

Carmichael Times

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July 29, 2008

Carmichael's Ammon Among Winners of 'Eppie's Great Race'



All Time Eppie's Attendance Records Broken!

Vic Vicari of Sacramento, and **Vicki Ammon of Carmichael**, were the overall "Ironman" and "Ironwoman" winners of the 35th annual "Eppie's Great Race" -- "The World's Oldest Triathlon" -- which took place on Northern California's American River Parkway, Saturday, July 19, 2008. Additionally, in the new "Junior Ironman" Division, Nicolas Jimenez (16 years) of Sacramento finished first; and

Kristen Reichardt (18 years) of Auburn took the first place title as the new "Junior Ironwoman." Galt's youth athlete Josh Evans (16-17 year Division) was the overall winner of the third-annual "Eppie's Great Race Kaiser Permanente Kids Duathlon," and the Duathlon winning team was comprised of Alex Nelson and Sam Bolster (16-17 year Division) of Camino, California.

In addition to Stone, Vicari, Jimenez, Reichardt and Evans, a total of 2,365 people competed in this year's Eppie's Great Race Triathlon and Eppie's Great Race Duathlon -- the most Eppie's event participants since The Great Race's inception 35 years ago!

The 2008 Eppie's Great Race set a new "Iron" entry record for the annual event -- 703 entrants competed as "Iron" persons--at 12 percent increase from last year--(one entrant completing all three legs of the triathlon)--which is the most "Iron" persons in Eppie's 35-year-history!

In only its third year, the Eppie's Great Race "Kaiser Permanente Kids Duathlon" drew over 350 youths (ages 17 and under) in 2008 -- a 36% increase over 2007! The Duathletes (in teams or as "Iron Kids") ran 2 miles, followed by a 5.75-mile bike ride, also along the American River Parkway in Sacramento and Rancho Cordova.

If counted together (all of Eppie's Great Race participants and Eppie's Kaiser Permanente Kids Duathlon participants), the 2008 Eppie's event set an all-time entry record for most participants in the annual race's 35 year history!

In addition to the entry and participation records set and broken at the 35th Annual Eppie's Great Race:

· Vic Vicari took the 40+ Ironman Division -- and captured the overall fastest time in all of the Iron Divisions -- with a time of 1:45:38.

· **Vicki Ammon of Carmichael** captured the 50+ Year Ironwoman Division title, and recorded the fastest Ironwoman time of 2:01:30.

· The "Ironwoman 40+" Division winner was **Elisa Reuter of Carmichael** at 2:06:53.

· Capturing the "Corporate" Division first place title was "Kaiser's Rapid Response Team" with a time of 1:52:48 comprised of Runner **Alan Anzai of Carmichael** and Biker Paul Lambie both of Rocklin, and Biker Sue Lutz of Roseville.

· The "Men's Team 40+" Division first place winners, made up of team "A Wing and A Prayer," Runner **Mike Larson of Carmichael**, Biker Bob Beretta of So. Lake Tahoe, and Paddler Cameron Poer of Cameron Park, came in at 1:41:31.

· The "Inflatable" Division, the

winning time was 1:50:13 by Runner **Erik Mencarini of Carmichael**, Biker Steve Griffiths and Paddler Charlie Williard both of Granite Bay.

Known as "The World's Oldest Triathlon," Eppie's Great Race was founded by regional businessman Eppie Johnson thirty-five years ago. Since that time, Eppie's Great Race has been implemented each year as a fundraising event benefiting programs presented by the Sacramento County Therapeutic Recreation Services (SCTRS), which provide programs for mentally- and physically-challenged people. Proceeds from Eppie's Great Race entry fees are donated to support SCTRS. To date, The Great Race has raised over \$850,000 for SCTRS, and now accounts for over 25 percent of the programs' overall operating budget.

The competitors that participated in the Eppie's Great Race triathlon, began the event by running near the bridge at William Pond Park Recreation Area, proceeding west to the Guy West Bridge (behind CSUS), where the cycling portion of the Great Race begins. Bicyclists continue for 12.5 miles to the Sunrise Avenue footbridge, where the paddling segment begins. Participants paddle 6.35 miles downriver to the Goethe Park landing/finish area.

Video highlights of both Eppie's Great Race and the Eppie's Great Race Kaiser Permanente Kids Duathlon, may be found online at "You Tube" and "Google Video." For further information regarding Eppie's Great Race, or for a complete list of all of the participants and their finish times, please check the web site at: www.thegreatrace.org.

Supernanny in Sacramento - Pg 2



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Summer Casting for Supernanny in Sacramento

Families encouraged to apply now for brand new season of ABC's hit show.

The casting team of ABC's popular parenting series SUPERNANNY is searching for Sacramento families to be on the brand new fifth season of the hit show. Producers from Ricochet Television are hosting an open casting call on Saturday, August 2nd from 2:00PM to 6:00PM at The Bounce Spot (2939 Promenade Street, West Sacramento, CA 95691).

ABC's announcement of a fifth season of SUPERNANNY is welcome news for parents across the country. This season producers are working with the national nanny and baby sitting registries Nannies4hire.com and Babysitters4hire.com to search for families with unique interests; parents who have ordinary and extraordinary circumstances; teen moms; parents with mean girls or bullying boys, culturally diverse parents, and blended families where both sides are seeking help. Producers want families from every type of background who are ready for the opportunity of a lifetime—a visit from America's number one nanny, Jo Frost!

Interested moms and dads in need of help with their out of control kids may apply from

anywhere via www.supernanny.com. Parents can also call 877/NANNY TIME (1-877-626-6984) for more information.

Jo Frost's expert behavioral techniques and caring ease with children make SUPERNANNY a hit with the audience every week. Her book, "ASK SUPERNANNY" is an international best seller and follows up her first book "SUPERNANNY: HOW TO GET THE BEST FROM YOUR KIDS," which spent several months on the New York Times best seller list.

In each episode of the series airing Wednesday nights this season on ABC News 10 KXTV, Jo Frost's recipe of common sense behavior techniques mixed with expert parenting advice is put to the test. Please visit www.supernanny.com, or you can e-mail supernanny@ricochettelevision.com to apply now.



(ABC/BOB D'AMICO) JO FROST - 2004 ABC, INC

Jo Frost, a.k.a. Supernanny, godsend to desperate parents across the world

Carmichael Times



Publisher - Paul V. Scholl

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- Blood Pressure: Find out your blood pressure levels for maximum health benefits. \$5
- Body Fat / BMI: Two tests that offer more accurate results than just actual body weight. \$5
- Heart Health Questionnaire and Report: Get an appraisal of your cardiovascular status. \$10
- Total Package, five screenings listed above, \$30 (regular price \$42)
- Additional tests available:
 - Osteoporosis: Test the density of your bones to assess fracture risk. \$20
 - Cholesterol: Full Lipid Profile: Pair with TC, HDL-C and glucose tests to check the health of your organs. \$22

Schedule:

- Thursday, July 31 - Bel Air 4320 Arden Way Sacramento
- Tuesday, August 5 - Bel Air 4005 Manzanita Ave Carmichael
- Tuesday, August 12 - Raley's 7847 Lichen Dr Citrus Heights
- Wednesday, August 13 - Raley's 7477 Watt Ave. North Highlands
- Friday, August 15 - Raley's 5159 Fair Oaks Blvd Carmichael

For a complete schedule and list of participating stores, visit raleys.com and click on the 'Wellness Screenings' link.



Magnum Opus XIX at SFAC

Sacramento Fine Arts Center

5330-B Gibbons Drive,
Carmichael, CA 95608
916-971-3713

Gallery Hours:

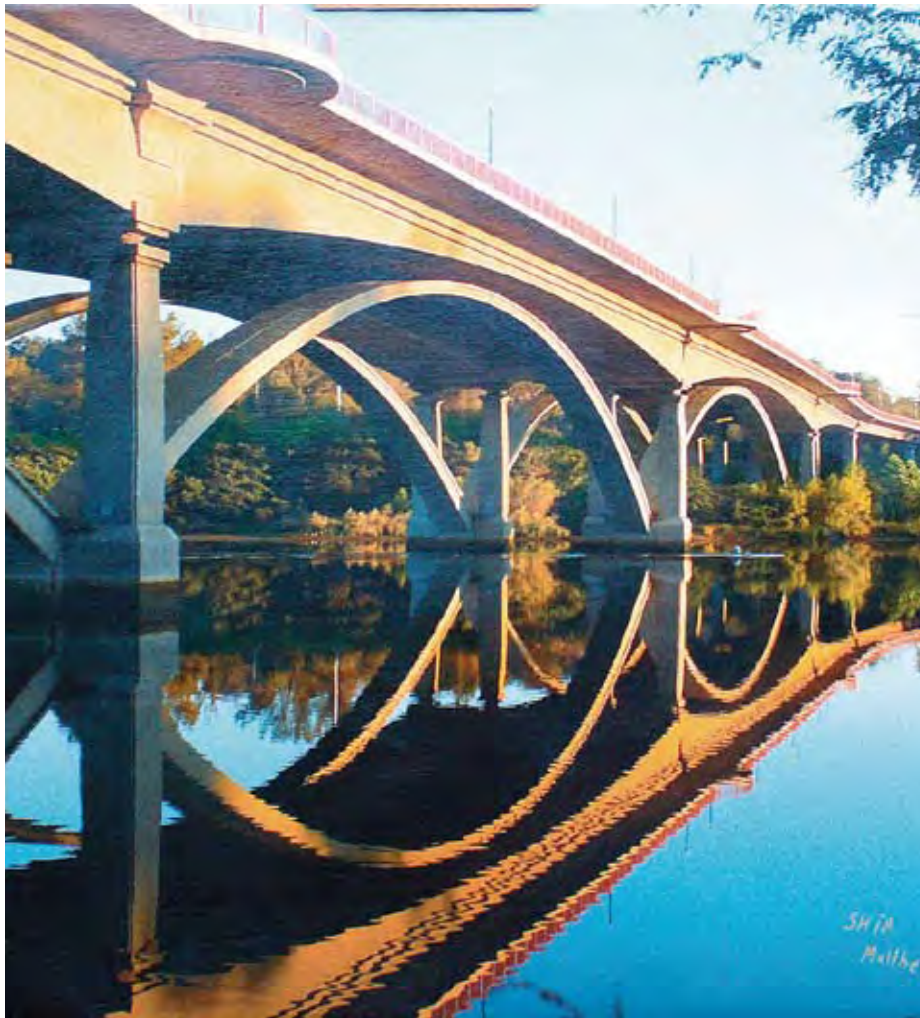
Tuesday from 11 – 7:00

Wed. – Sat. 11 – 3

Second Saturday Reception,
5:30 to 8:30 pm

The Sacramento Fine Arts Center presents “Magnum Opus XIX”, an annual exhibition of outstanding works of local art. The show will run from July 29 – August 16, 2008 with a Second Saturday Reception at the Gallery from 5:30 to 8:30 on August 9, 2008. The show will be judged by Scott Shields of the Crocker Art Museum.

The reception will feature music by guitarist, Glen Tretjen, refreshments, and a chance to meet the artists.



Detail from “Reflections in Folsom” by Walter Matthews which won the Award of Excellence last year.

Weekly SUDOKU

Answer

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

GOT VISTA?

Ethel Hart Computer Classes

Described by the Wall Street Journal as “The Best online forum for retirees” SeniorNet is proud to present hands-on classes in Sacramento, at the Ethel Hart Center, 915 27th Street.

Senior students will be instructed in the different programs pertaining to personal computing and computer literacy. Find that file in a quick few clicks using Instant Search. See everything you have open at a glance with Windows FLIP 3D.

Keep photos organized, ready to share and find them quickly in Windows Photo Gallery. Create a custom movie without a fine arts degree using Windows DVD Maker. Surf multiple waves of the web with the new Windows Internet Explorer 7.

Record and watch TV on your time using Windows Media Center.

Keep track of music and play it anywhere by using Windows Media Player 11. Take home entertainment to a new level by connecting your PC to your TV so you can look at everything on the big screen using a Windows Media extender such as Xbox 360. Keep the things you need most at your fingertips using Windows Sidebar. Help your grandchildren stay safer when they come to visit and want to use the computer with Parental Controls.

Classes in the basics of Window’s Vista, will last 8 weeks beginning the week of August 11th at a low cost of \$40, which includes a manual.

Interested students can call the Ethel Hart Center at 808-5462 or visit:

www.hartcomputerclass.org

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45th Annual Greek Festival Expected to be Biggest Ever

Cruisin' By Greg Zyla

Styling Changes Once Came Fast and Furious

Q: Greg, I want to ask your opinion of the cars of the '50s as compared with those from other decades. It seems to me that the cars from the '50s really changed their looks every year, while today, a model might not change for three or more years. -- Casper K., Washington

A: Casper, you are correct, and I also would add the '60s to the list. During these decades, Detroit would do quick facelifts and/or complete body re-designs without much trouble. Nowadays, however, the updating takes place mechanically and with much better technology than before.

As for the '50s, and taking 1957-58-59 as example years, Chrysler led the way with its "forward look" cars (which it still promotes to this day), and all three years resulted in cars that looked nothing like the prior years. In the General Motors camp, Chevy is a good example, as is Buick. I really love the '58 and '59 Buicks, and the '60 model, too. As for Chrysler, it made huge design changes from 1954 through 1957, while over at Ford, the big change years came in 1957-59, in my opinion.

Studebaker, as a great example, re-skinned its poor-selling 1958 model with a Lark body for '59, and it saved the company for a few more years. The '60s were similar, too. But always remember that these changes were mostly skin deep, and nothing like today's high-tech wonders.

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.

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King Crossword — Answers

Solution time: 25 mins.

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



Three-day pageant to be staged at Sacramento Convention Center over Labor Day weekend

Sacramento's Greek community is looking forward to its best ever Greek Festival on the Labor Day weekend, Aug. 29-31. It's the 45th annual event, sponsored by the Annunciation Greek Orthodox Church of Sacramento.

Originally called the Greek Food Festival, the event has evolved, through the grassroots effort of church volunteers, to become much more than a Greek dining experience. They introduced live music, singing and dancing performances, and a wonderful Cultural display known as Hellenica. More Greek culture is evident in the Greek Market place, and the Agora, where one can browse the wares of a variety of vendors offering Greek products for sale.

The extensive menu offerings take visitors on a tasting tour of Greece without leaving Sacramento. The a-la-carte menu offers some 15 delicious treats, including roasted lamb; dolmathes, stuffed grape leaves; mousaka, a

Greek delicacy of eggplant and ground beef; souvlaki, tender marinated pork cubes, and Shrimp Santorini, succulent shrimp in a feta cheese tomato sauce.

Other a-la-carte choices have names that may befuddle the average guest, but they will find out soon enough if they choose that you don't have to be able to pronounce them to enjoy them, spanakopita, tiropita, fasolakia or horiatiki salata. All offerings are made from scratch by the church volunteers who are delighted to share the cooking secrets of their homeland.

The Greek taverna offers wines and beer from Greece; Ouzo, an anise-flavored liqueur similar to French pastis; or Metaxa, a special blend of Greek brandy that has brought happiness to Greeks since 1888.

There is also a coffee shop, called Kafenion. A sweet shop with the tongue-twisting name of Zaharoplastion, will offer baklava and a half dozen other pastries.

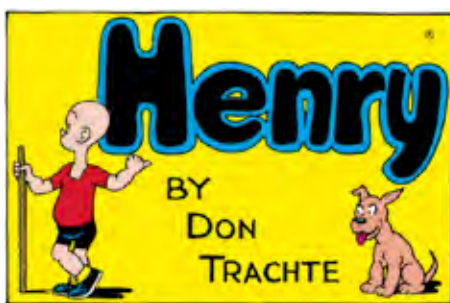
Live music is provided by "Neo Kyma" band, and there will be ample opportunities for open dancing as well as dance lessons provided

daily for the guests.

The three-day event opens at 11 a.m. on Friday, Aug. 29, with free admission until 3 p.m. for that day only.

Admission for Saturday and Sunday is \$5 for adults, \$4 for seniors over 65 years of age. Children under 12 years of age are admitted free. Opening time is noon on Saturday and Sunday. Closing is set for 10 p.m., but "Greek Time" usually prevails, extending that closing time generously!

The party flag is waving!



CSI Live at the State Fair Interactive Stage Show Solves Crimes!

The California State Fair will bring the fascinating world of crime scene investigations from the hit television show CSI to Cal Expo as part an interactive exhibit and show at the 2008 California State Fair.

In keeping with the 2008 State Fair theme of Hollywood, the CSI Live show will give fairgoers an in-depth look at all the scientific and forensic elements needed to solve a modern crime.

About CSI Live!

When a crime is committed at the Las Vegas premiere of the Max Spade Magic Show, the CSI team springs into action. Sydney Mathis and David Hart play the roles of CSI investigators and are on the case, assisted by supervisor Gil Grissom through a live video connection from the Las Vegas Crime Lab. Audience members will jump up on stage and become part of the action; becoming witnesses, suspects and CSI recruits. Together they will use their superior logic and forensic know-how to uncover hidden details, investigate the evidence and test their theories.

Whether it's analyzing mysterious gasses, launching projectiles into a target, or firing a laser beam across the stage, the CSI recruits will have to be on their toes to

help solve the crime before it's too late! How was the crime committed? Who is guilty? Only you can find the answers. It's CSI: LIVE!—join the adventure! The CSI Live show is appropriate for ages 8 and older.

The investigation starts Tuesday, Aug. 26 through Monday, September 1 in Expo Center, Building #1 at the California State Fair.

For more information please contact Brooke Converse, Media Director at 916-263-3237 or bconverse@calexpo.com. For more information on the California State Fair, the public may visit www.bigfun.org.



Riley Reviews

By Tim Riley

BELIEVING "THE X-FILES" HOLDS INTEREST AS CRIME THRILLER

THE X-FILES: I WANT TO BELIEVE (Rated PG-13)

As a television series, "The X-Files" was wildly popular, particularly with the crowd that enjoys something weird and paranormal. Then, years ago, along came an "X-Files" movie that now I can scarcely recall, but dimly remember as muddled and barely comprehensible. My lack of connection to the movie probably was due to having seen, at best, only a couple of episodes of the original TV series.

For reasons unclear, after all these years, "The X-Files: I Want to Believe" emerges from the fervid imagination of creator Chris Carter. If I want to believe anything at all, it's simply whether this new "X-Files" holds up its billing as a stand-alone plot which requires little more than a passing acquaintance with famous characters Scully and Mulder and the premise of the old series.

"The X-Files: I Want to Believe" does give reason to accept as true its underlying promise. At one time, Fox Mulder (David Duchovny) and Dana Scully (Gillian Anderson) were agents at the FBI, pondering the paranormal to solve crimes, and yet just strange happenings often defied explanation. Now, Mulder is a virtual recluse somewhere in West Virginia, mostly clipping newspapers. Scully is a first-rate surgeon working at a Catholic hospital, bucking heartless administrators who don't want her to pursue a risky operation on a young boy that requires experimental stem cell technology.

Meanwhile, in the snowy fields of West Virginia, swarms of FBI agent are combing the countryside to locate a missing colleague. The investigation is being assisted by the eccentric Father Joe (Billy Connolly), a pedophile former priest who claims psychic ability. Agent Dakota Whitney (Amanda Peet), while not exactly a believer in the paranormal, is willing to give the disgraced priest some benefit of the doubt. On the other hand, Agent Drummy (Alvin "Xzibit" Joiner) is downright hostile to using tactics outside the field manual.

Agent Whitney prevails upon Scully to bring Mulder back into the fold, at least for this one vexing case that quickly turns into serial murder. Practical and logical, Scully despises the former priest's crimes against kids, and this feeling is likely exacerbated by her emotional involvement with her young patient who is terminally ill absent a miracle operation. For his part, Mulder is more willing to believe that Father Joe could be on to something, particularly when he locates body parts hidden in the snow and bleeds from his eyes when overcome by one of his visions. This sets up the dichotomy between Mulder and Scully, a situation that sets up a believer against a skeptic, which apparently reflects their ongoing duality.

What's entirely believable, though, is that the plot veers off into the serial killer territory that is just plain creepy, as if "The Texas Chainsaw Massacre" was suddenly joined with "Frankenstein" while mixed up in paranormal weirdness. Without giving away too much detail, it can be safely said that trafficking in body parts takes on a nasty, brutal gruesomeness that makes me, at least, question the wisdom of a "PG-13" rating on this movie.

The mood and tempo of this crime thriller is advanced by the gloomy, wintry backdrop of desolate areas in the bleak countryside. The movie's villains are aliens, but not the extraterrestrial kind. There's true menace to these bad guys, which is really stating the obvious when the horrific, gruesome nature of their crimes is revealed.

Even though, as mentioned earlier, "The X-Files: I Want to Believe" is a stand-alone affair, it's perhaps asking too much for the movie to appeal to people not already attached to the characters and the franchise's paranormal pedigree. The movie is simply not a strong enough entry in the summer sweepstakes to pull an audience already given great picks like "The Dark Knight" or one of the other credible superhero adventures. "The X-Files" asks us to believe that it holds great interest as a serious crime thriller with psychic overtones, but there will be skeptics.

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Arnold Says No to Trans Fats

California Center for Public Health Advocacy: Dr. Harold Goldstein, Executive Director

Governor Schwarzenegger championed the state's health today by signing the Trans Fat Bill (AB 97, Mendoza). The challenge before him now is to continue to show national leadership and commitment to health by supporting SB 1420 (Padilla), the menu labeling legislation.

Simple, straightforward and actionable, SB 1420 offers Californians exactly what they've been asking for - calorie counts on menus and menu boards so they can make healthier choices when eating out. Supported by major health groups like the American Heart Association and the American

Cancer Society, SB 1420 is good public policy that experts around the nation agree will make a difference in the rising obesity crisis. That's in direct contrast to the sham alternative bill promoted by the fast food lobbyists (AB 2572), which is opposed by health experts throughout the state.

Knowing the Governor's commitment to making a real impact on the obesity crisis, we call on him to throw his support behind SB 1420 and not surrender to restaurant interests dedicated to stalling any real effort to help consumers make healthier purchasing decisions.

For additional information on SB 1420 visit www.publichealthadvocacy.org.

The Spats

by Jeff Pickering



Thinking of Changing Banks?

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- ✓ Interest Checking
- ✓ Business Checking
- ✓ Investors Money Market Checking
- ✓ Gold Money Market Savings
- ✓ Purchase & Refinance Loans
- ✓ Home Construction Loans
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- ✓ 34 ATMs at El Dorado Branches
- ✓ Consistently Awarded the Highest 5 Star Rating by Bauer Financial Reports as One of the Safest and Strongest Banks in the U.S. Since 1993
- ✓ In 2007, we completed our 19th consecutive year without any foreclosed properties on our books



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E-08



Food Prices Starting to Bug You?

Real-life headline from CNN.com: "Empathy deficit disorder -- do you suffer from it?"

No, I don't, and you know what else? I don't care about anybody who does.

On to our next real-life headline: "Americans Pursuit of Happiness."

Now I do have some empathy for people who feel this way (See? I told you I didn't have an empathy deficit), but they need to ask themselves, What other state of mind should I pursue?

Anger? Melancholy? Boredom? Homicidal rage? Happiness has its limitations, but these others aren't all what they're cracked up to be either.

(Historical note: In the original draft of the Declaration of Independence, Thomas Jefferson wrote about the right to "life, liberty and the pursuit of silliness," but Benjamin Franklin, with the help of his laptop thesaurus, nixed that and substituted "giddiness" and then "absurdity" -- which were both narrowly defeated by the Continental Congress -- before finally settling on "happiness." Jefferson never got over it.)

Next up in our review of recent headlines is one that holds out the hope of eating better, saving money and helping the environment.

Sound too good to be true?

Well, you're in for a treat: "Eat more insects, scientists say." Yup, it's that easy.

According to the article, "Grasshoppers have 20 grams of protein and just 6 g of fat." The good news doesn't stop there. Ants are even lower in fat and crickets are good sources of iron, zinc and calcium.

What's more, crickets are easy to raise on farms and take much less feed to produce the same amount of protein as chicken.

As the article says, bugs are the "original white meat" (though I think their definitions of "white meat" might be more inclusive than mine).

Not that there aren't some downsides to bug-raising. Being a cowboy on a cricket ranch is much less romantic and rewarding than working a cattle ranch, not to mention that crickets are notoriously hard to lasso. Branding is both time-consuming and tedious.

And cowboys hoping to hone their bronco-riding skills are out of luck, unless they're fortunate enough to be working a ranch that raises truly enormous crickets.

But just think what a boon bug cuisine would be for our nation's chefs, who must constantly search for fresh ingredients.

What could be fresher than bugs straight from your own kitchen?

Restaurants could boast, "The roaches you dine on tonight enjoyed breakfast in our kitchen this morning."

At family restaurants, buffets -- instead of relying on traditional road-kill recipes to hold costs down -- could offer heaping bowls of all-you-can-eat ants, crickets, grasshoppers and roaches, with everybody's favorite, Centipedes Jubilee, for dessert.

At fancier restaurants, people could pick out live bugs they wanted prepared especially for them from an ant farm brought to their table by the headwaiter.

I suppose some people might feel too much empathy for the bugs to be able to pick them out, but I just don't have much empathy for those people.

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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Sacramento Singles Party at Gold's Gym

1900 Del Paso Rd
Sacramento, CA 95834
SAT 08/09/08 8pm to midnight
\$25 or \$15 for members or newbies with gift certificate.

Free Parking Free Beer, Wine, and Party Snacks.

DJ Dancing Variety of Health Drinks Available for Purchase Mixer Game with Nice Prizes, like 6 months membership in Gold's Gym.

Professionals Guild, established in 1985 is a unique social organization supporting single professionals in Northern California. Professionals Guild offers a variety of activities and services for singles including: singles travel, speed dating, white river rafting, online dating, dance parties and mixers, matching making services, dance lessons, dating coaching, singles expos, and a huge Sacramento New Years Eve party.

In addition, Professionals Guild offers

match making and dating coaching services in association with radio personality Jeannine Kaiser, America's Dating Coach.

Jeannine is offering a "Soul Quest" weekend to help singles who want to be more successful at dating. Cost is \$49.00 for the entire weekend. Visit http://yourdatingiq.com/soulMate_weekend.html, or call 925-355-8081.



King Crossword

Answers on page 4

ACROSS

- 1 Medley component
- 5 Airline initials
- 8 Luminary
- 12 Curved molding
- 13 Chit
- 14 Motion picture
- 15 Blueprint
- 16 Always, poetically
- 17 Descartes or Magritte
- 18 Regarding this document
- 20 Entertained
- 22 Sportscaster Scully
- 23 "Ugly Betty" network
- 24 Speck
- 27 Shelters closely
- 32 "... — a puddytat!"
- 33 Lubricate
- 34 Knock
- 35 Colombo is its capital
- 38 Quite
- 39 Stitch
- 40 Actor McBride
- 42 Sci-fi hybrid
- 45 Big fish, often
- 49 Bits and pieces
- 50 Frequently
- 52 Piece of merchandise

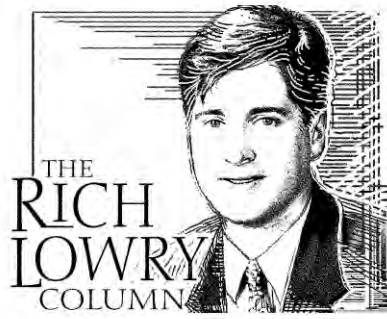
1	2	3	4	5	6	7	8	9	10	11
12				13			14			
15				16			17			
18				19		20	21			
24	25	26		27	28	29			30	31
32				33				34		
35			36	37				38		
42	43			44	45			46	47	48
49				50	51			52		
53				54				55		
56				57				58		

- 53 Actress McClurg
- 54 Mainlander's memento
- 55 Great Lake
- 56 Seeks damages
- 57 Old soap ingredient
- 58 File crosser
- 7 Emanation
- 8 Hospital garb
- 9 Reason for OT
- 10 Boleyn or Hathaway
- 11 Marsh growth
- 19 Scale note
- 21 Long March leader
- 24 "Monty Python" opener
- 25 Scull need
- 26 Trash-bag closer
- 28 "Ferd'-nand" cartoonist
- 29 Formal
- 30 Scratch
- 31 Agent
- 36 Rental contracts
- 37 Plant bristle
- 38 TV audience member
- 41 That guy
- 42 Homer Simpson's local watering hole
- 43 Tongue akin to Hindi
- 44 Turnpike fee
- 46 Brazilian rubber
- 47 "—
- 48 Stench
- 51 Tina of "30 Rock"

DOWN

- 1 Second-year student
- 2 Look lasciviously
- 3 Approach
- 4 Swiss metropolis
- 5 Imbibe (Sl.)
- 6 Affliction

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Dupes for Obama

A signature moment of Barack Obama's primary campaign came last November in Des Moines, Iowa. He gave a speech at the Jefferson-Jackson Dinner that electrified the crowd and gave his campaign a kick that helped win the Iowa caucuses -- a victory without which he wouldn't be the Democratic nominee.

Obama declared that "the same old Washington textbook campaigns just won't do." Deploing "triangulating and poll-driven positions," he said that "telling the American people what we think they want to hear instead of telling the American people what they need to hear just won't do." The Democratic Party had been at its best, he told the crowd, when "we led, not by polls, but by principles; not by calculation, but by conviction."

"I run for the presidency of the United States of America because that's the party America needs us to be right now," he vowed, staking his candidacy on the achingly idealistic premises of a new, more forthright and uncalculating politics.

What makes Obama's "textbook" dash to the center so extraordinary is not just its speed, but how it falsifies the very essence of his candidacy. It's as if Bill Clinton won the Democratic nomination in 1992 and announced suddenly that actually he was not a "new kind of Democrat"; or if George W. Bush, after winning his party's nomination in 2000, forswore "compassionate conservatism"; or if John McCain, after winning the GOP nomination this year, declared in favor of a hard deadline for withdrawal from Iraq.

In the past two months, Obama has broken two pledges (to take public financing in the general election and to filibuster legal immunity for telecoms that cooperated with the government in terrorist surveillance); has belittled

his own rhetoric during the primary campaign (saying it could get "overheated and amplified" on the issue of trade); redefined his promise to meet without preconditions with the leaders of hostile states until it's basically meaningless; endorsed a Supreme Court decision striking down a Washington, D.C., gun ban his campaign had previously said he supported; and made muddy, centrist-sounding statements about his positions on Iraq and abortion that he had to go back and try to clarify.

Has there ever in recent political memory been so much calculation and bad faith by a politician who has made so much of eschewing both? We now know that Barack Obama is not naive, but his ardent supporters are. Obama exhorted them to "believe" -- one of his favorite words -- in him and his virtue above all, and as soon as they gave him the nomination he wanted, he showed how foolishly credulous they had been. When it comes to triangulating, he's Hillary Clinton without the baggage.

Obama is calculating shrewdly now -- just as shrewdly as back when he was attacking calculation. His left-wing base won't abandon him, and all the dew-eyed new voters attracted by him will stay that way, so long as he continues to look and sound good. His task is to win over general-election voters in a center-right country who value hardheadedness and practicality in their presidents.

Barack Obama doesn't need to be a messiah figure. He needn't even be particularly admirable. In a poisonous year for Republicans, he just needs to be a minimally acceptable Democrat, and so minimally acceptable he aims to be. But we're a long way from Des Moines.

Rich Lowry is editor of the National Review.

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Art Show August 9 2:30-7:30 pm

Art Show, August 9th 2008, Second Saturday, 2:30pm-7:30pm. Sacramento Valley School, a Sudbury School, presents an Annual Art Show featuring the art of the students, faculty, family and friends of the school.

Touch Drawing artist and facilitator, Cynthia Wynn, will demonstrate this unique process. Students of all ages will exhibit their finished Touch Drawings.

Prize Winning watercolor painter

David Peterson will present an informal demonstration of his painting.

Guest artists Woody Hansen, and other notable Sacramento Artists will show their work. Dozens of works will be displayed. Free.

Refreshments provided. The school is conveniently located in the Arden Arcade Carmichael area at 2737 Eastern Avenue, Sacramento CA 95821.

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Straight Talk for Teens



Don't ignore warning signs of suicide

- exhibiting out-of-character behavior
- taking unnecessary risks or exhibiting self-destructive behavior
- having a family member who committed or attempted suicide
- extreme changes in eating habits
- unexpectedly visiting or calling people one cares about
- giving away prized possessions
- setting one's affairs in order
- making a suicide plan

WHAT TO DO:

Gentle, yet direct communication works best. Arrange a private conversation and say, "Greer, you're not yourself lately." Tick off the warning signs you mentioned, then, **ask the question:** "You're not considering suicide are you?" After you've asked:

- Listen and observe. Pay close attention to tone and facial expression. If they don't match his words, gently point that out, and keep probing.
- If he does admit to suicidal feelings, **take him seriously.** Often people scoff at or negate such admissions, leaving the at-risk person worse off.
- Insist that there are other solutions besides suicide. Point out people who love him and reasons he has to live.
- Ask if he has a suicide plan: "**Do you have a plan of how you would do it?**"
- Do not keep the plan secret. Immediately tell an adult who can help. He wants you to.
- If he has no suicide plan, but admits to suicidal thoughts — or you suspect you're not getting the whole story — still, tell that adult! **Do not try to handle this solo.**
- If someone is actually attempting suicide, stay with them! You are their lifeline. Immediately call 911 or 1-800-SUICIDE.

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

By Lauren Forcella

Dear Straight Talk: I'm worried that my friend, "Greer," who is 17, might be suicidal. He is acting strange lately, but I don't want to make a big deal out of nothing and get him in trouble. After making plans to visit his dad in Montana, they had a fight, but other than that I don't know what is troubling him. He just never wants to do the usual stuff anymore. He sleeps all the time when he's not working, and he's obsessed with the movie "Into the Wild" and talks about putting on a backpack and getting out of here. Am I worried for no reason? I checked on the Internet and these are some of the signs but what do I do without causing a big thing? I'm not his girlfriend (he doesn't have one), but I care about him. — Please help!

From Farren, 20: Warning signs are really hard. A lot of teenagers go through depression, sleep a lot, and pull away from family and friends, but they're not necessarily suicidal. The only way to know is to ask him. Tell him you are worried about the changes in his behavior.

Dear Please: Yes, you must ask him. In 80 percent of suicide attempts, the at-risk person exhibits recognizable warning signs and Greer is displaying five of them. Suicide has tripled in the last 40 years. In 2000, an average of 2700 youths ages 12-17 attempted suicide in this country each day. Of those, about 100 a day took their lives. Talking about suicide will not make someone do it. This myth silences family and friends who would otherwise communicate — and suicide is almost always preventable with communication. Below are the warning signs and "first aid" for suicide. Friends like you are often on the front lines in helping others and I wish these principles were taught in high school. Good luck.

WARNING SIGNS:

- loss of interest in things one formerly cared about
- making statements about feeling hopeless, helpless, or worthless
- withdrawal from family and friends
- deepening depression
- fascination with death and/or suicide
- talking about suicide
- not sleeping or sleeping a lot

Just Like Cats & Dogs by Dave T. Phipps



Weekly SUDOKU

by Linda Thistle

Answers on page 3

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

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!



- 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.

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RCFE # 347001686



New Rangers Sworn In

We are pleased to announce that Sacramento County Regional Parks swore in two new Rangers as Peace Officers on July 18; David Moskat, John Spaeth Dave Moskat and Johnny Spaeth have just completed the 26-week long Sheriff's Academy and both are ready to serve as Peace Officers for this department. Both Dave and John have worked several years as Park Ranger Assistants while attending Sacramento State University.

Dave has extensive knowledge of biology and natural resources, which will serve as a useful tool for our wild lands protection. Dave is a lifelong resident of Sacramento and you can frequently find him recreating along the American River Parkway on his days off.

Sacramento Singles Party at Gold's Gym

1900 Del Paso Rd
Sacramento, CA 95834
SAT 08/09/08 8pm to midnight
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newbies with gift certificate.



David Moskat

Amber Waves

by Dave T. Phipps



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HANK FISHER PROPERTIES

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Pet of the Week: *Otter*



Animal ID#: A473373

Otter is a black and tan hound dog itching to leave the shelter. Hounds are very driven animals that need to use their keen senses on a regular basis and lots of exercise. They are affectionate dogs but because of their large size they may be too rambunctious for small children. Living in a house with cats would not be best for Otter either because of his natural instinct to hunt. He would be a great dog for an owner who loves the outdoors and partakes in activities such as camping, hunting or jogging. The shelter staff and volunteers try their best everyday to ensure dogs like Otter get the exercise and attention they need, but Otter would be much happier if he lived in a loving home where he could run around in the backyard and chase squirrels. If you think Otter is the dog you have been looking for visit the shelter and spend some time with him; he could be the newest addition to your family.

To see Otter 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.sacountyshelter.net.

(916) 368-7387 (PETS)

County Town Forum Coming

A County Town Forum will be held on Thursday, Sept. 18 from 6 to 9 p.m. at the Orangevale Community Center, 6826 Hazel Ave., in Orangevale. The forum will focus on Fair Oaks, Gold River and Orangevale community issues

Department representatives will be available to share information and answer questions. Code Enforcement will present a slide show on how to prevent neighborhood blight and more than two-dozen information booths will be set up. Light refreshments will be provided and seating is limited. Please R.S.V.P. to Shannon Arata at 916-875-1514 or aratash@saccounty.net or stop by the East Area Service Center at 5229 Hazel Ave (Near Madison) on weekdays until 4 p.m

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Carmichael, California

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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- *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*

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- *Gramm, Leach, Bliley (GLB) Safe-guard Rule*
- *Numerous individual state laws (such as the Texas Whistle Blower Statute)*

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Northminster Presbyterian Church Habitat Church Habitat Celebration



A ribbon-cutting and blessing ceremony was held on July 19 to celebrate the completion of the Northminster sponsored Sacramento Habitat House at 950 Carmelita Avenue. Jose and Lucy Caseres are shown as they prepare to enter their new home.

Northminster Presbyterian Church partnered with Sacramento Habitat for Humanity to build a house. There was a year of fundraising activities followed by volunteers working on the construction of the home, mainly on Saturdays, and other volunteers providing lunches for the construction workers. The family selected to own the home had to volunteer 500 hours of work as a down payment on the home.



Northminster and other Habitat volunteer workers gather at a special dedication ceremony to celebrate the home completed at 950 Carmelita Avenue.

Hit & Run Vehicle Hits Pedestrian

On July 21, 2008 at approximately 11:05 p.m., Raymond Peaks a 56 year old from Sacramento was walking outside a crosswalk on westbound El Camino Avenue just east of Ethan Way. A vehicle described as a white Jeep Cherokee was traveling westbound on El Camino at approximately 40-45 mph when it struck Peaks in the #1 westbound lane. The vehicle continued without stopping. Peaks was transported to Mercy San Juan Medical Center where he is being treated for major injuries.

If you have any information regarding this traffic collision, please call the North Sacramento CHP office at (916) 338-6710.

This collision is still under investigation.

California Tax Punishes Energy Savers



by Fred Foldvary

Californians who seek to avoid paying \$4 per gallon for gasoline by switching to grease or vegetable oil are being subjected to a rude shock. The state's taxes and regulations on fuel apply just as much to the do-it-yourself guy as a global corporation. A news story in the May 8, 2008, Los Angeles Times told how a mechanic who uses fuel made of fryer grease was hit with fines, paperwork, and taxes.

The mechanic was told that he needs a diesel fuel supplier's license and has to pay the state's 18-cent road tax on each gallon of grease. This fuel entrepreneur also needs a license from the state's Meat and Poultry Inspection Branch to take kitchen grease from restaurants. The state has also forced him to carry \$1 million in liability

insurance, and he needs a permit from the state Air Resources Board to burn fat.

The state also restricts the "grey market" for cars—vehicles that Californians buy in Europe and then must be registered in California. The state requires the cars to be tested at licensed labs, but there are very few such labs. Foreign cars that run on diesel and that could also use clean and cheap vegetable oil are thus discouraged.

The state and federal politicians have split personalities when they make policy for alternative energy. They shower wind and solar energy companies with tax credits and other subsidies. They promote electric cars and set ever higher gasoline efficiency standards. But when individuals use cheaper alternatives to gasoline on their own initiative, the state makes it more difficult and costly.

If the state were to be consistent in promoting less gasoline use, it should exempt the use of grease and vegetable oil for fuel from the fuel tax. Some might argue that if there is a fuel tax, it should apply to all fuels, since if grease is less costly, the after-tax price would also be lower. From the libertarian perspective, there should not be any tax on fuel. The fuel tax is an arbitrary imposition on the consumption of a particular service—transportation—that arbitrarily makes that service more expensive relative to other goods and services. It extracts money just because people need to travel.

Some argue that a gasoline tax is like a fee for the use of roads. But there is little connection between consuming a gallon of fuel and the cost of the street or road that the vehicle is using during that consumption. Taxing fuel to pay for road upkeep is like taxing shoes to pay to maintain sidewalks or taxing eyeglasses to pay for street lighting. An entrepreneur would not finance a private road by charging extra for buying

gasoline. He would charge tolls as a direct user fee, charge cars that pollute, have extra fees for heavy trucks, and negotiate with communities adjacent to the road to pay for access.

Requiring a license to take kitchen grease from restaurants is absurd. The grease would otherwise be wasted and would add to environmental damage. Common and civil law provide sufficient remedies in case grease is spilled: those who are damaged can negotiate for compensation or sue for the costs. Likewise, a permit to burn fat is an unnecessary burden. If there is any extra pollution from burning fat, a permit will not compensate for it.

As to liability insurance, surely an entrepreneur would want that, since without it his personal assets are at stake. Nevertheless, the requirement for liability insurance is one that a network of private free-market communities might also require for those doing business on their domains, so that is not a battle a libertarian would pick.

The main problem is that the state of California imposes arbitrary restrictions and costs on those who seek to lower their fuel costs, pollute less, and reduce dependence on gasoline. The state should enact a law eliminating all restrictions on the use of grease and vegetable oil for vehicles and just let civil law handle any problems that may occur.

We don't need subsidies for alternative energy. It is sufficient to let the market work without arbitrary obstacles. Thousands, maybe millions, of car drivers would switch to cheap vegetable oil or grease if only the state got out of the way.

Fred E. Foldvary teaches economics at Santa Clara University, where he is also an associate of the Civil Society Institute. His main areas of research include public finance, public choice, social ethics, and the economics of real estate.



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FICTITIOUS BUSINESS NAME STATEMENT #0806578. Jennifer Lynn Finley, 4905 Olympia Court, Carmichael, CA 95608 and Jennifer Ann Finley, 4663 Cattle Way, Roseville, CA 95747 are doing business under the Fictitious Business Name "Simply Chic, Event Planning and Design" at 4905 Olympia Court, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on June 16, 2008. Publish: July 8, 15, 22, 29, 2008. SIMPLY 80702 7-29-08

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2008-00014299-CU-PT-GDS

WHEREAS, Lydmila Avdeyuk has filed a petition with this court for a decree changing name of Lydmila Stepanova Avdeyuk to Liz Derebenskiy. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Aug. 11, 2008 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, Ca 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this order to show cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: June 26, 2008.

Shelleyanne W.L. Chang
Judge of the Superior Court
Publish: July 8, 15, 22, 29, 2008.

AVDEYU 80702 7-29-08

NOTICE OF TRUSTEE'S SALE TS No. 08-33000 Title Order No. 08-8-138718 APN No. 236-0342-020-0000 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 01/11/07. 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 LUCY

PADILLA, AN UNMARRIED WOMAN dated 01/11/07 and recorded 01/22/07, as Instrument No. , in Book 20070122, Page 1271), of Official Records in the office of the County Recorder of Sacramento County State of California, will sell on 08/05/2008 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: 4606 PEDERSEN WAY, CARMICHAEL, CA, 95608. 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 \$366,866.66. 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: 07/15/08 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 # 1006.29203 7/15, 7/22, 7/29/2008

FEI 80703 7-29-08

NOTICE OF PETITION TO ADMINISTER ESTATE OF ROBERTA GRIMES DUNCAN NO. 34-2008-13069

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Roberta Grimes Duncan.

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

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

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

The petition is set for hearing in Dept. No. 129, at 3341 Power Inn Road, Sacramento, CA 95826, Probate, on August 7, 2008 at 9 a.m.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from

the date of first issuance of letters as provided in Section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the date of the hearing noticed above.

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

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

Catherine A. Lawson, Esq. SBN 117029, 3161 Cameron Park Dr. #223, Cameron Park, CA 95682; Telephone: 530-676-6860.

Publish: July 15, 22, 29, 2008.

LAWSON 80703 7-29-08

FICTITIOUS BUSINESS NAME STATEMENT #0807126. Thao Thu Nguyen, 9408 Misty River Way, Elk Grove, CA 95624 is doing business under the Fictitious Business Name "Beauty Zone" at 5211 Elkhorn Blvd., Sacramento, CA 95842. Filed with the Clerk of Sacramento County on July 1, 2008. Publish: July 15, 22, 29, August 5, 2008.

BEAUTY 80703 8-5-08

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2008-00015655-CU-PT-GDS

WHEREAS, Nancy Lee Aston has filed a petition with this court for a decree changing name of Nancy Lee Aston to Amelie Franklin. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on August 21, 2008 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, Ca 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this order to show cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 10, 2008.

Shelleyanne W.L. Chang
Judge of the Superior Court

Publish: July 15, 22, 29, August 5, 2008.

NOTICE OF TRUSTEE'S SALE File No. 8134.20227 Title Order No. 3494371 MIN No. Loan No. 0000297808 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 03/08/05. 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. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in §5102 to the Financial code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to satisfy

Publish: July 15, 22, 29, August 5, 2008.

ASTON 80703 8-5-08

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2008-00014459-CU-PT-GDS

WHEREAS, Kenneth A. Hall and Kelly L. Hall have filed a petition with this court for a decree changing name of Michaela Patricia Ramsey to Michaela Patricia Hall. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Aug. 8, 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: June 27, 2008.

Loren E. McMaster
Judge of the Superior Court

Publish: July 15, 22, 29, August 5, 2008.

HALL 80703 8-5-08

NOTICE OF TRUSTEE'S SALE File No. 8134.20227 Title Order No. 3494371 MIN No. Loan No. 0000297808 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 03/08/05. 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. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in §5102 to the Financial code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to satisfy

Publish: July 15, 22, 29, August 5, 2008.

HALL 80703 8-5-08

NOTICE OF TRUSTEE'S SALE File No. 8134.20227 Title Order No. 3494371 MIN No. Loan No. 0000297808 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 03/08/05. 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. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in §5102 to the Financial code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to satisfy

the obligation secured by said Deed of Trust. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. Trustor(s): Michale J. Duke, An Unmarried Man Recorded: 03/25/05, as Instrument No. BK 20050325 PG 1701, of Official Records of Sacramento, California. Date of Sale: 08/18/08 at 11:00 AM Place of Sale: At the main entrance to the County Courthouse, 720 9th Street., Sacramento, CA The purported property address is: 6201 Samoa Way, Carmichael, CA 95608 Assessors Parcel No. 260-0173-010-0000 The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$309,372.33. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney Date: 7/22/2008 NORTHWEST TRUSTEE SERVICES, INC., as Trustee Camale Smith, Authorized Signatory 505 N. Tustin Avenue, Suite 243 Santa Ana, CA 92705 Sale Info website: www.USA-Foreclosure.com Reinstatement and Pay-Off Requests: (866) 387-NWTS THIS OFFICE IS ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE FEI # 1002.91381 7/29, 8/05, 8/12/2008 FEILLC 80705 8-12-08

FICTITIOUS BUSINESS NAME STATEMENT #0807608. Neil C. Reinhardt, 9019 La Serena Dr., Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Fair Oaks Heating & Air" at 9019 La Serena Dr., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on July 16, 2008. Publish: July 29, August 5, 12, 19, 2008. FOHEAT 80705 8-19-08

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RT Public Hearings Announce Major Service Reductions and Fare Increases

Proposed for January 2009

In response to an expected \$18 million loss in state funds, the Sacramento Regional Transit District (RT) held public hearings to discuss proposed service reductions and fare increases. The public hearings were held on Monday, July 28 in the RT Auditorium.

Governor Arnold Schwarzenegger's budget proposal for fiscal year 2009 (July 1, 2008 through June 30, 2009) calls for a \$1.4 billion cut to transit agencies statewide. The result is an \$18 million loss in State Transit Assistance funds to RT, which will severely impact bus and light rail service. Should the California Legislature approve the proposed budget, this will be the second year in a row that transit funds have been diverted to the state's general fund to balance the state budget. Last fiscal year, RT implemented cost-containment measures and reduced bus service by 5 percent to balance its budget, despite an unanticipated \$14 million loss of state funds, a \$14 million loss of sales tax dollars from the Local Transportation Fund, and a \$10 million loss of Local Measure A sales tax dollars.

"RT is at the point where we can no longer absorb this magnitude of cuts to transit funding without increasing fares or implementing service reductions - or a combination of both," Mike Wiley, General Manager/CEO, stated.

Service reductions are proposed for implementation on January 4, 2009. Staff presented four service reduction options:

1. Eliminate Service Based on Productivity: Bus - Discontinue bus routes that operate at less than 70 percent productivity compared to the routes in its category (\$3.7 million savings). The following routes are potential candidates

for discontinuation.

Weekdays - Routes 9, 10, 36, 63, 94, 95, 107, 249, 251, 261

Weekdays/Saturdays - Routes 6, 73, 74

Weekdays/Weekends/Holiday - Route 75

Saturdays - Routes 28, 54, 65

Sundays/Holidays - Route 5

2. Reduce Service Frequency: Bus - Reduce bus service frequency during peak hours so that no service operates more frequently than every 30 minutes (\$4 million savings) or reduce bus service frequency during off-peak hours so that no route operates more frequently than every 60 minutes (\$1 million savings). Light Rail - Reduce light rail service frequency to every 30 minutes all day (\$4.1 million savings) or to every 30 minutes during off-peak hours (\$2.05 million savings).

3. Reduce Service Day: Bus - Reduce the hours of bus service from approximately 5 a.m. until 11:30 p.m. to operate from 6 a.m. until 8 p.m. (\$2 million savings). Light Rail - Reduce the hours of light rail service from approximately 4 a.m. until 1 a.m. to operate from 6 a.m. until 8 p.m. (\$0.43 million savings).

4. Reduce Weekend Service: Bus - Discontinue all weekend bus service (\$5.9 million) or discontinue Sunday/Holiday bus service (\$2.5 million savings). Individual bus routes could be discontinued based on productivity - less than 10 passengers per trip (\$0.8 million savings). Light Rail - Discontinue all weekend light rail service (\$1.5 million savings) or discontinue Sunday/Holiday light rail service (\$0.25 million savings).

Fare increases are proposed for implementation on January 1, 2009. Staff presented four fare increase scenarios ranging from 10 percent to 25 percent for basic fares, daily passes and monthly passes.

Sacramento County Animal Care and Regulation Fees Raised

Board of Supervisors Approves Proposed Fee Schedule

On July 22, the Sacramento County Board of Supervisors approved a new fee schedule proposed by the Department of Animal Care and Regulation (ACR). The approved increases will affect fees for services such as impoundment, licensing, kenneling, adoption, boarding, and hauling of animals in unincorporated Sacramento County.

"Many of the fees at our Department have not been increased in over ten years," said Pat Claerbout, director of Animal Care and Regulation. "These

increases will allow our department to continue our operations and service to the community."

The need for a fee increase was determined after the ACR conducted a comprehensive review of all current fees and determined that fee increases were an appropriate measure to take at this time.

ACR has experienced a high volume of animals brought to the Shelter, both feral animals and surrendered animals, due to area foreclosures and those owners cannot afford to care for their pets due to cost of living increase issues.

Sacramento Master Singer Auditions August 11

The SACRAMENTO MASTER SINGERS is holding auditions for the 2008-2009 season on the evening of August 11, 2008. The SACRAMENTO MASTER SINGERS is a chamber choir dedicated to the performance of challenging choral works. Experienced choral singers who read music are invited to audition.

All voice parts will be considered and there are immediate openings in the tenor and bass sections. Auditions will be held at Arcade Baptist Church, 3927 Marconi Ave, in Sacramento. For information and an appointment for an audition, call Ralph Hughes at (916) 971-3159 or by e-mail REHchoir@aol.com.



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What's Your Next Career Move?

If you are looking to get a new job, start your own business, or further your education, give your future a fresh start at Sacramento's Career Expo, Tuesday, August 12th from Noon to 4pm at the Sacramento Convention Center, 1400 J Street. Admission is free.

Explore over 1000 opportunities from entry-level to management jobs in a wide variety of fields, investigate alternatives to traditional employment with franchises and turn-key business opportunities, or learn about your options for getting more education or skills training.

Free CareerTalks covering business ownership, interviewing skills, and getting a job with the state will be available (with limited seating) throughout the event.

Candidates should dress professionally and be prepared to meet with company decision-makers, business-ownership advisors, and college admission counselors. For more information on this event, visit JobJournal.com or call

1-888-THE JOBS.

Job Journal Three-Peats National Award

Big Brown's recent try to become thoroughbred racing's first Triple Crown winner in 30 years proved once again how tough it is to win three in a row. And while seven teams have won the Super Bowl back-to-back, none has ever three-peated. So the staff at California Job Journal was understandably elated to learn their popular employment weekly had won 'Best of Show' in a national newspaper competition for the third year in a row.

The 'Best of the Best' annual awards from the Association of Free Community Newspapers awards recognize creative and technical excellence in the free press industry. The 2008 newspaper contest drew over 3000 entries from across the U.S. and Canada.

'Best of Show,' the most prestigious award, goes to the publication receiving the most points from judges looking at all aspects of newspaper innovation and quality. California Job Journal beat out all other specialty newspapers in the 'Single Advertising' category to take the top honor. It was one of five awards the paper and its website JobJournal.com collected at the ceremony held recently in Las Vegas.

First Place for "Outstanding Publication" was also awarded to CJJ, which is celebrating its 25th anniversary this year. Judges praised the design as, "clean and neat, making the paper easy to read," and commended the "strong editorial."

The Job Journal also won awards for "Best Original Writing," "Best Banner (website)," and "Best Presentation of Classified Advertising on the Internet." Judges liked, "the placement of employer's logos next to their ads giving readers quick recognition of the company without reading the ad. This unique internet feature makes finding the right job easier."

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