Assessed Value Drops on 85,000 Sac County Residential Properties

Reflecting the fact that much of the residential real estate market has been in a decline since mid-2006, Sacramento County Assessor Ken Stieger announces that the Assessor’s Office has reviewed the market values of residential properties in Sacramento County and will be reducing the assessed values for over 85,000 properties on the 2008-09 property tax roll. These decreases are often referred to as Proposition 8 reductions, reflecting the 1978 ballot proposition that authorized them.

Generally speaking, properties purchased in 2004 and later are affected. Most decreases will range between 10% and 30%.

The majority of the remaining residential properties in the county, some 300,000-plus parcels, will continue to be assessed under Proposition 13 provisions and will not be receiving notices. If a property was purchased prior to 2004, it is unlikely to receive the Prop 8 decrease in assessed value.

In the next few weeks, the Assessor’s Office will send letters to the owners of these properties, notifying them that the assessed value of their property will be reduced for the 2008-09 property tax roll. The letter will advise affected owners of their new Proposition 8 assessed value and will also include their Proposition 13 factored value for comparison. The Prop 8 assessed value will be reflected on the tax bills issued in October of 2008.

Proposition 8 value reductions are temporary. Once a property receives a Prop 8 reduction, its value must be reviewed as of January 1 each year to determine whether the current fair market value remains less than its Proposition 13 base year value plus inflationary adjustments. The Prop 13 value is typically the property’s acquisition value plus inflation factors for intervening years. The lower of these two values is the value used for property tax purposes.

Since the reduction Proposition 8 value represents the property’s current Fair Market Value, it can fluctuate from year to year without limitation, to reflect changes in the real estate market. When the real estate market recovers and the market value exceeds the Proposition 13 factored base year value, the property’s Proposition 13 value will be restored.

The anticipated decrease in assessed value for the 85,000 properties should approximate $6 billion, and will result in a revenue decrease equal to 1% of that amount, or $60 million. The lower amount of property taxes in the County will impact local schools, cities, and special districts.

Assessor Stieger also wishes to alert the public that property owners may receive solicitations from private businesses and individuals offering assistance in this process for a fee. While property owners are certainly at liberty to use these private companies, they can apply for this reduction themselves at absolutely no cost simply by writing a letter or otherwise contacting the Assessor’s Office.

Taxpayers may visit the Assessor’s website: www.assessor.sacounty.net for more information or call the Assessor’s Proposition 8 Customer Service Line at (916) 875-0455.
California’s Budget Crisis is Far From Over

By Assembly Budget Committee Vice-Chair Roger Niello

Last month, Governor Schwarzenegger released his revised budget plan for California. For me, the May Revise represents a mixed bag, with some areas that represent significant improvements over his January budget, while other areas that are cause for significant concern.

First, I applaud the Governor for his proposal to fully fund our schools under Proposition 98. Education funding remains critical to the success of our students and I remain committed to ensuring that more money gets into the classroom and our schools have the tools they need to stretch their dollars as far as possible. My hope is that in addition to the funding level provided in this budget, significant school reform can also be enacted that will free currently restrictive state funding. Our local schools are all different and decisions about how to spend their precious dollars should be left up to them, not dictated from the Capitol.

The Governor also did the right thing by eliminating a dangerous early release proposal that would have set free 22,000 serious and repeat criminals before they completed their sentences. In addition, the May Revise takes proper steps to reduce spending in one of the fastest growing areas of the budget – health and human services. As we face a massive budget deficit this year, it makes sense to reduce our spending in those areas where we have seen the largest spending growth in recent years. The new budget proposal also rescinds the Governor’s January plan to close down 48 state parks.

But more work remains to get spending under control, and I am very concerned about some of the new proposals in the Governor’s plan.

One of the most troubling aspects of the May Revise is that it embraces more of the same questionable borrowing and budget schemes that contributed to our growing deficit. Now more than ever, lawmakers must resist the temptation to fund new ongoing programs and create a costly new budget commitment that California cannot afford.

Finally, I am particularly concerned that the Governor’s budget proposal relies upon the passage of a ballot measure that has not yet been drafted or approved by voters to borrow funds based on future earnings of the State Lottery. Even worse, it could set in motion a $6 billion sales tax increase if the revenues don’t materialize or the voters don’t approve the initiative.

Raising taxes on hard-working Californians is the worst step we could take right now. Too many families are already struggling to pay the high costs of food, gasoline, and nearly everything they buy. As home values continue to fall and many are having a tough time making their mortgage payments, these families need relief, not higher tax bills.

In addition to the burden that new taxes would place on Californians, particularly in our current economic climate, new taxes will not solve our underlying spending problems. Even if they did generate the desired revenues (which rarely occurs), they would only paper over our problem and make our budget gap much worse the next time we experience a slowing economy. I will continue to stand firm against any attempt to increase taxes.

Lawmakers and the Governor must reject the failed ways of the past if we are going to make any progress for the future. The gravity of our budget problems makes it essential that we immediately begin to make the difficult but necessary decisions about our spending priorities to find significant savings and balance the budget.

In addition to spending discipline, we need to stop the roller coaster ride of budget madness by addressing our structural deficit once and for all and reforming the system to keep us from spending more than we bring in.

Over the last few weeks, Assembly and Senate Republicans put forward a number of reforms to get more money to the classroom, let government operate more efficiently and reduce wasteful spending. In addition to long term budgetary reform such as a permanent spending cap, I will continue to insist that these common-sense reforms also be included in any final budget agreement.

As every Californian who has to balance their family checkbook knows, you can’t take a vacation or buy a new hot tub if you don’t have the money. The state needs to also live within its means the same as everyone else. As Vice Chair of the Assembly Budget Committee, I stand ready to work with the Governor and the Legislature to help turn California’s budget problems around.
**Sac County Moves Forward in Improving Development Services**

By Chris Andis
Communication & Media Officer

**Audit results of Planning/Environmental Review processes just in, next step is implementation plan**

The performance audit of Sacramento County’s entitlement and development processes has been received. As part of the County’s multi-year focus on improving development services, an independent auditor, Citygate Associates, was contracted to examine the processes of two key departments, Planning and Community Development, and Environmental Review.

The auditing firm surveyed staff and customers and examined physical layout of operations, work processes, fees, communication, training, technical resources and internal cultures.

**In brief, the audit recommends:***

- **More transparency and better communication**
- **Reorganizing around development services and customers’ needs**
- **More staff attention be given to problem solving**
- **Staff provide dependable timing and sense of urgency on projects**
- **Reducing silos between Planning and Environmental Review and Assessment and all development departments**

We hired an outside expert to identify the critical needs in our development services,” said Agency Administrator Paul Hahn. “We’ve been working with private and commercial customers on streamlining development processes since 2007, and we have made some significant improvement. The next phase is Planning and Environmental Review’s entitlement processes; the audit will help us reach our goals faster. We see this as a great opportunity to improve our customer service.”

The county departments plan to use the building slow-down period to re-tool, re-organize, improve processes and prepare for the next building boom. The recommendations will be analyzed and prioritized, and an implementation plan will be brought to the Board of Supervisors in July for their approval and direction.

The complete audit is available at http://www.planning.saccounty.net/planning/documents/index.html. Response by the public has been extremely favorable, and the system is being amended to include hearing dates and track usage statistics.

5. **Plan Check submittal Checklist:** Implemented to allow customers to know exactly what is expected.

6. **Sign Posting:** Launched new program where signs are posted on properties as soon as application is filed to alert neighbors of coming changes.

7. **Planning/Environmental Review are now having meetings to reduce silos and better communicate.**

8. **Instituted regular customer survey services for Building Inspection Department.**

9. **Environmental Review Web Tool:** Launched a new tool that allows public to check the status of their project on-line, 24/7. This helps keep the process transparent www.dera.saccounty.net.

10. **Environmental Review Processes:** They are working to establish a process for project management and to provide cost estimates, schedules, milestone notifications and a list of deliverables. They have developed standard timeframes for their processes.

The complete audit is available at http://www.planning.saccounty.net. Any-one involved in residential and commercial is invited to read the audit and share suggestions at streamliningdevelop@saccounty.net.

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**Cruisin’**

**By Greg Zyla**

**Belt Poppin’ Firebird**

**Q: Greg, I have a 2000 Pontiac Firebird Formula with an LS1 engine that I put headers on and did a few other modifications to, including an intake manifold, Hypertech chip and throttle body. Now, when I take it to the drags on Sunday, it wants to throw off the serpentine accessory belt. When this happens, I have no power steering! Can you help?**

**Bill, e-mail from Washington**

**A: Bill, your problem is easily cured. According to the many Internet boards that deal with GM Performance LS1- and LT1-powered cars (1993 through 2002 Firebird and Camaro), a company called Katech Inc. in Clinton Township, Michigan, has your cure. Katech has been involved with the Corvette C5-R race program since 1997. Katech noticed during testing a bad spot in the rpm range where the serpentine accessory belt would want to jump off of the stock pulley. This finding led to the origin of Katech’s solid adjustable belt tensioner, which lists for just $135. After installing this tensioner on their race engines, the belt problem disappeared. Check it out at www.katechengines.com, or call toll free at 1-866-528-3241. Let us know what happens.***

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**Q: Greg, I enjoyed your article on the Kaiser Darrin, and I wanted to let you know there was a Darrin in Mount Carmel, Pa., when I lived in 1958. I knew the person who owned it, as his son and I were good friends. I remember the car because it was a two-door sports car and the doors slid into the fenders. The color was a bilious green/yellow. This one had the Willys Knight six-cylinder engine, but the car did not have wire wheels, just hubcaps. I believe my friend, who now lives in Florida, still has the Darrin. Frank, Mt. Carmel, Pa.**

**A: Frank, I’d love to hear if your friend still has the Darrin. Maybe he’d send us a photo!**

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 gyla@king FEATURES.

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*Just Like Cats & Dogs* by Dave T. Reyes

**NEW LUXURY HOMES GRAND OPENING SATURDAY, JUNE 14**

**CRESLEIGH ALMONDWOOD**

- 2.338-3.346 SQ. FT.
- **Up to 5 BEDROOMS**
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**Sacramento Times**

www.CarmichaelTimes.com
Teens who say ‘no’ to drugs suffer harsh peer criticism

By Lauren Forcella

Dear Straight Talk: I have a gripe. Over the years, I’ve been to tons of parties and seen tons of drug and alcohol use, even from my closest friends when I respect. Now, at college, the “need to party” is even stronger. I’ve tried pot and I drink sometimes, but my choice has been to not use drugs and I wouldn’t mind if I never drank again. I believe there is more to life than getting high or wasted, yet my peers seem stuck in this lifestyle. And what really gets me is that many truly believe that I haven’t “lived” because I haven’t ingested certain drugs. It’s so hypocritical because I could say the same thing about experiences I’ve had that they haven’t. Yet, I really feel that they feel closer to each other because they’ve had the same drug trip. Why do people judge each other based on how much they party? — Anonymous, 19

From Ashley, 20: You are a brave, strong person to be able to stay away from drugs when your friends are bonding with them. I believe that eventually they will respect your decision and maybe even envy you. No drug can give you what they do. From Johannes, 21: Are you looking for someone to tell you you’re doing the right thing? If your heart says you’re right, don’t be affected by what others think. People ridicule what they don’t know in order to find peace with what they do. From Emily, 15: I admire you for being able to go to parties and not get sucked into the “party scene.” I, too, have made this choice. Being happy much of the time is better than being “high-happy,” which is a temporary escape from pressures and hardships, and when it wears off, people often feel worse. The biggest drug users usually have low self-esteem. They try to be someone they’re not, while hiding who they really are. Have confidence. I can’t tell you how positive an influence people like you are on big parties. Behind the comments, many are admiring you. From Mariah, 16: I know a lot of kids who drink and do drugs. They do it for the high. They don’t feel closer because of the same “trip.” That’s just an excuse to continue using. From Nicole, 18: My parents raised me not to become addicted to anything. So far, I have not. I do believe drugs open one’s mind and I support experimentation. But, be careful. Drugs are highly addictive and if you lack self control, or didn’t get the right attention when you were young, you could become addicted the very first time. From Lennon, 21: I agree, people are “stuck in this lifestyle.” I’ve only smoked pot a few times but I drink now and then. Alcohol sucks so much out of you: memory, time, income. Then next day, I not only can’t remember everything, but my skin is tight, I’m disrespectful, I snap faster, and everyone seems out to get me. I think drugs should be used ritually, or only at special occasions. When you do something habitually, it loses its significance. From Bird, 17: People judge each other around partying because America is fixated on drugs and alcohol and this, sadly, is the common ground. I’ve done my fair share of experimenting but I have the utmost respect for people like you. Dear Anonymous: I’ve heard your complaint before. Teens say they are considered “weird” if they don’t use alcohol or some kind of drug — and to be popular, it is practically a requirement. Rare individuals like you who can mix with the “in” crowd, have fun, and stay clean, are modern superheroes. What you have, everyone wants. Please write and tell us what you think makes you the way you are. Write to Straight Talk at www.StraightTalkForTeens.com or PO Box 963, Fair Oaks, CA 95628.

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Protecting Your Credit During Divorce

By Karla Hawe

When a marriage ends in divorce, the lives of those involved are changed forever. During this time of upheaval, one thing that shouldn’t have to change is the credit you’ve worked so hard to achieve. Unfortunately, for many, the experience is the exact opposite. Unfulfilled promises to pay bills, the maxing out of credit cards and a total breakdown in communication frequently lead to the annihilation of at least one spouse’s credit. Depending upon how finance are structured, it can sometimes have a negative impact on both parties. The first step for anyone going through a divorce is to obtain copies of your credit report from the 3 major agencies: Equifax, Experian and Transunion. Once you gathered the facts, you begin to address what’s most important.

There are two types of credit accounts, and each is handled differently during a divorce. The first type is a secured account, meaning it’s attached to drugs and alcohol and this, sadly, is the common ground. I’ve done my fair share of experimenting but I have the utmost respect for people like you. Dear Anonymous: I’ve heard your complaint before. Teens say they are considered “weird” if they don’t use alcohol or some kind of drug — and to be popular, it is practically a requirement. Rare individuals like you who can mix with the “in” crowd, have fun, and stay clean, are modern superheroes. What you have, everyone wants. Please write and tell us what you think makes you the way you are. Write to Straight Talk at www.StraightTalkForTeens.com or PO Box 963, Fair Oaks, CA 95628.

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Weekly SUDOKU

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King Crossword

Answers

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June 3, 2008

By Lauren Forcella

Divorce is difficult for everyone involved. By taking these steps, you can ensure that your credit remains intact.
INDIANA JONES AND THE KINGDOM OF THE CRYSTAL SKULL (Rated PG-13)

For a guy who could be collecting Social Security, Harrison Ford remains surprisingly virile and tough, resolutely up to the challenge of cracking the whip and punching out the bad guys in yet another turn as Indiana Jones. Jokes are being made about his age-challenged durability, as he returns in his latest adventure “Indiana Jones and the Kingdom of the Crystal Skull.” One central character cracks wise that Indiana Jones must be about “eighty” years old, before learning quickly that this action hero is no ordinary senior citizen. Almost two decades after last playing the role of the archaeologist, Harrison Ford is in fine fettle as the academic who vastly prefers dangerous adventures.

Fortunately for us, Harrison Ford's Indiana Jones has weathered the years very well since “Indiana Jones and the Last Crusade.” For the sake of chronological credibility and storyline continuity, this fourth installment of the adventures of the whip-toting, snake-hating, globe-trotting professor zooms past the dealings with the Nazis leading up to the full-blown Second World War and leaps to the nastiness of the Soviets during the Cold War era of 1957. These dictatorial regimes are truly interchangeable, and when Indiana’s new nemesis appears in the slinky villainess form of Cate Blanchett’s Irina Spalko, you can only marvel at how she’s cut from the same mold of a psychotic Nazi. The Reds are just as eager to get their mitts on objects that possess highly curious powers, this time the legendary Crystal Skull of Akator.

Indiana’s exploits start with a real jolt. At a remote Nevada military base, Indiana and his sidekick Mac (Ray Winstone) barely escape a close scrape with nefarious Soviet agents under the command of the ice queen Soviet commander, the devastatingly beautiful Irina Spalko. After another close call with death, Professor Jones heads back to his duties at Marshall College, only to find out that his adventures have become a liability to the university. On his way out of town, Indiana meets rebellious young Mutt Williams (Shia LeBeouf), who rides his motorcycle like Marlon Brando in “The Wild One” and combs his pompadour hairstyle with the vigor of Edd Byrnes in “77 Sunset Strip.”

Carrying a grudge and a proposition for the Professor, Mutt seeks Indy’s help to make one of the most spectacular archaeological finds in history, namely the celebrated object of fascination, superstition and fear which can only be found in the remotest corners of Peru. Heading to South America in search of the Crystal Skull is adventure enough when Indy and Mutt end up in the ancient tombs where danger lurks around every corner, and not just from the natives. They soon realize they are not alone in their search, as the Soviets are also hot on the trail of the crystal object that may confer extraordinary powers to potentially alter the balance of power.

This being an Indiana Jones adventure, of course, it goes without saying that the action is of the highest caliber, given the steady hand of director Steven Spielberg setting the stage. While there are some interesting revelations about Indiana, it’s also very rewarding to have Karen Allen’s Marion Ravenwood reappear at a very critical moment when Indy and Mutt are greatly outnumbered by the bad guys in the South American jungle. Ever spunky and resourceful, Marion is a very tough character, one who seems quite fitting to match wits with the Professor.

The action is so breathless in its pace and execution that it seems you need a scorecard to keep track of all the fights, chases and rounds of machine gunfire. There’s even a moment where Indy has to grapple with a big snake as a means to avoid quicksand. The Crystal Skull comes in handy to ward off hostile natives and armies of huge red ants. Best of all, Indiana Jones looks great wearing his fedora, though cracking the whip is what he does with panache. Forget the doubters and cynics. You really can’t go wrong with Harrison Ford leading the charge in “Indiana Jones and the Kingdom of the Crystal Skull.” It’s a terrific launch for the summer movie season.
El Dorado Savings Bank Celebrates 50 Years in Business!

During the week of June 16-20 El Dorado Savings Bank will be celebrating 50 years in business at all 35 branches in Northern California and Northern Nevada. El Dorado Savings Bank opened its first branch in Placerville at 448 Main Street on January 3, 1958. In the following 50 years El Dorado has expanded to 32 branches in Northern California and three in Northern Nevada. The bank now employees 350, has a local call center, Internet banking, assets of over $1.5 billion and has been awarded a 5 star rating from BauerFinancial every year since 1993. El Dorado is also the largest locally owned bank in the greater Sacramento area.

“We offer all the services of a large bank with the friendly, personal service of a neighborhood bank,” stated Tom Meuser, Chairman of the Board and CEO. “Many of our customers and employees have been with us over 20 years”, he added. “We’d like to thank them all for making our first 50 years so successful and we hope they continue on with us for the next 50”.

The celebration will include refreshments each branch on Friday afternoon, June 20th. Entry blanks will be available at all 35 branches throughout the week.

El Dorado Savings Bank will be celebrating 50 years in business at all 35 branches throughout the week.

“Come Help Us Celebrate Our 50 Year Anniversary!”

In 1958 we opened our first office in Placerville. We now have 35 branches in California and Northern Nevada and 350 employees. We’d like you to come celebrate with us. Please stop by during the week of June 16th-20th for refreshments and a chance to win a $500 Savings Bond.

Our 50th Anniversary Celebration 1958 - 2008
Join us for Refreshments - Monday - Friday - June 16th-20th
Join us for Lunch - Thursday - June 19th (11:30 am - 1:00 pm)

$500 SAVINGS BOND
Drawings for a $500 Savings Bond will be held at all 35 branches on Friday afternoon.

Elk’s Annual Parking Lot Sale
Carmichael Elks Lodge #2103
5136 Cypress Avenue
Carmichael, CA
Phone (916) 489-2103

ELK’S ANNUAL
PARKING LOT SALE

JUNE 7, 2008
Saturday
9 AM til 4 PM

Reserve your space now! $15.00 per Space.
Inquire at the Lodge reception office.
Bring your neighbors. Browse through 100’s of garage sale items. Enjoy the Snack Bar – Hot Dogs, Hamburgers, French Fries, Soft Drinks, Coffee, and Doughnuts, etc.

PUBLIC INVITED

See You There!!!

Don Flood
Stress Ain’t What It Used to Be

Everybody knows life keeps getting harder, but how much harder?

Thanks to psychiatrist Richard Rahe of Salem, Ore., co-creator of the Life Changes Stress Test, we now have an exact figure. Life, Rahe said, gets about 1.5 percent more difficult each year.

“Wow, that’s even worse than I thought. Off the top of my head, I probably would have said no more than 1.2 percent, maybe 1.3.”

Rahe cites various reasons, among them the stress of modern transportation. “If you look at travel today and compare it to the stress of traveling 30 years ago, can’t you see it’s increased?” he asked in USA Today.

This is an excellent point, and the situation becomes even clearer when you look back more than 100 years. Readers may find this hard to believe, but in the 1800s, when many Americans began heading West, they didn’t have to be concerned about bad airline food, airport delays, or the threat of Indian attacks.

Back then, parents didn’t feel the need to make sure each child had his own separate video screen to watch – True fact: Many covered wagons weren’t equipped with even one video screen -- because the threat of Indian attacks helped pass the time.

“The biggest stress in the 1800s was most likely to get there.”

According to Rahe, stress has increased over the years for three main reasons: the stress of modern transportation, the stress of modern living, and the stress of being old.

To calculate the increase in stress, Rahe staffs at the University of Washington created a list of about 100 factors that affect stress. They then assigned a score to each factor to see how often the average person is exposed to the factor, and how stressful it is.

In 1969, the average American was exposed to about 185 factors, which Rahe said “are enough to make a person go crazy.”

A few years later, the average American was exposed to about 200 factors, which Rahe said “is even worse.”

If not, we’re facing a pain-reliever deficit of enormous proportions. Excedrin’s TV ads used to show a man with a little hammer pounding away inside his head. At the time, Excedrin was still strong enough to make the hammer go away.

That may no longer be true. An article in the New England Journal of Medicine recently reported that X-rays are showing an alarming and growing number of patients with hammers inside their head, ranging in size from a Q-tip to a full-sized carpenter’s tool.

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PUBLIC INVITED

See You There!!!

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If there’s just one candidate of change this fall, John McCain will be the Horatio Seymour or James Cox of 2008 -- a presidential also-ran all but forgotten to history.

The only way McCain can hold the White House for the Republicans is if he trumps his opponent on values and national security, and sells the public on a domestic reform agenda that keeps Democrats from sole ownership of the theme of change. Otherwise, Barack Obama will out-inspire him, or Hillary Clinton out-policy him, in a classic out-with-the-old election.

McCain would seem a natural candidate of reform, given how often he has used the word during the past decade. With his hair-trigger sense of honor, McCain’s reformism has been driven by what offends him -- large, unregulated campaign contributions and wasteful earmarks. But with the cost of health care increasing and the value of homes declining, the public is going to wonder about McCain’s politics of honor: What’s in it for them?

The McCain campaign is shrewd enough to realize all of this, which is why he’s beginning to piece together a forward-looking domestic agenda. The task isn’t easy, given that the candidate is isn’t animated by domestic issues and leads a party that is only haltingly realizing it needs a policy renovation as it hits bottom at the end of the Bush years.

On his just-completed health-care tour, McCain appropriately triangulated between the status quo and overreaching Democratic proposals. It doesn’t take Michael Moore to realize that our health-care system is expensive and inefficient, and leaves too many people out. The root of the problem is the tax break for employer-provided coverage -- dating from World War II -- that leads most people to get insurance through their employer.

If individuals are shopping for health care, insurance companies would have an incentive to provide better plans at lower cost. If they purchase their own plans, their insurance wouldn’t be dependent on their jobs. This change therefore mitigates two of the besetting problems of the current system -- affordability and access.

McCain’s proposal is just the start of what has to be a broader conservative reformation. The sole Republican response to the public’s economic anxieties can’t be trying to talk the public out of them. If it is, the GOP will have a long time out of power to think more creatively.
Last time, we talked about Dr. Henry Mallek’s “The New Longevity Diet” book. So don’t think vitamins. Think foods and moreover, nutrients…supplement, hormone, and drug-free. There are twenty-one of these nifty nutrients to keep us young, healthy, slim, and truckin’ til we’re 120. This is only a cursory description of all the nutrients and the foods they are in to achieve the plan. Dr. Mallek goes through a twenty-one day diet that concentrates a day on each of these twenty-one nutrients.

1) **Nucleotides:** parts of the DNA building kit. Protein foods and some high fiber carbohydrates…fish, beef, legumes, baby corn, and asparagus.

2) **Saponins:** Try dry beans from pinto to garbanzo and lentils.

3) **Phytates:** ancient life extending compounds. How about whole grains like sunflower seeds, peanuts, bran cereals and muffins, wild rice, and my favorite…chocolate.

4) **Protease inhibitors:** protect DNA. Prolonged heating of these foods inactivates them. That includes frying, boiling, and baking. Cauliflower, spinach (popeye had it right) peaches, plums, legumes, sweet potatoes, and corn.

5) **Glutamin:** great anabolic effector. You can enjoy flavor enhancers like parmesan cheese and tomato sauce, beef, lamb, chicken breast, turkey, and some seafood.

6) **Carnosine (exorphins):** pluripotent anti-aging. Have at chicken, turkey, lamb, or beef.

7) **Pyroloquinoline quinone (PQB):** vitamin imitator. Have various veggies and fruits like kiwi and papaya, green tea, and spinach.

8) **Arginine:** fountain of youth. Would you believe meat, fish, cereals, crackers, wheat foods, nuts, and legumes.

9) **Inulin and oligofructose:** never neglect your colon. Jerusalem and globe artichokes, chicory, dandelion greens, and garlic.

10) **Taurine:** age prevention. Dark meat chicken, turkey, beef, pork, or veal, oysters, clams, mussels, and scallops.

11) **Tannins:** ancient compounds with new age prevention roles. This one is simple really with a variety of teas, red wines, currants, and blueberries.

12) **Monoterpenes:** knockout punch. Look for products with peels like tangy citrus fruits.

13) **Conjugated linoleic acid:** one of milk’s finest longevity nutrients. Dairy products, sour cream, even lamb.

14) **Glutathione:** potent multipurpose longevity diet. Fruits like peaches and melons, veggies from squash and broccoli to spinach. Oh boy, i think popeye sure knew what he was talking about!!! Spinach comes up again and again.

15) **Organosulfur compounds:** zest for life. Onions, garlic, shallots, scallions, chives, and leeks. Better hope the love of your life is on the same smelly diet that day.

16) **Lignans:** a hormone and an antihormone at the same time. Grains like flaxseed, barley, and whole wheat.

17) **Quercetin or flavinoids:** here come the onions again and teas like black tea, also apples, and red wine.

18) **Phytoestrogens:** genitain and daidzein. Sounds good to me in soy foods, tofu, soy milk, even soy sauce.

19) **Isothiocyanates:** toxin zappers. Buy brussel sprouts and collards.

20) **Carnitine:** I’m lovin’ this one… ice cream…hooray! Okay, beef, chicken, and fish too.

21) **Phytostanols:** cholesterol’s distant cousin. Go for veggies from brussel sprouts and cauliflower to okra.

Got all that straight? Don’t worry, Dr. Mallek goes into a lot more detail with menus and some 200 recipes, eating plans, even an exercise program in The New Longevity Diet”. I’m a happy camper. Chocolate is in, and I’m in Truffle heaven! LIVE LONG AND PROSPER!!!

**Check out the “POPPOFF” Radioshow Monday thru Friday on AM-950 KAHI 10 AM-Noon and Saturday on AM-1240 KSCA 11 AM-Noon for provocative fast-paced informational and entertaining radio listening!”**

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**Military Graduates Hometown News**

**Army Pvt. Amber L. Sullivan** has graduated from basic combat training at Fort Jackson, Columbia, S.C.

During the nine weeks of training, the soldier studied the Army mission, history, tradition and core values, physical fitness, and received instruction and practice in basic combat skills, military weapons, chemical warfare and bayonet training, drill and ceremony, marching, rifle marksmanship, armed and unarmed combat, map reading, field tactics, military courtesy, military justice system, basic first aid, foot marches, and field training exercises.

She is the daughter of Sharon and James Sullivan of Pershing Ave., Orangevale, Calif.

Sullivan is a 2005 graduate of Visions School, Carmichael, Calif.

**Army Reserve Pfc. Cristine M. Fitzgerald** has graduated from basic combat training at Fort Jackson, Columbia, S.C.

During the nine weeks of training, the soldier studied the Army mission, history, tradition and core values, physical fitness, and received instruction and practice in basic combat skills, military weapons, chemical warfare and bayonet training, drill and ceremony, marching, rifle marksmanship, armed and unarmed combat, map reading, field tactics, military courtesy, military justice system, basic first aid, foot marches, and field training exercises.

She is the daughter of Candy Spiers of Palm Ave., Fair Oaks, Calif.

Fitzgerald is a 2005 graduate of Del Campo High School, Sacramento, Calif.

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For more information, visit us at [www.victories.org](http://www.victories.org) or contact us at 916-488-5601.
Sometimes you just have to take a day off to enjoy family to count your blessings. One past weekend, my grand-daughter Hailey was visiting from Florida on a short stay. She hadn’t seen her newborn cousins yet, so we made a family day of it. We all met at the ballpark to watch my son’s baseball game and enjoy the great weather. Spending the entire day playing with the kids, watching my son behind the plate (he plays mostly catcher) in a close winning game, taking time-out to be with my wife without a ringing telephone, fax and away from “incoming” emails, gave pause to realize the blessings that come with having a loving family.

Sometimes you just have to sit and be quiet and listen to the children play. Sometimes you just have to stop and enjoy the presence of those you love. Sometimes you just have to watch to be truly grateful.

Many thanks go to all those who read and support this newspaper. Your support and investment in this local publishing venture allows me to continue to run a business that I love. I have been in the newspaper business since the late 1970’s, but have thoroughly enjoyed the many tough transitions publishing has made over the years. With today’s technology, it is possible for just a few people to create what many years ago took dozens.

Technology is giving communities back their local newspapers through the entrepreneurial spirit of those who are willing to publish what the majority of newspaper readers in the community want. I am blessed to be in the position to do just that, do what I love and give people what they want. Thank You.

Taking Time to Count One’s Blessings

Grandpa Pauli, surrounded by his son Gabriel, his wife Trish and grand-daughter Kendra, grand-daughter Hailey (visiting from Florida), (I’m holding grand-daughter Kylie), and daughter Jennifer, holding her daughter Kearston, all out to watch one of Gabriel’s baseball games.

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Debbie Walker, Administrator
Mark Koller, Director of Recreation Services
www.morped.com
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488-2810

Carmichael Oaks Senior Living
Denise Evans and Denise Brandt
8350 Fair Oaks Blvd., Carmichael
944-2323

Carmichael Recreation & Park District
5750 Grant Avenue, Carmichael
485-5322

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6413 Fair Oaks Blvd., Carmichael
482-9663

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Keith Cameron, Owner
4764 Manzanita Avenue, Carmichael
482-7974

Eskaton Village
Linda & Lucy, Marketing Directors
3939 Walnut Avenue, Carmichael
974-2000

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Stephanie Panchal, Property Manager
5740 Windmill Way, Suite 11, Carmichael
486-0209

Phoenix Schools
2921 Garfield Avenue, Carmichael
481-6144

Sav-Mart Supermarket
Chris Bullock, Mgr. and Staff
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979-9191

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Noe Carr, Mgr. and Staff
5132 Arden Way, Carmichael
489-5100

Wells Fargo Bank
Doug Brit, Mgr. and Staff
7225 Fair Oaks Blvd., Carmichael
440-4174

Winding Commons Senior Community
Christine Pessola, Administrator
6017 Winding Way, Carmichael
485-0100

Mercy San Juan Medical Center
Brian Gardner & Staff
www.mercysanjuan.org
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557-5000

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• Can shut your business down whether you have two or two thousand employees
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by Linda Thistle

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Answers on page 4

- ★★ Moderate
- ★★★ Challenging
- ★★★★ HOO BOY!

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FICTITIOUS BUSINESS NAME STATEMENT #0805049. Robert Hicks, 3741 Douglas Rd., Carmichael, CA 95608 is doing business under the Fictitious Business Name "ABC Chiropractic Center" at 5150 Sunrise Blvd. #F-1, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on May 13, 2008. Publish: May 27, June 3, 10, 17, 2008.

AAFFOR 80504 6-17-08

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO NOTICE OF CHANGE OF NAME #34-2008-00011186-CU-PD-GD

WHEREAS, Sandy Kei Chi has filed a petition with this court for a decree changing her name of Sandy Kei Chi to Maccalla Yldia Chi. IT IS ORDERED that all persons interested in the renamed person on or before the court on 2 p.m., on June 27 in Dept. 55, Third Floor, Sacramento, CA 95814 and show cause, if any, why the name change of the Above-Described person should not be granted. IT IS FURTHER ORDERED that a copy of this notice be published in the Carmichael Times, a newspaper of general circulation, in Sacramento County, once a week for four consecutive weeks prior to the date set for showing cause for the petition. Dated: May 6, 2008.

Loren E. McMaster
Judge of the Superior Court

HOLT 80504 6-17-08

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO NOTICE OF HEARING—GUARDIANSHIP OR IN CASUALTY CASE #34-2007-00000437 Re: Conservatorship of the Person and Estate of Jallat Kumanri, (Proposed) NOTICE IS GIVEN that Petitioner, Kimi Kumanri, has filed a Petition to Remove Conservator and Petition for Appointment of Successor Conservator (Jallat Kumanri). You may refer to documents on file in this proceeding for more information. (Some documents filed with the clerk of the court may be restricted to those persons with some circumstances you or your attorney may be able to see or receive copies of these documents and all restrictions on the transfer of these documents and all restrictions on the transfer of these documents and all restrictions on the transfer of these documents.)

Caution: This PETITION FOR ADMINISTRATION OF ESTATE is a simplified, non-complex estate proceeding. It includes a Notice of Sale and a Notice to Creditors. There is no further court action in this matter. See the attached Notice of Sale (PA 1701) for further information.

PETITION FOR ADMINISTRATION OF ESTATE #0805221. Aaron M. Canale, 80504, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Mike's Lawn Service" at 6124 Villa Capri Dr., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on April 22, 2008. Publish: May 27, June 3, 10, 17, 2008.

CHI 80504 6-17-08

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO NOTICE OF HEARING—GUARDIANSHIP OR IN CASUALTY CASE #182-2008-00407 Re: Conservatorship of the Person and Estate of Marsha C. Canale, (Proposed) NOTICE IS GIVEN that Petitioner, James Canale, has filed a Petition to Remove Conservator and Petition for Appointment of Successor Conservator (Marsha C. Canale). You may refer to documents on file in this proceeding for more information. (Some documents filed with the clerk of the court may be restricted to those persons with some circumstances you or your attorney may be able to see or receive copies of these documents and all restrictions on the transfer of these documents and all restrictions on the transfer of these documents and all restrictions on the transfer of these documents.)

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PETITION FOR ADMINISTRATION OF ESTATE #0805131. Mary L. Canale, 80504, Carmichael, CA 95608 is doing business under the Fictitious Business Name "A BC Chiropractic Center" at 5150 Sunrise Blvd. #F-1, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on May 6, 2008. Publish: May 27, June 3, 10, 17, 2008.

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