Nunes, 4823 Donovan Dr., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Michaelangelo The Art of Massage" at 4823 Donovan Dr., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Aug. 1, 2008. Publish: August 26, September 2, 9, 16, 2008.

MICHAEL 80804 9-16-08

FICTITIOUS BUSINESS NAME STATEMENT #0808181. Nancy O'Neill, 3244 Sherwin Lane, Carmichael, CA 95608 and Elaine Whitefeather, 8182 Rose Vine Lane, Fair Oaks, CA 95628 are doing business under the Fictitious Business Name "Everyday Earth" at 3244 Sherwin Lane, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Aug. 1, 2008. Publish: August 26, September 2, 9, 16, 2008.

EVERYD 80804 9-16-08

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

#34-2008-00020063-CU-PT-GDS

WHEREAS, Alexandra Jean Sugarman has filed a petition with this court for a decree changing name of Alexandra Jean Sugarman to Alexandra Sugarman Thomas. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on Oct. 6, 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: Aug. 22, 2008.

Loren E. McMaster Judge of the Superior Court Publish: August 26, September 2, 9, 16, 2008.

SUGARM 80804 9-16-08

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

#34-2008-00017496-CU-PT-GDS

WHEREAS, Matthew Vincent Monarrez has filed a petition with this court for a decree changing name of Matthew Vincent Monarrez to Matthew Hee Tae Kim. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on Sept. 10, 2008 in Dept. 53, Judge of the Superior Court July 30, 2008.

Loren E. McMaster Judge of the Superior Court Publish: August 26, September 2, 9, 16, 2008.

MONARR 80804 9-16-08

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

#34-2008-00019406-CU-PT-GDS

WHEREAS, Melinda S. Marks has filed a petition with this court for a decree changing name of Cameron Scott Gromacki to Cameron Scott Gromacki Marks. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on Sept. 30, 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: Aug. 15, 2008.

Loren E. McMaster Judge of the Superior Court Publish: August 26, September 2, 9, 16, 2008.

MARKS 80804 9-16-08

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

#34-2008-00020063-CU-PT-GDS

WHEREAS, Alexandra Jean Sugarman has filed a petition with this court for a decree changing name of Alexandra Jean Sugarman to Alexandra Sugarman Thomas. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on Oct. 6, 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: Aug. 22, 2008.

Loren E. McMaster Judge of the Superior Court Publish: August 26, September 2, 9, 16, 2008.

SUGARM 80804 9-16-08

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

#34-2008-00020063-CU-PT-GDS

WHEREAS, Alexandra Jean Sugarman has filed a petition with this court for a decree changing name of Alexandra Jean Sugarman to Alexandra Sugarman Thomas. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on Oct. 6, 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: Aug. 22, 2008.

Loren E. McMaster Judge of the Superior Court Publish: August 26, September 2, 9, 16, 2008.

SUGARM 80804 9-16-08



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**A NEW COMPUTER NOW!** Brand Name Bad or NO Credit - No Problem Smallest weekly payments avail. Call NOW 800-804-5010 (NANI)

**A NEW COMPUTER NOW!** Brand Name Bad or NO Credit - No Problem Smallest weekly payments avail. Call NOW 1-800-640-0656 (NANI)

## Construction

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

## DayCare

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

## Elder Care

**Residential Care Home Loving Care.** Nancy's RCFE in Citrus Heights 916-508-1436 (ARM-M)

## Electrical

**Brannan Electric** Small & Large Jobs. Visa MC Accepted. Cooling- Attic Exhaust Fans Installed Lic. 832017 Insured 916-505-3025 - Dave (ARM-M)

## Fencing

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

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

## Financial / Money to Loan

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

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

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

**GET FAST CASH! 24/7!** Instant pre-approval by phone. Bad Credit OK. No faxing. Cash in 24hrs. Apply now! 1-800-354-6612 (NANI)

**Are You Drowning in Debt?** Financially Stressed Out? We can save you thousands & Stop the Harassment! Get Help Now with a FREE Consultation! Call 1-888-246-2304 (NANI)

**TOO MANY BILLS?** Pay off your debts up to 50-80% off. One low affordable monthly payment. 98% Approval Rate. 1-866-608-BILL (2455) Visit www.paylessolutions.com (NANI)

**\$\$\$CASH\$\$ Immediate Cash** for Structured Settlements, Annuities, Lawsuits, Inheritances, Mortgage Notes & Cash Flows. J.G.Wentworth #1 1-(800)794-7310 (NANI)

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

**\$\$\$ GET LAWSUIT CASH NOW-** Oasis Legal Finance #1 See us on TV Fastest Cash Advances on injury

cases-within 24/hrs. Owe nothing if you lose your case APPLY FREE CALL NOW 1-866-353-9959 (NANI)

**\$\$\$ CASH FAST \$\$\$** Fast Cash Advances Against Inheritances, Lawsuits, Structured Settlements, Annuities, Lotteries, and Military & Regular Pensions. (No VA or WC) Call Now 1-877-726-6639. www.1-877-72-MONEY.com (Cal-SCAN)

**Need Cash Quickly??** \$\$\$\$ Stay at home and make money. Best Program FREE Video Go to www.FREEDOM51.com

**Want To Earn \$1K - \$5K Per Week?** Safe Investment. Money Back Guarantee!! 100 Year Old Industry. 800-896-2492 Call 24/7 (NANI)

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

## For Rent / Lease

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

## 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)

**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)

**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 (ARM)

## Grace Baptist Church

6724 Palm Avenue  
Fair Oaks, CA 95628

*Pastor Charles Carter*

**(916) 967-3915**

Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung.

Grace Baptist still stands on the Principles, Doctrines and Separation, Found and taught in The Bible

### Service Schedules

Sunday Schools (All Ages) 9:45 am  
Sunday Worship 11:00 am  
Sunday Evening 6:00 pm  
Wednesday Evening 7:00 pm

*Come and Experience God's Amazing Grace*  
(Located south of Madison; just east of Dewey)  
Call for More Information

**Delivery Routes Available**  
Call 773-1111

**Cost Effective Legal Notices**  
Call 532-2113

**ARCC**  
American River  
Community Church

**Celebrating 60 years in Carmichael with two special events**

**September 13<sup>th</sup>** - Wonder Land School  
40<sup>th</sup> Anniversary Reunion 1-5 pm

**September 14<sup>th</sup>** - New Community Garden Dedication  
noon, with luncheon to follow

with Susan Peters - County Supervisor, Michael Fruci - Mayor of Carmichael, and Lee Tecklenburg - Community Garden Advocate

3300 Walnut Avenue - (next to DMV)

**483-3465**



# CLASSIFIED



## 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. 807 (NANI)

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

**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)

## Heating & Air

**Christopher's Heating & Air** Low Rates, Quality Service 223-1744 (ARM-M)

AC Repair Low Prices 487-4609 (ARM)

## Help Wanted

**Part-Time Front Desk Receptionist.** Purpose Driven chiropractic clinic seeks P/T front desk help for growing practice. Visit DiscPump.net to get to know us, then send resumes to SpinalHealth2@sbcglobal.net or fax resume to 916-988-7811 (ARM)

**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)

**\$\$\$19 PEOPLE WANTED\$\$\$** \$1,200-\$4,400 Weekly Working from Home assembling Information packets. No Experience Necessary! Start Immediately! FREE Information 24hrs. CALL NOW! 1-888-222-0833 (Dept.75) (NANI)

**SHIPPING & RECEIVING TRAINEES.** Learn stock and inventory control management. Formal and on-the-job training. Fully paid training with scheduled raises. Paid relocation. Prefer H.S. grads to age 34. Call 1-800-345-6289. (Cal-SCAN)

**INTERNATIONAL CULTURAL EXCHANGE** Representative: Earn supplemental income placing and supervising high school exchange students. Volunteer host families also needed. Promote world peace! 1-866-GO-AFICE or www.afice.org (Cal-SCAN)

**\*\*\* AVON \*\*\* Reps needed.** Part time or Career. Internet access required. 1-800-887-7618. (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)

**REMOTE SUPPORT TECHNICIANS** Needed to support our online backup clientele. Onsite Techs needed throughout California to replace Hard Drives, Cards, etc. Visit: www.RemoteDataBackups.com/jobs (Cal-SCAN)

**SUPPLEMENTAL INCOME!** Place and Supervise International High School Students in families in your community! Training, compensation, international travel incentives. Call Phyllis at 1-866-523-8872. (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 104www.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)

**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)

**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)

**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)

**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)

**ABLE TO TRAVEL.** National Company Hiring 6 people. No experience necessary. Paid training and Transportation. Over 18. Start ASAP. 1-888-921-1999. (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.BigPayWork.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)

**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)

**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 1-800-913-4384 ext.104 Closed Sundays. (NANIG)

**WORK AT HOME – GOVERNMENT JOBS.** Computer based from home, Customer Service, Data Entry, Typing, Administrative / Clerical. Flexible Hours, full benefits. Call for information, 1-888-611-9333 (NANIG)

**Exp & professional filing clerk needed** to organize and file for private residence. Must have own trans. Hrs:

12:30-5:30pm, m-w-f. \$12/hr. \$180.00/wk flat. Resume to: FAX: 916-638-9951. (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 1-800-913-4384 ext.102 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)

**\$\$\$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)

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

**STRESSEDOUT?**Workfromhome&get paid daily! www.happyandhealthyfamily.com 888-211-4268 (ARM)

**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)

**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. 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)

**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)

**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)

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

**DRIVERS:13 DRIVERS NEEDED.** Sign-On Bonus. 35-42 cpm. Earn over \$1000 weekly. Excellent Benefits. Need CDL-A & 3 months recent OTR. 1-800-635-8669. (Cal-SCAN)

**Never A Layoff! SPONSORED CDL TRAINING.** No Experience Needed! Earn \$40k-\$150k 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)

**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)

## Household Help

**Household Helper.** Let Dad do it. Hauling and Gutter Cleaning. Call and ask me if I can do it! 613-8359 (ARM)

**Handyman** Light Carpentry, Painting, Roofing, Sheetrock, Punchnists, Reliable, Honest, Insured. Bus. Lic. 335502 Call Dave (916) 743-2477 (ARM)

**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)

## Landscaping

**Garden/Landscaping** American Landscape Maintenance, Dependable Weekly Maintenance or One-time clean-up. 487-7905. (ARM-M)

**Landscape/Pool** 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)

**Property Maintenance:** fence building and repair, tree trimming, lawn care and basic clean-up. Call Ron at 916-203-2068 (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)

## 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.inventorsexpo.com/inventorsexpo 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)

**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. (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)

**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)

## Painting

**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** Licensed, 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 will 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)

## 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

# CLASSIFIED

Referrals Available! For Listings & Info  
800-508-8178 Ext. 1276 (NANI)

**ABSOLUTE STEAL** River Access!  
Washington 6 AC - \$49,900; 15 AC - Old  
Farm Buildings - \$89,900. Top quality  
acreage in stunning setting! Limited  
available. EZ Terms. Call WALR 1-866-  
836-9152. (Cal-SCAN)

**ARIZONA LAND BARGAIN** 36 Acres -  
\$29,900. 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)

**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)

**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.  
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# Cheap & Free Big Fun at the California State Fair

## The Fair Offers Tons of Fun... For FREE!

Sacramento - Looking to have BIG FUN for LITTLE money? Experience all the glamour of Tinsel Town without the high price tag as the California State Fair Goes Hollywood! With fantastic deals on admission, rides, goodies and activities, the California State Fair is the perfect place to take in the sights, sounds and tastes of the best that California has to offer.

In response to the high cost of travel and family entertainment in general, the California State Fair offers family fun at an affordable price. Here are just a few of the frugal and free things at the State Fair:

### Free Admission & Parking

- Free Friday - Opening Day is News10 Free Friday where the first 500 people in line will receive free admission courtesy of News10. The line ups begin as early as 5 a.m.

- Kids Day - Every Tuesday kids ages 12 and under receive free admission to the Fair as well as \$1 carnival rides.

- Armed Forces and First Responders Day - Tuesday, August 19 the men and women who serve as first responders can enjoy free admission to the Fair with proper identification in or out of uniform.

- Free Parking - Mondays and Thursdays parking is free before 4 p.m. Admission is \$5 before 5 p.m. (excluding Labor Day).

### Free Rides

- Senior Day - Every Friday at the Fair is Senior Day. RCS Midway is offering free wheel rides in the carnival for seniors. In addition, there will be other free activities throughout the fairgrounds like BINGO, health and wellness walks, and silent films. Also on Fridays seniors aged 62 and older who arrive before 6 p.m. will receive fair admission for only \$6.

- Read & Ride - Kids in grades K-8 can read three books and get three free carnival rides after they fill out a Read & Ride report form.

### Free Goodies

- Free Water Bottles & Movie Tickets - Opening Day is News10 Red Day. The first few people in line wearing News10 Red will receive a limited addition News10/State Fair water bottle and IMAX movie ticket, courtesy of News10, IMAX, and the State Fair.

- Free Trees - All 18 days of the Fair the Forest Center is giving away free tree seedlings, courtesy of the California Forest Products Commission.

- Free Pedometers - The first 500 seniors to visit the Senior Area on Senior Fridays will receive a free pedometer, courtesy of Kaiser Permanente.

- Free Food - Samples of the best desserts, entrees, and appetizers made by top local chefs are available in the Save Mart Supermarkets California Foodstyle Building, presented by Health Craft, in Expo Center Building 2. California avocados, raisins, and more will also be available for sampling here.

- Free Aquarium Admission - From Friday, August 29 to Monday, September 1, Poppy

Pals Club members can visit the Monterey Bay Aquarium booth in Kaiser Permanente Kids Park and receive a free child admission ticket to the Monterey Bay Aquarium with their special voucher.

- Free Hats - There will be two hat giveaways in the Miller Lite Grandstand. A Del Mar Hat giveaway will take place on Sunday, August 24, and a State Fair hat giveaway will take place on Saturday, August 30.

- Free Homemade Butter - Milk a cow or a goat and make butter for free at the California Ranchland.

### Free Activities

All the thrilling stage entertainment and incredible exhibits and attractions are free with your State Fair admission but here are some additional activities that are sure to please!

- Free Concerts - General viewing of all State Fair concerts is free with Fair admission but there are also a limited number of free seats near the Golden1 Stage. At 4 p.m. on the day of the concert wristbands will be given away to secure free seats.

- Free Photos - Become a News10 Weathercaster for the day and get a photo while doing it.

- Free Photos - Jackson Rancheria and the California State Fair are bringing 5" by 7" photos in front of a green screen where anyone can be the movie star.

- Free Vacation - News10, Universal Studios Hollywood, and the California State Fair are giving away a trip for four to Universal Studios Hollywood each day of the Fair.

- The California Family Fitness Kidz Fitness

Challenge - Open everyday, the free Kidz Fitness Challenge in the Kaiser Permanente Kids Park will show kids (and adults) just how fun it is to be healthy! This action-packed area lets kids test their fitness levels with stations like push-ups, jumping jacks, sit ups, a balance beam, hoop run, and more. Provided by California Family Fitness.

- Camp Smokey - Everyday of the Fair, kids 12 and under can receive a stamp towards a "Golden Passport to Fire Prevention" and receive a free Smokey the Bear Award by completing all the fire prevention tasks.

- Farm Passports - Kids can visit the Farm and participate in the Kaiser Permanente Passport program. Each stop they visit along the map will get them a free prize!

- Hollywood Walk of Fame - Follow this star-studded map which will lead walkers through 10,000 steps, the minimum amount of daily exercise recommended by health professionals. Free walking maps can be picked up any day at any information booth at the Fair and the Senior Resources Area in the Promenade on Fridays. Sponsored by California Family Fitness and Kaiser Permanente.

With these tips, even the most frugal can attend the biggest party in California.

For the most updated information on the State Fair visit [www.bigfun.org](http://www.bigfun.org). Media may contact the California State Fair Media Center at (916) 263-3108 or [MediaCenter@calexpo.com](mailto:MediaCenter@calexpo.com).



**THE CALIFORNIA STATE FAIR GOES Hollywood**

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