

Carmichael Times

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April 22, 2008

St. John's Shelter Celebrates Area Mothers



Honoree Teri Munger of Intel

FIVE SACRAMENTO AREA ACTIVIST MOMS TO BE HONORED

Five "Super Moms" will be honored by St. John's Shelter Program for Women and Children on May 7th, announced Michele Steeb, Executive Director of St. John's Shelter Program for Women and Children. These five honorees will be recognized for their contributions to the Sacramento community at the second annual "Celebrating Mothers 2008, A St. John's Shelter Program for Women and Children Tea Party" benefit set for 3:30 p.m., May 7, 2008 at the Sheraton Grand Hotel in Sacramento.

St. John's Shelter Program for Women and Children is the only shelter program in Sacramento County focused exclusively on women with children - the most vulnerable of the homeless population. Its mission is to assist these families in advancing from a point of crisis to a position of self-sufficiency in 90 days. Since 1985, the Program has served more than 23,000 displaced women and children.

The five honorees are as follows:

Teri Munger—External Affairs and Media Relations Manager, Intel, Cassandra Jennings—Assistant City Manager, City of Sacramento, Carol Fowler—Community Volunteer, Griselda Barajas—Small business owner/restaurateur, Jolene Waite—St. John's Alumna Mother of the Year

"These women are 'Super Moms' in every sense of the phrase said Steeb. "We could not continue this work without the commitment of women like them, our amazing Board of Directors, and our major sponsors, such as AT&T. Last year's event, the first annual Celebrating Mothers Tea Party, wildly exceeded our expectations," said Steeb. "And this year we are expecting almost double

the number of attendees—700. It's so gratifying to see the Sacramento community respond to the needs of this rapidly growing population. Though we have 100 beds, our average daily capacity this year is 115 women and children, and yet, we are turning away more than 100 women and children each day," said Steeb.

The Tea Party is co-chaired by Sacramento County Supervisor Roberta McGlashan and Sacramento City Councilmember Kevin McCarty, and Kathy McKim, Vice President-External Affairs, North/Central AT&T California. The event will be emceed by Peggy Shannon from the Sacramento Theater Company.

St. John's mission is to support homeless women with children to advance from a point of crisis to a position of self-sufficiency. St. John's Shelter Program for Women and Children is the ONLY shelter program in Sacramento County focused exclusively on women with children - the most vulnerable of the homeless population. Since 1985, the program has served more than 23,000 displaced women and children.

The "secret" to St. John's success in transforming the lives of homeless women and children in only 90 days is that all of the necessary services are under our roof. To accomplish this, we collaborate with many local agencies including: The Effort, Project Teach, the Sacramento Unified School District, Sacramento County, Sacramento State University, St. Francis High School, and PRIDE Industries to name a few.

In 2007, the lives of more than 1,300 women and children were transformed at St. John's.

About the Tea Party:

Tickets are \$50.00 each and are available by calling (916) 448-2881 or you can purchase them at www.stjohnsshelter.org.

CHP Start Smart Program

The California Highway Patrol invites parents and their young children ages 15-19 yrs old to attend a Start Smart class. The Start Smart program is geared towards the reduction of senseless collisions and injuries involving teen drivers. Start Smart traffic safety issues directly affect new drivers in a way no other program does. Start Smart speaks directly to those with a permit and to the newly licensed drive This program discusses with the drivers accident avoidance techniques, accident causing elements, driver responsibilities, and it discusses local area traffic collision trends. Laws pertaining to provisional licenses, driving under



the influence and Zero tolerance will be discussed. You will also hear a live testimony from a parent who lost her own child.

By providing teens and their parents with the traffic safety information, they are made aware of the reality that they face and the opportunity to better prepare them to know what precautions to take in order to stay safe. Each class is from 2 hours to 2 1/2 hours in length.

To make reservations to attend a future class, please contact your local CHP Office. For the North Sacramento Area office call Officer Dutton at (916)338-6710 for South Sacramento Area call (916)681-2300.

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Deterding Choir Rates Unanimous Superior!

At last Saturday's Golden Empire Music Festival, the Deterding Elementary School Choir received the highest rating. With comments such as "You made my day!" and "You were absolutely entertaining and engaging," all three judges scored the group as "Superior." The choir, known for their penchant for "having fun," performed

Telemann's "Alleulia," the spiritual "Hush, Hush, Somebody's Calling My Name," and the crowd pleasing folk song, "I Bought Me a Cat." The audience was especially impressed with 6th grade accompanist, Joey Cozza. Congratulations to the choir and their director, George Dozet.

Band Festival-Carmichael Park May 31 & June 1: Noon to 7pm



The Carmichael Recreation and Park District is hosting the Summer Music Concert Series for your listening and dancing enjoyment at the Danny Bishop Memorial Pavilion for the Performing Arts in Carmichael Park, 5750 Grant Avenue.

This summer "kick off" event will feature the LARGEST Community

Band Festival in California featuring 15 popular bands from all around the valley! Bring your blanket, chairs, picnic and relax under the canopy of trees while your children have fun at the playground! This event is FREE and open to the public! Call (916) 485-5322 for more information or visit our web site at www.carmichaelpark.com.

POPPOFF!

with Mary Jane Popp

BALANCED HEALING

It's about time! What? Combining modern medicine with safe and effective alternative therapies, that's what. And that's what Board Certified Internist, Dr. Larry Altshuler, proclaims. Dr. Larry heads the Balanced Healing Center in Oklahoma City, and in his book, "Balanced Healing", he goes into a myriad of tips from losing weight and exercising to improving your health. But what got my attention, big time, were some of his answers to what he calls Common Medical Myths like:

1) Conventional medical procedures work because they are based on sound research. Nope! Dr. Larry says 80% of the medical procedures used by docs are not supported by valid medical research. WOW!

2) Obesity leads to coronary heart disease and shortens your life expectancy. Not really. Dr. Larry says fat itself doesn't cause disease. It's how you become fat (through poor diet and lack of exercise) that leads to disease. Studies show that fat people who exercise are actually healthier than people who are not overweight and do not exercise.

3) Unlike drugs, natural supplements are safe to use. Oh contraire! Herbs and supplements are weak drugs with side effects that can be dangerous and even fatal. He has a whole section in his book covering this aspect.

4) Vitamins give you energy. Not really! Vitamins help you use the energy in foods, but vitamins per se do not increase your energy.

Plus, Dr. Larry has the following statements which he says are FLAT-OUT UNTRUE...period...end of story!

- 1) If you drink too much, coffee will help sober you up.
- 2) Eating too much sugar can lead to diabetes.
- 3) Eating too much sugar can lead to hyperactivity in children.
- 4) Flu shots can cause the flu.
- 5) Spicy foods can lead to ulcers.



6) Chocolate and greasy foods cause acne.

The good Doc covers a bunch more great info in this telling tale of the medical profession like "what kind of medical rip-offs you should be aware of and cautions about surgery" along with tips on alternative methods used for decades outside the U.S. And let's not forget the WHY it's taking so long to accept them here.

Bottom line is, Dr. Larry insists that we take control of our medical lives from stress and HRT to dealing with chronic pain and your Doctor...not that they are the same, of course.

Dr. Larry is on-call in "Balanced Healing". He gives step-by-step action plans to treat conditions like allergies, anxiety, arthritis, back problems, depression, headaches, high blood pressure, diabetes, drug addiction, obesity, ulcers, and so much more. It lists almost 100 of the most common ailments and the most effective and safest conventional AND alternative treatments that Dr. Larry has used for well over 20 years. You might want to visit him at www.balancedhealing.com. Ain't it grand to get the whole truth and nothing but the truth...FOR A CHANGE????!!

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

Carmichael Times

Publisher - Paul V. Scholl



Publisher's Statement: It is the intent of the Carmichael Times to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

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Don't miss out on the tax rebate.

Talk to your people now.

■ To receive a rebate check this year, individuals must file a 2007 return.

■ Those who qualify for the rebate will receive between \$300-\$600 (\$600-\$1200 for joint filers) plus \$300 for each eligible child.

■ Last year, over half of our clients who were not required to file received a refund of \$500 or more.

■ Recipients of Social Security, Railroad Retirement Board benefits, and certain veteran's benefits may be able to use this income to qualify for the tax rebate.

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Stay in Touch ~ 24/7

Put down that cell phone and read the following health bulletin: You may already be suffering from nomophobia.

It is not, as you might expect, the fear of nomos. Instead, "nomophobia" is short for "no mobile phobia," the debilitating fear of being out of mobile phone contact.

Despite the recent study, we are still a long way off from the condition being officially recognized as a genuine medical problem with established protocols, treatment and, of course, repulsive pharmaceutical ads on TV -- perhaps by next Tuesday.

(I admit to a "pharmaphobia," a fear of televised drug advertising, which at first appears to offer a treatment for a real or imagined disease, only to tell you that the drug itself may have side effects such as causing your elbows to fall off.)

But already the study has turned up an important breakthrough -- the discovery of a catchy name that journalists can latch onto, and, also important, an official-sounding portion of the population that suffers from the disease -- 53 percent.

That's right, more than half the people in your home or office are suffering (though, doctors note, not silently since they tend to spend a lot of time gabbing on the phone).

The story, however, did omit one key statistic that's crucial to the success of any new disorder -- the cost to society.

Many people ignored hangnails, for example, until it was revealed that they cost the U.S. economy \$83 billion in lost productivity [SET ITAL]per year[END ITAL] -- and that doesn't include one lingering hangnail that I bravely worked through despite searing pain.

Fortunately, as someone who once scored an Honorable Mention for a fifth-grade science fair

project that depicted the earth-moon system with startling realism -- except perhaps for the pipe cleaner that held the moon in orbit -- I have a full understanding of the underlying principles needed to generate these figures.

Here's how it works. Take the year you were born -- in my case, '57 -- and multiply it by the number of your birth month, which for me is five.

That gives you a total of 285, which means, in this case, that the total cost to society of untreated nomophobia is \$285 billion.

Unless of course you'd prefer a bigger number, like \$285 trillion or \$285 bobobillion. The bigger the better.

And right now, there's no cure; the article even offered the ludicrous advice of telling people to "liberate yourself from the shackles of your mobile by simply switching it off."

Yeah, right.

According to a comment accompanying the article, people's attachment to cell phones is such that one man observed a child text messaging in church, which he considered a sign of moral decay -- though it's possible the girl was simply texting the sermon to all of her friends.

Not much else is known about nomophobia except that it appears to be of recent origin. A careful review of the medical literature for the 17th through 19th centuries revealed not a single verifiable case of the disease.

But if you do come across some information, give me a call. My phone is always on.

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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A Gourmet Buffet of Gems and Jewelry!

Carmichael-Have you ever been asked "Are you going to Tucson?" a frequent question within the Jewelry Industry that prompts the biggest event in Tucson, Arizona.

Imagine walking into a big white circus tent full of precious stones and your eye's dancing with excitement in each look at the glistening cases of diamonds emeralds, sapphires and all the beautiful newly discovered gems. Take that tent and multiply it by about 100 and you have the World's Largest Gem Show. The California Institute of Jewelry Training (CIJT) sent staff members to Tucson as Exhibitors for the show.

Beginning in February of 1955 by a group of mineral collectors and rock hounds; the show took immediate success. The founders, from the Tucson Gem & Mineral Society, held a free exhibition open to the public.

Gems, minerals, jewelry, lapidary and publication dealers where showcased at the public event. Items from private collections and world renowned museums had the public in awe marking the show as an annual event.

As the show grew and gained even more

recognition world wide, it began moving to bigger locations throughout the city. Eventually setting up headquarters in the Tucson Convention Center where it still lies today. Not only does the show take place in the Convention Center but all throughout the city in tents, hotels, resorts and exhibit halls adding up to nearly fifty sites.

Many gem enthusiasts are unaware of Tucson. When preparing for the show you must begin months

in advance. Planning ahead is key; the entire city of Tucson is booked in full before the month of November.

Tucson is a smorgasbord for jewelry and gem fanatics. Just as industry people come from all over the world to sell and purchase their materials quota for the entire year, attendees go the distance as well. Many come to work and the rest come to shop.

"I thought it was great fun, I was amazed at the number of vendors and the variety of stones and materials they had to offer," said CIJT Director of Operations Robyn Beer.

It is hard for Newbies to paint a picture of the magnitude that is Tucson. Thinking about 50 venues and over 250 vendors selling all kinds of things is excitingly overwhelming.

Showstoppers are already thinking about the next year and thoughts are always promising. Bigger and better displays are forecasted in its future. The next time you hear "Are you going to Tucson?" what will the answer be?

For more article information and for pictures please contact Valerie Adams at Valerie@jewelrytraining.com or (916)-487-1122



Geranium Society Festival and Sale

Saturday, April 26, 2008
10 a.m. - 3 p.m.

Carmichael Clubhouse, 5750 Grant Ave.
Award winning geraniums will be on

display and for sale. The event will include ceramic handmade pots for sale, and free advice on potting and planting geraniums. For more information call Nancy Blair (916) 332-1493 or the District Office (916) 485-5322.

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Capitalizing on the Housing Market: Is the glass half full or half empty?



By Karla Hawe
Mortgage Consultant
BWC Mortgage

For example: John and Judy are selling their home that was worth \$205,000 last year. In today's market they have accepted an offer for \$195,000. They lost \$10,000 this year. The house they are buying was on the market last year for \$325,000, but they were able to purchase it for \$303,000. They saved \$22,000 from what they would have paid last year. Over all they saved \$12,000 in today's market. They are also saving in the long run because rates are less this year than the average last year.

For those Refinancing, it is simple, Interest Rates are lower! If you either purchased a home in the last 3 years or missed out on low rates when they were available now may be a perfect time to refinance. You may be able to get off an adjustable Interest rate, consolidate debts, or just get a better rate and term for your home. Equity is the key!

Equity is important because it gives a person the ability to act when the time is right. Protecting your homes equity is very important! There are many ways of building equity. I take great pride in educating my clients on Credit and Equity Building principles. If you are in the market to make a move in Purchasing or Refinancing a home, please take the time and call me I will sit down and explain all the options available to you.

You can contact me, Karla Hawe at 916-923-5900 or karlah@bwcmtg.com.

Now is a great time to either Refinance or Purchase a new home. The current market conditions are perfect for the right mind set to take advantage of either. In the last few weeks the interest rate for both Refinancing and Purchasing a property have dropped to a 2 1/2 year low. This will not last long, with the prime Real Estate market coming up now that it is Spring, rates could likely increase and the housing inventory will drop.

In the National Media there are many reports of how property values have decreased. This is true, but locally they have not decreased as much as other areas in the nation. If you are selling a home and making a move to a larger home you can find some great buys. If you have outgrown your current home or your lifestyle and income dictates an up-word housing move you need to act now!

The California State Button Society Show and sale is returning to Sacramento, after 53 years! The 2008 show is open to the public on Saturday, May 24th, 10 AM to 5 PM, and Sunday, May 25th, 10 AM to 3 PM. at the Holiday Inn Sacramento NE I-80, 5321 Date Ave. Admission will be a suggested donation of \$4.00, with children free. The CSBS is a non-profit organization for the preservation and study of collectible buttons. The society

attendees will vote to award cash prizes to the button art items. Studio button artists, who create artful buttons for collectors, will be demonstrating and discussing their techniques with Micronesian ivory nut, wood, fabric, fused glass, fimo and a surprising variety of mixed media.

Button dealers from around the country will be offering buttons from the last four centuries. The button selection promises to be endless, reflecting fashion trends throughout the years. Although vintage fashions are long gone, the incredible buttons, that once graced them, are still here to enjoy. When you explore the unique world of buttons, you're sure to rediscover the appeal of these ultimate sewing collectibles. You'll find Bakelite, pressed lacy glass, French enamels, paperweights, 18th century paintings, military, and Victorian picture buttons.



welcomes new members and more information can be found at <http://www.cabutton.org/2008show/>

At the annual show, history buffs, antique collectors and crafters can enjoy the many fine collections displayed by members, eager to share their knowledge. In addition to the traditional judged trays of buttons, exhibits will spotlight vintage button items, buttons created by contemporary artists, and buttons used as embellishments for creative arts. At the show on Saturday,

Modern buttons will also be on display and for sale. Currently, buttons exhibiting a wide range of subject matter and produced in both traditional and innovative materials are making a comeback in the fashion industry. Imports from around the world, contemporary creations by button artists and, of course, Mickey Mouse, Snoopy and Pluto buttons will also be available at the show.

Whether you're a collector, a shopper, or a browser, this show will entertain you for hours.

Weekly SUDOKU

Answer

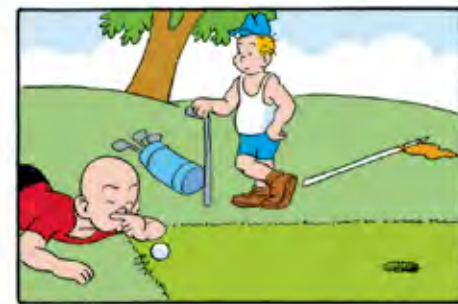
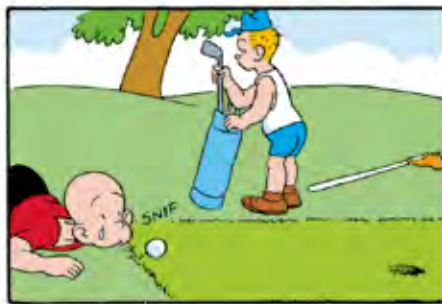
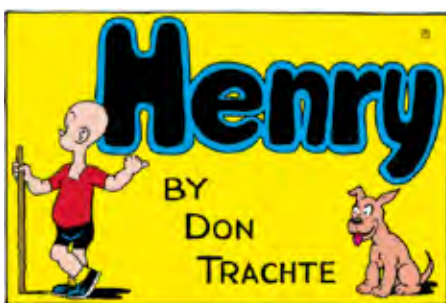
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King Crossword

Answers

Solution time: 27 mins.

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All River Cats Games Now on K-Hits 92.1 FM

The Sacramento River Cats and K-Hits 92.1 FM have announced a partnership that makes K-Hits the team's Official Radio Station. All 144 regular season River Cats games, the 2008 Triple-A All-Star Game (July 17 in Louisville, KY) and all River Cats postseason games will be broadcast on K-Hits. Streaming game broadcasts will also be available online at www.rivercats.com. The "Voice" of the River Cats, Johnny Doskow, will return for his 8th season handling all play-by-play duties on the team's broadcast. "We are extremely happy to announce our partnership with K-Hits," said Darrin Gross, River Cats vice president, corporate partnerships and broadcasting. "The opportunity to work with [parent company] Results Radio and the K-Hits team is an excellent one and we look forward to great baseball broadcasts all summer long." "We think classic hits and baseball fit hand in

glove and are excited about marketing opportunities to present 92.1 K-Hits to thousands of River Cats fans," said Jack Fritz, President and CEO of Results Radio LLC. For more information about the 2008 River Cats season, visit www.rivercats.com.

For information on other events at Raley Field, visit www.raleysfield.com. The Sacramento River Cats are the top minor league affiliate of the Oakland Athletics and play their home games at Raley Field in West Sacramento. Since the team's inception 2000, the River Cats have led all of Minor League Baseball (nearly 200 teams) in attendance every year and have won three Pacific Coast League Championships (2003, 2004 and 2007). The Sacramento River Cats are an active member of the Sacramento and West Sacramento communities and are involved in countless philanthropic programs.



Riley Reviews

By Tim Riley

DARK, GRITTY "STREET KINGS" EXPLODES WITH MUCH VIOLENCE

STREET KINGS (Rated R)

Film noir for contemporary times is the easiest description to put on the violent, gritty "Street Kings," an exercise in the search for the darkest corners of the brutish, nasty landscape of urban Los Angeles. This brutal action film has a fine pedigree in its creative team. Director David Ayer was the writer and co-producer for "Training Day," notable for how it turned Denzel Washington into a real tough, troubled character. Moreover, the "Street Kings" screenplay is based on an original story by James Ellroy, who has made a name for himself by uncovering the dark side of Los Angeles in crime novels that were adapted for the big screen, including "L.A. Confidential" and "The Black Dahlia."

"Street Kings" wastes little time jumping into the fray of the mean streets of the City of Angels. The conflicted, tortured central character is veteran LAPD cop Tom Ludlow (Keanu Reeves), who wakes up each morning with a seriously disturbed stomach and an almost insatiable desire to start sipping vodka from little airline bottles. This is a guy living on the edge, tormented by his inner demons. After all, Ludlow finds life difficult to navigate after the sudden, mysterious death of his wife. At the film's opening, Ludlow is flying solo in a dangerous sting operation with a nasty bunch of Korean thugs. Mainly, he's in search of their hideaway, which appears to be the nerve center for the trafficking of drugs, guns and young victims of a sex slave operation.

In keeping with his apparent rogue status, Ludlow busts into the suspects' abode with his guns blazing. He doesn't bother with Miranda warnings or other niceties. But to make the crime scene look good, Ludlow leaves evidence behind that he acted in self-defense while rescuing some underage girls. Meanwhile, his former partner, Detective Terrence Washington (Terry Crews), appears on the scene for the investigation and immediately suspects that Ludlow has something to hide. Before things get messy, Ludlow's boss, Captain Wander (Forest Whitaker) steps in to back up his protégé.

Tension rises when it is apparent that Washington may have implicated Ludlow in unsavory conduct that has drawn the attention of Internal Affairs investigators. Soon, Ludlow finds himself being scrutinized by Internal Affairs Captain Biggs (Hugh Laurie), who grows suspicious that something rotten is happening. Biggs' skepticism increases exponentially when Washington is gunned down in a liquor store by masked gang bangers. What's worse is that Ludlow becomes implicated in the detective's death because he was on the scene when the shootings occurred.

At this point, Captain Wander draws the wagons in a circle, getting members of his unit to help Ludlow clear his name of wrongdoing. For his part, Ludlow is troubled by the violent murder of his former partner, even though he had become a snitch. He sets out to find the killers, while others on the force seem too eager to hamper the pursuit of a serious investigation. Even if he's turned into a renegade cop, Ludlow wants to do the right thing, and so he teams up with young detective Paul Diskant (Chris Evans) to go after the truth. An investigation by Ludlow and Diskant takes this unlikely duo into the meanest neighborhoods of the city.

In the rough and tumble world of chasing down street toughs, Ludlow and Diskant hook up with criminal figure Scribble (Cedric "The Entertainer" Kyles), who guides them to a pair of very unsavory characters. Needless to say, the encounter with thugs leads to a blazing gun battle, which happens to be just one of many. "Street Kings" thrives on a cavalier explosion of gruesome violence, somewhat reminiscent of "Training Day" and any number of brutal cop films where the constant bursts of carnage and bloodshed are palpable. "Street Kings" is stoked by so much energy and thrills that there's barely enough breathing room, and the obvious deficiencies of the plot are easily glossed over. But for action junkies, the payoff is just too good to care much about the absence of logic and reason.

Now that's a game face.

It's the Sunrise Mall Baby Games

April 26th
12-2 pm
Front of JC Penney



For some, competition begins in the womb.

Throw in the prize of a savings bond, and, for these sports fans, anything goes. But win or lose, this is one derby that's sure to be a scream.



Diaper Derby I

(8-10 months) beginning crawling contest

Diaper Derby II

(11-12 months) advanced crawling contest

Diaper Dash

(13-16 months) walk unaided 10 feet

Baby Speak

(17-24 months) cutest rendition of "I Love Sunrise Mall"

Best Dressed Athlete

All entrants (8-24 months) compete



Entry is free.

For more information & pre-registration form visit www.sunrisemallonline.com or Sunrise Mall Customer Service now through April 23rd.

Canine Craze!
A Fun Dog Show for Everyone!
Saturday, May 10, 2008 starting at 10am
9am Registration
Carmichael Park, 5750 Grant Ave
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My Best Friend!

Carmichael RECREATION AND PARK DISTRICT

www.carmichaelpark.com



Supervisor Susan Peters presents resolution to the center's administrator Eric Roderiques.

30th Anniversary Of Carmichael's Eskaton Care Center Manzanita Honored By Supervisor Susan Peters

Carmichael's Eskaton Care Center Manzanita recently celebrated its 30th anniversary of providing seniors of Sacramento County with innovative and comprehensive health care. In recognition of that accomplishment, the Sacramento County Board of Supervisors passed a resolution in honor of the care facility that was presented by Supervisor Susan Peters to Eric Roderiques, the center's administrator, during a

special gathering of residents and patients.

Eskaton's primary mission is to enhance the quality of life of seniors through innovative health, housing and social services. The care center at 5318 Manzanita Avenue in Carmichael provides rehabilitation services consisting of physical, occupational and speech therapy as well as around-the-clock skilled nursing and personal care. Short-term, long-term and respite care also are available.

Peters represents the Carmichael area on the Board of Supervisors.

Widowed Persons Association

Recover From Grief workshop

As a public service to the community, all widowed persons are invited to participate in the Recovery From Grief workshop sponsored by the Widowed Persons Association of California. There is no charge or donation required. The only criterion is that you Must Be Widowed.

The next Recover From Grief workshop will begin on Thursday, May 1, 2008 and continue weekly through Thursday, June 5, 2008 as the final meeting. The meetings will be held from 6:30 pm to 8:30 pm in the WPAC offices at 2628 El Camino Avenue, Suite D-18. Please call our office at (916) 972-9722 Monday through Friday between the hours of 10:00 am and 3:00 pm to reserve a seat. If there is no answer at the office, please leave your name, phone number and reference the workshop and someone will return your call on the next business day.

Sunday Support

Sponsored By: Widowed Persons Association of California (916) 972-9722, Office Hours 10:00 am - 3:00 pm Monday through Friday

What: Sunday Support

Who: Any and all widows or widowers may attend

When: Every Sunday from 3:00 pm - 5:00 pm

Where: In the meeting room of the WPAC office. Enter from the back parking lot at 2628 El Camino Ave., Suite D-18

Realizing how difficult it is to go into new social situations when one is first widowed, the Widowed Persons Association of California encourages widowed men and women to come to Sunday Support each Sunday from 3:00 pm - 5:00 pm with some going to dinner as a group following the session. The Widowed Persons Association is designed to be of help to recently widowed men and women but any and all widows and widowers are welcome as a community service by WPAC. Participants do not need to be members and there is no charge.

ACROSS

- 1 Chef's handwear
- 6 Period
- 9 Resort
- 12 Had a home-cooked meal
- 13 Poetic tribute
- 14 Possesses
- 15 Wild West show
- 16 Destructive
- 18 Laundry machine
- 20 Guy
- 21 Bill's partner
- 23 Mai -
- 24 Pie-in-the-face sound
- 25 "... bug in -"
- 27 Preamble
- 29 Put on eBay, maybe
- 31 Swarms
- 35 Skintint
- 37 Oompah instrument
- 38 Custom
- 41 Filch
- 43 English channel?
- 44 Author Wister
- 45 Nene's habitat
- 47 Sundry
- 49 Do reconnaissance
- 52 Previous to
- 53 Candle count
- 54 March King

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- 55 Allow
- 56 Supporting
- 57 Beginning
- Abdul
- 11 No liability
- 17 Balance-of-trade factor
- 19 Carpenter's supply
- 21 Ford or Lincoln
- 22 Raw rock
- 24 "No seats"
- 26 Early-June baby
- 28 Pitch
- 30 Torched
- 32 Stirring skepticism
- 33 Recede
- 34 Pouch
- 36 Whiteboard accessory
- 38 Run-down home
- 39 Cognizant
- 40 Jaunty chapeau
- 42 - profundo
- 45 "The Hunchback of Notre Dame" author
- 46 PC symbol
- 48 LummoX
- 50 Exploit
- 51 Tit for -

DOWN

- 1 Scratch
- 2 Judge Lance
- 3 Tiresome
- 4 Layer
- 5 Treat disdainfully
- 6 Slain
- 7 Bloodhound's clue
- 8 Cowpoke's nickname
- 9 Sandbar
- 10 Zahn or

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by Jeff Pickering

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And You Thought It Was Your Room

Is it legal for a roommate locator service to match up customers according to their mutual preferences: male or female, gay or straight, have children or childless? Probably not, according to a recent federal appellate court decision in *Fair Housing Council v. Roommates.com*. That's because the federal Fair Housing Act and a similar California law ban discrimination based on sex, sexual orientation, or marital status in housing transactions.

"This lawsuit attacks individual liberty in a particularly sensitive area," said Thomas Bowden, an analyst at the Ayn Rand Institute. "Adults who contemplate sharing living space should have absolute contractual freedom to use a roommate-matching service that treats their own individual preferences as paramount."

"It's perfectly obvious that an incompatible roommate can make life miserable, as anyone who has occupied a freshman dorm room can testify. People should not have to get government permission to arrange their private affairs according to their own best judgment."

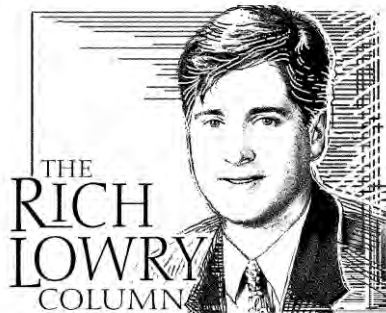
"The government's job is to protect you against physical force and fraud, not to overrule your preference for

a roommate who shares your sexual orientation--or not; who is of the same sex--or not; or who has children--or not."

"The law should respect and protect the right of Roommates.com, or any other such matching service, to design a questionnaire that suits their customers' needs. Roommate seekers who object to a particular questionnaire are free to find another matching service, or to start their own."

"This case illustrates why the Fair Housing Act, which does nothing but infringe on freedom of contract in the housing market, should be repealed."

Mr. Bowden is an analyst at the Ayn Rand Institute, focusing on legal issues. A former lawyer and law school instructor, who practiced for twenty years in Baltimore, Maryland, his op-eds have appeared in the *Wall Street Journal*, *Philadelphia Inquirer*, *Miami Herald*, *Los Angeles Daily News*, and many other newspapers. Mr. Bowden has given dozens of radio interviews and has appeared on Fox News Channel's *Hannity & Colmes*.



Detroit: The City that Liberalism Ruined

The indictment of Detroit Mayor Kwame Kilpatrick on eight felony counts, including perjury and obstruction of justice, would just be another dreary entry in the long annals of misbehaving politicians if it weren't for the backdrop of a decaying city.

Elected at age 31 in 2002, Kilpatrick was supposed to bring youthful vitality to his job, and he talked about reform. Now, he's just another tragedy to befall Detroit, a city whose decline is -- as psychologists put it -- overdetermined, but stands as a stark statement of the failure of urban liberalism.

Detroit suffers from every possible malady except a plague of locusts, and that's only because they find urban living uncongenial. Detroit has a revitalized downtown, but all around it, the city rots. *Forbes* magazine declared Detroit "America's Most Miserable City," on the basis of its unemployment and crime rates, among other things.

Detroit has lost 1 million residents since 1950. It was hit by the decline of the auto industry and white flight, fueled partly by racism. These trends would have rocked the city no matter what. Detroit compounded them with disastrous governance, personified by Mayor Coleman Young, who held office for 20 years beginning in 1974.

"Imagine a Rev. Jeremiah Wright with real power," says urban expert Fred Siegel. Coleman [Young] taunted suburbanites, accusing them of "pillaging the city," while his scandal-plagued administration managed the city into the ground.

He neglected policing, maintaining that "crime is a problem, but not the problem. The police are the major threat ... to the minority community." The 1968 riots never really ended in Detroit, dragging on in a long crime

wave. With government services terrible to nonexistent and both crime and tax rates high, there was no reason for anyone to stay.

"Several Detroit mayors have been the best economic development officers Oakland County ever had," comments Michael LaFaive of the Michigan-based Mackinac Center for Public Policy, referring to the county to Detroit's north.

Public-sector unions protect the dismal status quo. Detroit high schools graduate just a third of their students, according to an estimate by Michigan State University. But when a philanthropist offered to spend \$200 million to create 15 new charter high schools, teachers staged a walk-out. Mayor Kilpatrick spurned the offer. These failing schools throw kids with no skills into a struggling economy in an environment characterized by social breakdown.

No matter what Mayor Kilpatrick did with his chief of staff or how many lies he has told, this is the true scandal of Detroit -- and too many American cities. In the wake of the controversy over Rev. Wright, Barack Obama called for a national conversation on race. But we talk about race incessantly already, and Mayor Kilpatrick will carry on his own dialogue by playing on black fears with charges of "selective prosecution."

What would better serve the interests of African-Americans and the country is a national conversation about good urban governance -- how to crack down on crime, reform the schools and free the economy from sclerotic government. Detroit awaits it, as its disgraced mayor twists in the wind.

Rich Lowry is editor of the National Review.

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Area Residents Compete to Raise the Most Money for Blood Cancer Programs

The Leukemia & Lymphoma Society Announces Man, Woman, Celebrity & Teen Of The Year Kick-Off Event

The 12th annual Man, Women, Celebrity & Teen of the Year campaign is set to begin Wednesday, April 23 with a Kick-Off Party hosted by The Niello Company. Benefiting the Greater Sacramento Area Chapter of The Leukemia & Lymphoma Society, the campaign attracts dozens of Sacramento-area residents who compete against one another to raise the most money for blood cancer research, education and patient services. The Kick-Off Party will mark the beginning of fundraising opportunities for this year's participants.

During the Kick-Off Party—which will take place at Niello Audi, 2350 Auburn Blvd. in Sacramento—participants will be able to register for the campaign, meet their fellow competitors and begin fundraising. Participants will then have eight weeks to raise the most money, with each dollar representing a vote. Those in each category with the most votes will be named the 2008 Man, Woman, Celebrity or Teen of the Year during the Grand Finale Celebration in June.

In addition to hosting the Kick-

Off Party, The Niello Company is sponsoring the campaign for the 12th consecutive year. While originally known as the Man & Woman of the Year competition at its inception in 1997, the Greater Sacramento Area Chapter added the Celebrity category just a year later. In 2005, the Teen category also was added. Today, known as the Man, Women, Celebrity & Teen of the Year competition, the campaign has helped raise more than \$2.5 million locally.

The Leukemia & Lymphoma Society (LLS), headquartered in White Plains, NY, with 68 chapters in the United States and Canada, is the world's largest voluntary health organization dedicated to funding blood cancer research and providing education and patient services. The LLS mission: Cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families. Since its founding in 1949, LLS has invested more than \$550 million in research specifically targeting leukemia, lymphoma and myeloma. Last year alone, LLS made 5.1 million contacts with patients, caregivers and healthcare professionals. For more information, visit www.LLS.org.

Travel with Judy

Rittenhouse Square in the "City of Brotherly Love"



by Judy M. Zimmerman

Top 12 Public Squares in the United States and Canada

Rittenhouse Square is a gem in the heart of Philadelphia: a green, leafy oasis of oak, maple, and locust trees with flower beds and blooming shrubs that add a splash of color. There is such a sense of community in the square that each time I visited it last summer, I felt Philadelphia truly is the "City of Brotherly Love" after all.

What makes Rittenhouse Square, between 18th and 20th Streets, such a great place? Unlike some other parts of Philly, it is clean and a near-perfect urban neighborhood where people recognize each other or choose to meet.

People of all ages bask in the sun, read the morning paper, eat lunch on the park benches, take a stroll there, or walk their dogs at all hours of the night and day.

There are no particular amenities in the park other than some of the city's favorite sculptures and a splendid fountain with a small ornamental reflecting pool ringed by a circular affluent and there are people of all ethnicities with a concentration of University of Pennsylvania graduate students in the streets to the west of the park.

One of William Penn's original five squares, Rittenhouse Square was named in 1825 in honor of David Rittenhouse, a brilliant Philadelphia astronomer, instrument maker, and patriotic leader of the Revolutionary era.

The square has always been known for its old world charm and elegance. Sitting there, one can easily imagine a slower-paced time: the sound of creaky carriages and clopping horses' hooves, women with full dresses and parasols, neatly-attired businessmen in top hats surrounded by ornate Victorian mansions of all shapes and sizes. Classical urns and ornamental lampposts contribute to the air of gentility.

There is always something going on -- art shows, flower markets, or concerts. Don't be surprised to hear pleasant sounds of brass or stringed instruments wafting through the air from the nearby Curtis Institute of Music, where students offer free public recitals.

It's no wonder the Project for Public Spaces (PPS), a non-profit organization known throughout the world for working with communities to transform under-performing parks, plazas into great destinations, has named Rittenhouse one of the best-used public squares in the United States.

R.F.D. by Mike Marland



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Community Shredding Day Free E-Waste Disposal

Carmichael Elks Lodge is continuing a "New Service". We are going to have a Community Shredding Day on Saturday, May 10th from 8am to 12:00 Noon. This will be a time for Members and People in the Community to bring their private papers and documents to the Lodge Parking Lot to be SHREDDED. A company will bring their truck with a large shredding machine to our Parking lot and for a fee will shred documents and private papers customers find difficult to

shred themselves. There will be No Limit on the amount of material to be shredded. Of course there will be a charge for this service.

At this time the charges for this service will be as follows: A file-size box will be \$10.00 and a grocery bag will be \$5.00.

This is also the time to dispose of your unwanted Electronic Components. Some examples: Televisions, Microwaves, Computers, etc. There will be no charge for this service!

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Carmichael Elks To Host Bloodsource Blood Drive

On Friday, May 2, the Carmichael Elks Lodge will host a BloodSource blood drive. Everyone is welcome.

Carmichael Elks Lodge Blood Drive
5631 Cypress Ave.
Carmichael
Friday, May 2, 2008
9:30 a.m. - 2:30 p.m.
For more information, please call
800.995.4420 x11007

Donating blood is safe, easy and takes about an hour. Donors must weight at least 110 pounds, be at least 17 years old (16 with a parent's consent) and be generally healthy. There is no upper age limit for blood donations.

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Free Spring Concert

The Sacramento Concert Band, under the direction of Grant Parker, will be presenting a spring concert at 7:30 PM on Monday, May 12, 2008, at Christ Community Church in Carmichael.

This is the 38th season for the fifty-five member Sacramento Concert Band, an outstanding wind ensemble comprised of talented volunteer musicians from Sacramento and the surrounding areas.

The concert is free. Christ Community Church is located at 5025 Manzanita Avenue between Winding Way and Madison Avenue. Directions: Take the Madison Avenue east exit from Interstate 80. Turn south on Manzanita Avenue. The church is on the right about 0.3 miles past the Madison/Manzanita intersection. More information is available by calling (916) 691-7632. The Sacramento Concert Band is a non-profit organization sponsored by the Sacramento Valley Symphonic Band Association.

Flag Day Celebration

Saturday, June 14, 2008 11:00 A.M.
Carmichael Lodge # 2103
5631 Cypress Avenue
Carmichael, CA 95608

Members of the public are invited to attend the Carmichael Lodge annual Flag Day ceremony to be held on Saturday, June 14, 2008 at 11:00 a.m. to join with our Members in the celebration of the history of our Nation's Flag, the emblem of freedom and the symbol of unity

The Benevolent and Protective Order of Elks were the first and only fraternal organization to require an annual tribute to our country's flag,

long before it became a National Celebration. Included in this ceremony is a history of our flag along with a presentation of seven of our earlier flags by members of our Lodge sponsored Boy Scout Troop # 386.

Patriotism is as important today as it has ever been at any time in our Nation's history, and nothing inspires patriotism more as seeing the stars and stripes along with hearing a brief summary of the conflicts in which our countrymen sacrificed so much in the defense of our freedom and continue to do so. PLEASE JOIN US!

River City Choral

"My Spirit Sang All Day" is the title of the spring concert presented by the 60-voice RIVER CITY CHORALE, under the direction of Richard Morrissey. Sacred songs, spirituals, and other popular songs by John Rutter, J.S. Bach, Jester Hairston, George Gershwin, Cole Porter, and others will be performed. The Chamber Choir, a smaller group selected from within the Chorale, will sing 2 numbers, "Elijah Rock" and "Nice Work if You Can Get It."

Performances:

-Friday, 7:30 p.m., May 16, Christ Community Church, 5025 Manzanita Avenue, Carmichael

-Sunday, 4:00 p.m., May 18, Fair Oaks Presbyterian Church, 11427 Fair Oaks Blvd, Fair Oaks

-Donation: \$12 adults, \$5 under twelve, at the door or in advance at 916-331-5810. Discounts are available for groups of ten or more.

Additional Information: Kay Muther, kmuther@csus.edu, 916-967-9221 phone or FA



Cruisin' By Greg Zyla

1958 Ford Ranchero

Q: Greg, what is the estimated value of my 1958 Ford Ranchero with a V-8 engine, automatic transmission and classic registration. The Ranchero needs some restoration, but considering its age, the condition is good. -- Mrs. Ralph W., Ashland, Pa.

A: Mrs. W., your rare '58 Ranchero lists for \$9,000 in fair condition, \$17,700 good and \$25,900 restored, based on NADA values. These prices are based on the 292 cubic-inch, 205 horsepower V-8, but if your Ranchero is powered by a 240 horsepower 312, add 10 percent; a 265 horsepower 332, add 15 percent; or better yet, a 300 horsepower 352, add 20 percent.

Remember that many times, listed retail prices are not what collector cars actually sell for, as the market fluctuates, similar to the stock market. Still, you've got a great vehicle in your possession, especially when you consider that Ford beat General Motors to the table, introducing the Ranchero in 1957, while the El Camino didn't arrive until 1959 at Chevy dealer showrooms.

Q: Greg, you've mentioned The Franklin Mint several times in your column. Can you give me the address or phone number of the Franklin Mint? I am looking for one of its catalogs. I enjoy your columns on the older cars very much. -- Louis M., Monroe Township, N.J.

A: Louis, founded in 1964, The Franklin Mint is known worldwide for its innovative design and meticulous attention to detail in creating some of the highest-quality automotive collectible products available. I've been a collector of its models for many years.

You can order a catalog by calling 1-800-TheMint (1-800-843-6468), or go online at www.FranklinMint.com. In addition to its Internet and mail-order business, The Franklin Mint also operates a retail store in Las Vegas.

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

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Weekly SUDOKU

by Linda Thistle

Answers on page 4

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

DIFFICULTY THIS WEEK: ★★

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

#34-2008-00006480-CU-PT-GDS WHEREAS, Crystal Erin Szymanski has filed a petition with this court for a decree changing name of Crystal Erin Szymanski to Crystal Erin Barrett. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on May 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: March 20, 2008.

Loren E. McMaster
Judge of the Superior Court
Loren E. McMaster
Publish: April 1, 8, 15, 22, 2008.
SZYMAN 80401 4-22-08

FICTITIOUS BUSINESS NAME STATEMENT #0803697. Donald E. Turner, 2512 Mission Ave., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Don Turner Enterprises" at 2512 Mission Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on March 31, 2008. Publish: April 8, 15, 22, 29, 2008.

DONTUR 80402 4-29-08 FICTITIOUS BUSINESS NAME STATEMENT #0803397. Kayak Software Corporation, 2980 Bowers Ave., Santa Clara, CA 95051 is doing business under the Fictitious Business Name "SideStep, Inc." at 27 Ann St. #300, Norwalk, C 06854. Filed with the

Clerk of Sacramento County on March 25, 2008. Publish: April 8, 15, 22, 29, 2008.

SIDEST 80402 4-29-08 FICTITIOUS BUSINESS NAME STATEMENT #0803694. National Audubon Society, Inc., 700 Broadway, New York, NY 10003 is doing business under the Fictitious Business Name "Audubon California" at 76 University Ave. #200, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on March 31, 2008. Publish: April 8, 15, 22, 29, 2008.

AUDUBO 80402 4-29-08 FICTITIOUS BUSINESS NAME STATEMENT #0803167. Top Performance Auto Service Inc., 5940-B Don Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Top Performance Auto Service Inc." at 5940-B Don Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on March 19, 2008. Publish: April 8, 15, 22, 29, 2008.

TOPPER 80402 4-29-08 FICTITIOUS BUSINESS NAME STATEMENT #0802950. James K. Laicovsky, 5100 Walnut Place Lane, Carmichael, CA 95608 is doing business under the Fictitious Business Names "JKL Construction; JKL Design-Build" at 5100 Walnut Place Lane, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on March 14, 2008. Publish: April 8, 15, 22, 29, 2008.

JKLCON 80402 4-29-08 FICTITIOUS BUSINESS NAME STATEMENT #0803691. Anatoly Kitsen, 8243 Scarlet Oak Circle, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "I&T Transport" at 8243 Scarlet Oak Circle, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on March 31, 2008. Publish: April 8, 15,

22, 29, 2008.
I&TTRA 80402 4-29-08

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

#34-2008-00007684-CU-PT-GDS WHEREAS, Yvonne M. Rees has filed a petition with this court for a decree changing name of Yvonne M. Rees to Beth Yvonne Rees. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on May 29, 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: April 4, 2008.

Shelleyanne W.L. Chang
Judge of the Superior Court
Publish: April 8, 15, 22, 29, 2008.
REES 80402 4-29-08

FICTITIOUS BUSINESS NAME STATEMENT #0803821. David Michael Thomas, 5853 Sutter Ave. #3, Carmichael, CA 95608 is doing business under the Fictitious Business Name "All Pro Painting" at 5853 Sutter Ave. #3, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on April 2, 2008. Publish: April 15, 22, 29, May 6, 2008.

ALLPRO 80403 5-6-08

FICTITIOUS BUSINESS NAME STATEMENT #0803825. E85, Inc., 263 McLaws Circle, #100, Williamsburg, VA 23185 is doing

business under the Fictitious Business Name "85E" at 263 McLaws Circle, #100, Williamsburg, VA 23185. Filed with the Clerk of Sacramento County on April 2, 2008. Publish: April 15, 22, 29, May 6, 2008.

85E 80403 5-6-08

FICTITIOUS BUSINESS NAME STATEMENT #0803783. Troy Emmett, 5401 Valhalla Dr., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Sierra Pacific Fence & Deck Co." at 5401 Valhalla Dr., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on April 2, 2008. Publish: April 15, 22, 29, May 6, 2008.

SIERRA 80403 5-6-08

FICTITIOUS BUSINESS NAME STATEMENT #0803654. Dean S. Sault, 6823 Oaklawn Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "American Writers Publishing Company" at 5800 Jameson Ct. #5, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on March 31, 2008. Publish: April 15, 22, 29, May 6, 2008.

AMWRIT 80403 5-6-08

FICTITIOUS BUSINESS NAME STATEMENT #0803924. Morrison Home Funding, LLC, 555 Winderley Place #3430, Maitland, FL 32751 is doing business under the Fictitious Business Name "Taylor Morrison Home Funding" at 1180 Iron Point Rd. #100, Folsom, CA 95630. Filed with the Clerk of Sacramento County on April 4, 2008. Publish: April 15, 22, 29, May 6, 2008.

TAYLOR 80403 5-6-08

NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES To Whom It May Concern: Ai Ly is applying to the Department

of Alcoholic Beverage Control to sell alcoholic beverages at:9555 Folsom Blvd. #A, Sacramento, CA 95827 with 41 - On-Sale Beer and Wine Eating Place license.

Filed: April 15, 2008.
Publish: Publish: April 22, 29, May 6, 2008.

AILY 80404 5-6-08

FICTITIOUS BUSINESS NAME STATEMENT #0804261. Sky Investments, Inc., 270 SW Natura Ave., Deerfield Beach, FL 33441 is doing business under the Fictitious Business Name "North Star Lending" at 270 SW Natura Ave., Deerfield Beach, FL 33441. Filed with the Clerk of Sacramento County on April 14, 2008. Publish: April 22, 29, May 6, 13, 2008.

NORTHS 80404 5-13-08

FICTITIOUS BUSINESS NAME STATEMENT #0804228. Soleil Tranquilli, 9012 Meadowsweet Way, Elk Grove, CA 95624, is doing business under the Fictitious Business Name "Sun Line Garden Way, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County on April 14, 2008. Publish: April 22, 29, May 6, 13, 2008.

SUNLIN 80404 5-13-08

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2008-00008402-CU-PT-GDS WHEREAS, Brandon Bondaruck and Khrystyna Lotsunyak have filed a petition with this court for a decree changing name of Svyatoslav Volodymyrovych Lotsunyak to Svyatoslav Steven Bondaruck. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on May

23, 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: April 11, 2008.

Shelleyanne W.L. Chang
Judge of the Superior Court
Publish: April 22, 29, May 6, 13, 2008.
BONDUR 80404 5-13-08

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

#34-2008-00008424-CU-PT-GDS WHEREAS, Cuong Xuong Lo has filed a petition with this court for a decree changing name of Cuong Xuong Lo to Evan Lo. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on May 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: April 11, 2008.

Loren E. McMaster
Judge of the Superior Court
Publish: April 22, 29, May 6, 13, 2008.
EVANLO 80404 5-13-08

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The Most Wonderful Time of the Year



by Phil Cowan

Given that my deadline for this column is April 15, I have two significant things on my "To Do" list today: 1) Submit this column; and 2) Send in my taxes. How convenient that Item #1 allows me to vent my spleen about #2.

I won't complain about the fact we have to pay it. You Wesley Snipes-types who cling to this notion that there is no legal basis for the federal income tax need to abandon that position. The argument is over, and you have lost. I won't complain about how the progressive tax rate punishes success, even though it does. I won't even complain about a system that allows slackers who don't pay taxes for years to have their tax judgments reduced to pennies-on-the-dollar by tax attorneys. Wait... I will complain about that. Any lawyer who advertises on radio or TV and acts as if they're achieving some measure of justice by getting you out of your tax obligations makes me sick. Nobody should skate, even if they are represented by reptiles

like Roni Deutsch or Steve Moskowitz. No, my primary complaint about income taxes is this: Can't we make the process simpler? Please?

We've all seen or heard the stories about our federal tax code, it's a gazillion pages long, can only be moved with a forklift, and is completely understood by virtually no one. Give identical hypothetical tax information to ten qualified preparers and ask them to write a return, and none of them come out the same. Does anyone honestly think some desk jockey at I.R.S. headquarters understands it?

Have you been to the I.R.S. website? It's a maze of confusion. My teenage daughter wanted to know if she was required to file. That should be easy enough to figure out, right? Fat chance. You see, it all depends on what kind of income she earned. If it was wages, it's treated differently than if it was investment income (like my kid has a trust fund). And it really boils down to whether, as a claimed dependant, their income level exceeds the standard deduction that was taken for them on your return. Once we finally got to that page, we concluded she didn't have to file, which was about the only good tax news we received this year at our house.

Look, I like my tax guy. Really, I do. But the tax structure should be easy enough to understand that common citizens like you and me should be able to file their own taxes with a minimum of effort and frustration. I'm not big on litmus tests when it comes to elected officials, but whether we go to the Flat Tax or the Fair Tax, I'd support any candidate whose only campaign promise was to simplify the American system of taxation. That, and close the borders. And drill for oil in ANWAR and build more refineries. Okay, now I'm getting carried away.

PBS&J Helps Fund Science Program at Coyle Avenue Elementary

Foundation grant assures funding for standards based science program.

PBS&J will present a check for \$2,400 to Coyle Avenue Elementary School to help support the school's science program. The presentation will take place on Coyle's Carmichael, California campus on April 15, 2008. Funding is being provided through The PBSJ Foundation, Inc.

The donation will be used to support and promote the science curriculum at Coyle Avenue Elementary. The funds will be used to purchase necessities like rock sample kits for the school's sixth graders, as well as science videos made available through The Public Broadcasting Corporation (PBS) and the Discovery Channel among others.

Computer printer cartridges will also be purchased so that students can print California Science Standards worksheets for the new FOSS Science Adoption; print researched science charts, tables, maps, and other information from the Internet; and print reports on a completed area of study (for example, animals, growing seeds, architecture, earthquakes, volcanoes, and Sly Park Science experiences). The videos and computer printer cartridges will be used for students at all grade levels, including kindergarten.

During the brief ceremony, Coyle Avenue Elementary School will be

represented by Ms. Dianna Batt, principal of the school. Roy Leidy, senior scientist at PBS&J, and Emma Gill, PBS&J office manager who submitted the request for funding to The PBSJ Foundation, will present the check on behalf of the company's Sacramento office.

"This opportunity to partner with PBS&J will make resources available to our students which would not otherwise be possible," says Principal Batt. "We appreciate their willingness to both get involved and to support science education for our students."

PBS&J (www.pbsj.com) is an employee-owned firm that provides infrastructure planning, engineering, construction management, architecture and program management services to public and private clients. The firm is ranked by Engineering News-Record as 25th among the nation's top consulting firms. PBS&J has 4,000 employees in more than 80 offices located throughout the United States and abroad. California offices include: Sacramento, Roseville, Encinitas, Los Angeles, Mission Viejo, Orange, Pasadena, Riverside, Roseville, San Diego, San Jose, San Pedro, and Walnut Creek.

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