



Youth Build Community Garden at Local Church

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Happy Mother's Day



Carmichael Times

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Lanterns Launch Peace, Love and Memories



Newly-wed Shivangi Dhaundiyl decorated her lantern in honor of a "perfectly imperfect" romance shared with her husband.

**Story and photo
by Susan Maxwell Skinner**

SACRAMENTO COUNTY, CA (MPG) - A Water Lantern Festival at Gibson Ranch last weekend launched thousands of hopes, dreams and memories on the reserve's lake.

Organized by One World LLC, the event continued an international trend inspired by oriental tradition. At similar events hosted by hundreds of US locations, paying participants receive lanterns and marker pens. Sustainable rice paper is the canvas upon which messages of whimsy, emotion or hope are expressed. Illuminated by battery lights, the luminarias are then liberated to float in rose-hued armadas, carrying serenity and goodwill into the universe. The idea, say organizers, is to unite friends, families and strangers in celebrating life.

For the Woodstock generation, it's like attending a tamer, Max Yasgur's Farm - with fairy lights and without mud.

Promoted largely by social media, the Gibson Ranch celebration drew almost 5000 participants. Some travelled from the Bay Area and Nevada. Indian-born newlyweds Shivangi and Bhasker Dhaundiyl heard about the karma-fest in their Sunnyvale suburb and trekked to Elverta. The couple celebrated the "perfect imperfection" of their marriage by lamplight.

Many luminarias were decorated with blessings of peace and serenity. Bereaved mom Ayrika Caeton dedicated her love-light to a lost infant son. Deceased pets, whales and unicorns were carefully drawn and launched. Before the launching ceremony, festival-goers were encouraged to meditate and share goodwill with

fellow attendees. Music played, merchandise was sold, food trucks did brisk business and thousands of selves were indulged. With as much serenity as is possible in a traffic jam, festival goers later departed amidst clouds of Gibson Ranch dust. Once the music ended, a chorus of perplexed goose-honking continued lakeside melodies.

Organizers spent the next day in rubber boots, clearing litter and lifting thousands of wood and paper craft from the lake.

Water Lantern Festival LLC is based in Utah and supports Water.org, an international nonprofit that promotes safe water in developing nations.

Learn about future water lantern events - including an October 6 festival at Lake Folsom at www.waterlanternfestival.com ★

Reducing the Stigma of Mental Health

**By Andrea Sandoval,
Sacramento County**

SACRAMENTO REGION, CA (MPG) - In recognition of Mental Health Month this May, the "Mental Illness: It's not always what you think" project will be active at Sacramento County community events, engaging with attendees and distributing helpful information in an effort to help stop stigma and discrimination, promote mental health and wellness, and inspire hope for people and families living with mental illness.

These local events provide a great opportunity for residents, along with their friends and family, to get involved and help Sacramento County increase awareness during this important time of year.

Get involved and help to stop mental health stigma this May:

Wednesday, May 22: Mental Health Matters Day at the California State Capitol from 9:30 a.m. - 2:00 p.m. RSVP for this free event and stop by the project's booth;

Friday, May 24: Mental Health Matters Night with the Sacramento River Cats! Come out to Raley Field on May 24 for Mental Health Matters Night and cheer on the Sacramento River Cats as they take on the Salt Lake Bees! The game will take place at Raley Field starting at 7:05 p.m. (Don't forget to wear lime green for Mental Health Month!);

Purchase tickets before they sell out and show your support for the efforts of Each Mind Matters and the Sacramento County "Mental Illness: It's not always what you think" project to help promote mental health and inspire hope for people and families living with mental illness.

Visit our May is Mental Health Art Displays! All art displayed was created by individuals and families living with mental illness to help dispel the myths and stereotypes about mental illness. Check out our website for the dates and locations of our displays.

Get involved - anytime! Show your support for those living with mental illness and pledge to reduce stigma by signing the virtual Wall of Hope on the Project's website.

For more information on Sacramento County's "Mental Illness: It's not always what you think" project, and to learn more about how to reduce stigma and discrimination in your community, please visit the Stop Stigma website.

This program is funded by the Division of Behavioral Health Services through the voter-approved Proposition 63, Mental Health Services Act (MHSA).

For more information visit: <http://stopstigmасacramento.org/> ★

You Gotta Try This!

CARMICHAEL, CA (MPG)

- It's that time again! Come experience the best Carmichael has to offer at the 17th annual Taste of Carmichael. You will not want to miss this fun event as it has been named the Best Event in Carmichael by the community in the Best of Carmichael contest!

Ticket holders can sample food from dozens of American and ethnic restaurants, bakeries and markets throughout the evening. Valley and foothill wineries and breweries will be on hand to pour you their latest vintages and drafts. There will also be live music provided by the popular bands. Come prepared to win! There will be a number of raffles and a silent auction, so you'll want to bid or buy tickets. Many local businesses and non-profit groups will be represented, just look for the friendly faces and informational flyers among the booths.

Over the years, your participation in the Taste of



Pacific Seafood was one of last year's top stops on the food trail. Come by and enjoy every bite! Photo by Paul Scholl

Carmichael has helped the Kiwanis Club of Carmichael's Foundation's charities such as the Kiwanis Family House, local schools, visual and performing arts projects, children's programs and numerous community projects. All of the proceeds go back to the community to support children and families so bring your appetite

and a friend or two, and join the others as you savor the best of local flavor—the Taste of Carmichael!

The Taste of Carmichael is presented by the Kiwanis Club of Carmichael and will be held on Friday, May 17, 2019 from 5:30 to 8:30 p.m. at Carmichael's La Sierra Community Center, 5325 Engle Road. You must be 21 or older

to attend. Tickets for this year's festivities are \$45.00 in advance, but may be purchased at the door for \$50. Purchase tickets by visiting www.CarmichaelKiwanis.org or calling Linda Martin at (916) 531-3087 or Donna Miller at (916) 944-2137.

Source: *Kiwanis Club of Carmichael, Taste of Carmichael* ★

I'm Listening!

By Sal Arrigo, Jr.

SACRAMENTO REGION, CA (MPG) - In the 1990's there was a television sitcom named "Frasier" about a radio psychiatrist who greeted his callers with the phrase "I'm listening." Although it was a comedy, the show did focus on real-life topics and relationships and often the discussions led to one question: what is the root cause of your issue?

Suicide is a very real issue in this country. We hear that a person "seemed just fine to me," but that was only on the surface. To be quite frank on why I am writing about this subject is easy - I have post-traumatic stress disorder (PTSD), and I can relate to all the buildup and emotions on why someone would take their life.

Suicide, the act of intentionally causing your own death, is listed as a top ten cause of death in the United States, according to a 2017 Center for Disease Control report. So, I ask, are you listening when the person who committed suicide remained silent up to the end?

Recently, California State University, Sacramento hosted the Send Silence Packing national tour, a program of the Active Minds organization that brings awareness to college students who take their own lives. Founded by Alison Malmon when she was a junior at the University of Pennsylvania following the suicide of her older brother, and only sibling, Brian, Alison started the Active Minds organization. According to the organization's website, Active Mind's purpose is "to reflect the organization's focus on



"Send Silence Packing" toured at California State University, Sacramento; the backpacks represent college students who have committed suicide. Photo courtesy of Sal Arrigo

action and student advocacy in mental health." They have been doing this since 2003.

Each year, as stated on the Active Minds website, Send Silence Packing visits 30-40 schools and communities. The all-day exhibit raises mental health awareness, inspires action for suicide prevention, connects viewers to mental health resources, and jump starts action.

Send Silence Packing catalyzes conversations in a way that contributes to a community's overall positive climate for mental health. Suicide is the second leading cause of death for college students. The Active Minds website, www.active-minds.org has a simple, and yet very powerful message: "Are you listening?"

I spoke with Barbara Gillogly Ph.D., a Developmental Psychologist and licensed Family Therapist, about her experiences with clients who discussed suicide. "I cannot tell them not to do it (suicide), but I can listen and validate

their feelings." Dr. Gillogly continued, "People just want to vent and be heard, and not be judged. I listen to the emotion behind the words and find people just want to talk."

I asked Dr. Gillogly what she tells someone who has lost a loved one or friend to suicide. "Go to a support group because they have been there." It is not pretty to go through the grieving process regarding suicide as this is the toughest guilt for the survivors: could I have done something to help?"

I asked Barbara if there are any signs that are tipping points to someone taking their own life. "A person may start to give away their personal items, or they slowly start retreating from life in general" she said.

My initial thought after interviewing Dr. Gillogly was that I wanted to find out more about local support groups. As it turned out, I found a person who has actually been to one, and provided me with a personal and tragic story.

Sharon Ruffner lost her

brother Eddie to suicide many years ago. Sharon told me that Eddie struggled with his addiction to prescription drugs and had been in some trouble with the law. Sharon told me, "Eddie was brilliant; he was a gifted pianist, artist and scientist."

Although Eddie struggled in his life, his sister never stopped loving him and when Eddie would call and blame Sharon for an array of problems she did not create, Sharon always told her brother, "I love you and if you need help I am here for you." It was soon after that Eddie overdosed on the prescription drugs. One question haunts Sharon: "Did Eddie really mean to do this or just happened to take extra pills by mistake?"

As with my interview with Dr. Gillogly, Sharon agreed that when a family member or friend commits suicide it is difficult to comprehend. "What signs did I not recognize?" is a question that Sharon replays over and over. One piece of advice

Sharon gives to other people in a similar situation is that you "never get over it; you just travel through the grief."

Eddie's mother, Norma, went into a deep depression which Sharon described as "having her right arm cut off." Although her Mom felt this way, Sharon said to me "I never felt devastation; I just tried to help my Mom."

I asked Sharon what kept her going after Eddie took his life. "I kept myself busy by taking some classes and learning some professional skills. It eventually led to a career position with the San Juan Unified School District." Sharon did tell me, "you need to allow people to help you, and that grief is an incredible personal journey. You do need to take your time to grieve."

In order to help ease the pain, Sharon said that she copes to this day by taking piano lessons to honor her brother. She also goes to Pacifica Beach in the San Francisco Bay Area and throws a rose into the

water because "it was one of Eddie's favorite places to go."

Sharon presented me with a newsletter from the Friends for Survival, a nationwide non-profit organization with a Sacramento chapter. The mission statement says, "We are dedicated to providing a variety of peer support services that comfort those in grief, suicide grief support, encourage healing and growth, foster the development of skills to cope with a loss and educate the community regarding the impact of suicide."

In addition, the organization states, "The loving outreach of Friends for Survival can bridge the gap between despair and renewed hope. Those whose loss is recent can lean upon the shoulders of those who have made progress in the difficult task of working through grief after a suicide death."

The Sacramento chapter of Friends for Survival can be reached at 916-392-0664 or 800-646-7322. Their website is www.ffs@truevine.net.

Personally, I came away from this story not with an ending, but a beginning. There is so much the general public needs to understand about this very real societal issue. I intend to continue writing more about this subject in the future with the goal of helping one person or one family. It is that important!

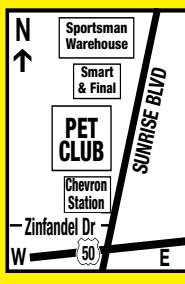
If you or someone you know is struggling with addiction or thoughts of suicide, please call the National Suicide Prevention Lifeline (24/7) at 1-800-273-8255 or the Substance Abuse and Mental Health Services Administration Helpline at 1-800-662-4357. ★

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CT PLU 569

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CT PLU 361

Youth Build Community Garden at Local Church

Rio Americano Student Competes in Environmental Contest



Mission trip 2019: The youth group from Carmichael Presbyterian Church recently completed their first local mission project: a community garden in the field behind the church. Photo provided by Carmichael Presbyterian Church.

By Shaunna Boyd

CARMICHAEL, CA (MPG) - Over spring break, the high school youth group from Carmichael Presbyterian Church (5645 Marconi Ave.) completed their mission project for the year by building a community garden in the field behind the church. During the four-day project, they built a fence, raised beds, walking paths, and a garden shed. Then they installed an irrigation system and prepped the beds for planting.

Lisa Torgerson, director of children and youth at Carmichael Presbyterian Church, said the goal is to supply vegetables to the church Food Closet that serves local community members in need of food assistance.

Torgerson said planting

should begin soon, and they plan to start with tomatoes, cucumbers, and squash in two of the garden beds. The remaining beds will be open for planting by members of the church and local community. Members of the youth group, Sunday school classes, and the church will tend to the garden.

Sarah Tomlinson, a member of the youth group and a senior at El Camino High School, said that the group usually travels to other locations for their missions. For example, last year they built a school in Honduras for their mission project. This year is the first time they've completed a mission project in their home town. "This project is different, because we'll get to see the impact it will have on our community over

time," said Tomlinson. Many of the kids in the youth group have been involved for years and have formed strong friendships. Tomlinson said, "This is a really tight group of kids here."

John Wallace, a youth advisor for the youth group since 1992, said, "It's important for young people to give back to their community, so community service is a big focus of our group."

Since it is a community garden, it is open to the public, and Tomlinson explained that the community garden will provide an excellent opportunity for people in the community to learn about gardening. Tomlinson invited community members to "come check it out. The fence is to keep out critters, not people." ★

By Beth Del Real

SACRAMENTO, CA (MPG) - The Caring for Our Watersheds proposal writing contest challenges students to research their local watershed, identify an environmental concern and come up with a realistic solution. Students with the top ten proposals of 550 that were reviewed presented their ideas to a panel of community judges.

First place is \$1,000 cash to the winning team and \$1,000 cash to the winning team's school. In total, over \$27,000 in prize and implementation money is available to students and schools who participate in the program.

Finalists were from the following high schools: Colusa, Del Oro, Foresthill, George Washington Carver, Grant Union, Mira Loma, Pioneer, and Rio Americano. Caring for Our Watersheds is a joint program of Nutrien and the Center for Land-Based Learning.

Abel Asrese won \$450 in the competition. He also won an equal matching amount for his class at Rio Americano High School. In addition, the student is eligible for \$1000 in project implementation funds.

In total, students compete for over \$6,000 cash rewards and participating schools are eligible for over \$11,000 cash rewards. Nutrien also provides \$10,000 in funding to help implement students' ideas.

Asrese's proposal is to organize a volunteer event to remove invasive non-native species in a section of the American River Parkway. Invasive species can



Abel Asrese holding his Big Award Check. Photos by Nina Suzuki

outcompete native plants, reduce biodiversity, and alter habitats. The event would educate volunteers and target high priority invasives such as Red Sesbania and Spanish Broom.

"The purpose of the contest is simple," says Nutrien program advisor Lindsey Verhaeghe. "Our goal is to encourage students to learn about their local watershed and be inspired to make improvements to the land, air and water. With community and school support, we have seen the creativity and determination students have for protecting and preserving the environment. It's inspiring when they turn their ideas into reality."

Each year more projects are implemented with the help of community resources and environmental organizations. Anyone who enters the contest is eligible for funding to complete his/her project. "Seeing students implement their projects is truly impressive. Caring for Our Watersheds not only encourages youth-led ideas, but helps make them happen," says Beth Del Real of Center for Land-Based Learning. ★

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The mission of the Center for Land-Based Learning is to inspire, educate and cultivate future generations of farmers, agricultural leaders, and natural resource stewards. Combining innovative hands-on experience with classroom learning, participants in Land-Based Learning programs develop leadership skills, learn how sustainable agriculture practices contribute to a healthy ecosystem, and create connections to agricultural, environmental, and food system careers. For more information, visit www.land-basedlearning.org ★

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Disenfranchised Parents Unhappy with SJUSD's Controversial Curriculum

By Gary McFadyen

SACRAMENTO REGION, CA (MPG)

More than 250 unhappy parents showed up at the San Juan School Board Meeting on Tuesday night April 9th, to ask the board to not adopt the district staff recommended and proposed History and Social Science curriculum for elementary-aged students. This was the first of the last two SJUSD board meetings before they would vote on whether or not to adopt the curriculum as proposed. The loudest objection aimed at the school board coming from the many parents who spoke at that meeting, came from a group of aggrieved moms and dads who claimed that they were intentionally left out of the discussions that would have allowed them to help shape the recommendations to the board on the matter that could have provided options that would both comply with SB48, and that would meet concerns of parents on both sides of the controversial curriculum issue: The issue of teaching about a person's sexuality and the subsequent classroom conversations regarding sex and sexual preferences of people who have made contributions in some form to society. The discussion these parents say they were left out of was the one about what material would be used, at what age level would it be appropriate, and how it would be taught.

During the Public Comment portion of the

board meeting, Chelsy Erickson, one of the large number of parents in the district feeling disenfranchised, told the board "nothing has shocked or disappointed me more than the lack of inclusion of the parents by not giving us a seat at the table so we could have a voice." She continued, "invitations were buried in a flood of 'general informational' emails and robo calls, but there was no specific information telling parents that there would be sensitive or controversial material involved." Erickson told the board that this crucial specific information was left out of district communications to parents until the eleventh hour when it was finally added only because a concerned mother challenged San Juan School District staff and insisted that the notifications specifically mention the LGBT inclusion items in the curriculum being proposed. These parents contend that there was neither a robust nor truly transparent effort by the district to inform parents of the extraordinary content in the new curriculum and that the crucial information was not fairly or appropriately highlighted in notices until January of this year; thirty months into a thirty-six month timetable, effectively giving concerned parents no time to organize and demand they be given a seat at the planning table.

Larry Gilmore, parent of a third grader, told the board that he is one



Chelsy Erickson expresses her opposing views. Photo by Gary McFadyen

of approximately 2,500 tax paying Concerned Parents of San Juan Unified School District who objected to the way the district went about adopting the state's curriculum for elementary-aged students. He told the board that they violated their Professional Code of Conduct in that they allowed misrepresentation and distortion of facts during public discussion. In his examples he cited EC 35160.1 (Education Code) where the Legislature found and declared that "school districts have the flexibility to create their own unique solutions" which can be "liberally construed to effect this objective". He also cited SB 48 and the HSS Framework law that state "while mandatory in regard to its implementation, it falls to the teacher and the local school and district administration to determine how the content is covered and at which grade level(s)."

Gilmore asked the board why, knowing this was such a volatile issue, they

didn't give more complete information, or invite parents to explore options that under the law would be a more acceptable solution for all involved. He urged the board to delay adoption until parents can fairly be given this opportunity.

Becky Milton stood before the board saying, "I respectfully ask that you do not adopt this new curriculum in its entirety". She stated that she is a firm believer in public education, and that she taught and subbed in SJUSD for over 10 years. "This is too much too soon," she said, "the complex nature of sexuality and gender identity are not appropriate topics to discuss with elementary age children at school". Quoting the Fair Act (SB 48) she too stated that the board could choose to push back the curriculum and to focus the fair act at the more appropriately aged high school level.

Milton asked that rather than making a decision that would divide the district, all parents and educators be allowed

to "work together to build bridges". And in Erickson's comments she asked the board to give the parents, both proponents and opponents of the current proposal, the opportunity to work together to find mutually acceptable paths for implementation.

The boards concluding remarks in this meeting did not acknowledge or address the complaints cited, or the sincere requests of parents asking for a postponement and opportunity to fairly participate and work together. Their remarks did, however, with the exception of one, indicate that each of them had already decided to vote for adoption of the proposed curriculum at the next board meeting.

The April 23rd meeting was also packed. Concerned parents filled the main board room, an overflow room, and stood shoulder to shoulder in the halls to hear the proceedings. Again, parents from both sides addressed the board. Again, the disenfranchised parents protested that the district intentionally left them out of the discussion, and they pleaded with the board to postpone adopting the new curriculum and allow parents a chance to work together to come up with a plan for presenting the material in a way that would meet both the requirements and concerns of parents on both sides of the issue.

"We put our trust in you when we voted for you", said Erickson, addressing

the board at the second meeting in a row, "won't you put some faith and trust in us by giving us the opportunity to work on this together".

Closing remarks from the board differed little from the last meeting. This time a board member and the superintendent did acknowledge the request from parents for postponement but said that it would not change the fact that they were required by the state to adopt the proposed curriculum, and that they had no choice but to vote for it.

It is important to note here that other school districts including Capistrano Valley Unified School District and Clovis Unified School District have intentionally not adopted the state approved History and Social Studies curriculum in an effort to cooperate more with concerns of all district families and communities. These two districts have joined with at least 24 other school districts in California, including Orange County School District, who are using the flexibility built into the law, and working with parents to come up with solutions that work to meet the important needs of the children and families in their districts.

The pleas of the disenfranchised parents had no impact on the outcome. In the end, as predicted from the meeting two weeks earlier, the school board voted unanimously to adopt the new curriculum provided and approved by the state. ★



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ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00254569
FNU Ramin and FNU Naheed have filed a petition with this court for a decree changing the name(s) of FNU Ramin to Ramin Amiry, FNU Naheed to Naheed Amiry, FNU Yasna to Yasna Amiry, FNU Tamkeen to Tamkeen Amiry, FNU Gehazal to Ghazra Amiry, FNU Safajan to Safa Amiry, and FNU Marwa to Marwa Amiry.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00254886
Osvaldo Ayon-Vazquez has filed a petition with this court for a decree changing the name(s) of Osvaldo Ayon-Vazquez to Osvaldo Ayon Vazquez.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00246249
Tysenn Lamara Gilmore has filed a petition with this court for a decree changing the name(s) of Tysenn Lamara Gilmore to Tysenn Lamara Whitmore.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00254545
Eduardo Alexis Hernandez-Ramirez has filed a petition with this court for a decree changing the name(s) of Eduardo Alexis Hernandez-Ramirez to Eduardo Al Gomez.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00254577
Yvonne Marie Wilch has filed a petition with this court for a decree changing the name(s) of Yvonne Marie Wilch to Yvonne Marie Dolner.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00254676
Katherine Nicole Buhawe Poliquet has filed a petition with this court for a decree changing the name(s) of Katherine Nicole Buhawe Poliquet to Katherine Poliquet Abdul.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00254396
Erika Susanne Alamo has filed a petition with this court for a decree changing the name(s) of Erika Susanne Alamo to Erika Susanne Gorfetti Caskey.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00254695
Linda Fay Prince has filed a petition with this court for a decree changing the name(s) of Linda Fay Prince to Lisha Kal Rahman.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00254857
Anabel Claudia Sanchez has filed a petition with this court for a decree changing the name(s) of Anabel Claudia Sanchez to Annabel Claudia Sanchez.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00254944
Tien Thy Do has filed a petition with this court for a decree changing the name(s) of Tien Thy Do to Leah Tien Do.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00254527
Traci Ann Miller has filed a petition with this court for a decree changing the name(s) of Traci Ann Miller to Yvonne Danielle Chapple Stevenson.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on June 6, 2019, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00254941
Adela Moreno Escamilla has filed a petition with this court for a decree changing the name(s) of Juan Luis Cardenas Moreno to Ralph Emilio Luis Cardenas Moreno.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00254803
Princesandria Berclia Graham has filed a petition with this court for a decree changing the name(s) of Princesandria Berclia Graham to Princesandria Berclia Johnson.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00250869
Benedict Adriane Dapitan Cruz has filed a petition with this court for a decree changing the name(s) of Benedict Adriane Dapitan Cruz to Ben, Adrian, Cruz.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00254915
Stephen Douglas Ritchie has filed a petition with this court for a decree changing the name(s) of Stephen Douglas Ritchie to Stephen Douglas Laird.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00254971
Son Hoang Nguyen has filed a petition with this court for a decree changing the name(s) of Son Hoang Nguyen to Ryan Son Nguyen.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00255304
Patricia Lynn Rader has filed a petition with this court for a decree changing the name(s) of Patricia Lynn Rader to Patricia Lynn Rader.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00255337
Lourbe Smile Thao has filed a petition with this court for a decree changing the name(s) of Lourbe Smile Thao to Iley Lourbe Smile Thao.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00255430
Abdul Qayoum and Alshin Haidary has filed a petition with this court for a decree changing the name(s) of Abdul Qayoum to Adel Haidary.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00255532
Aki Tahir Millner has filed a petition with this court for a decree changing the name(s) of Aki Tahir Millner to Aki Tahir Ahmad.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00254849
Shadi Sean Anayah has filed a petition with this court for a decree changing the name(s) of Shadi Sean Anayah to Sean Anayah.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00252199
Traci Ann Miller has filed a petition with this court for a decree changing the name(s) of Traci Ann Miller to Yvonne Danielle Chapple Stevenson.

Dora E De Dios & Henry G De Leon has filed a petition with this court for a decree changing the name(s) of Henry Emmanuel De Leon to Henry Emmanuel De Leon De Dios.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00254243
Ariana Bravo Luna has filed a petition with this court for a decree changing the name(s) of Ariana Bravo Luna to Ariana Ibarra and Genesis Duran Bravo to Genesis Duran-Ibarra.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00254911
Jasbir Kaur has filed a petition with this court for a decree changing the name(s) of Jasbir Kaur to Jasbir Kaur Bhupal.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00255311
Phal Sam has filed a petition with this court for a decree changing the name(s) of Phal Sam to Sopaal Sanfeng Dongfang Qingwei Khane.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00255449
Metti Buti Etana has filed a petition with this court for a decree changing the name(s) of Metti Buti Etana to Metti Etana.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00255627
Noel Julian Cruz has filed a petition with this court for a decree changing the name(s) of Noel Julian Cruz to Noel Julian Colon.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00255481
Alondra Lara Tovar has filed a petition with this court for a decree changing the name(s) of Alondra Lara Tovar to Alondra Tovar.

NOTICE OF PETITION TO ADMINISTER ESTATE OF RONALD MCINTYRE CASE No. 34-2019-00254103
To all heirs, beneficiaries, creditors, and contingent creditors and persons who may be otherwise interested in the will or estate, or both of Ronald McIntyre, deceased.

NOTICE OF PETITION TO ADMINISTER ESTATE OF KENNETH ARTHUR MEIBERT CASE No. 34-2019-00251731
To all heirs, beneficiaries, creditors, and contingent creditors and persons who may be otherwise interested in the will or estate, or both of Kenneth Arthur Meibert, deceased.

NOTICE OF PETITION TO ADMINISTER ESTATE OF DOLORES JEAN GOAD AKA DOLORES J. OLSON CASE No. 34-2019-00253690
To all heirs, beneficiaries, creditors, and contingent

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CLUES

- ACROSS
1. May occasion
5. ___ Tzu
8. Auto unit
11. Lyft alternative
12. "On Golden ___"
13. Zetkin of International Women's Day fame
15. Forever and a day
16. "The Simpsons" palindrome
17. Angler's decoys
18. *Mother, e.g.
20. Friend in war
21. Divided, it cannot stand?
22. Black gold
23. *Mother, e.g.
26. Like anti-cruelty proponents
29. "This land is your land..."
30. Loan shark
33. *Like Old Mother Hubbard's cupboard
35. "Captain Marvel" genre
37. It also rises, in Spanish
38. Faulkner's "As I Lay ___"

- DOWN
1. *School org. with moms (and dads) as members
2. Indian music
3. Farm team
4. Pool hall mishap
5. Powerball, e.g.
6. Playwright Chekhov
7. Perfume property
8. Lime-rich soil
9. Mouse to a snake
10. Fossil fuel
12. Accepted truths
13. Request to Geico
14. *Mother's song
19. Tedium
22. "Days of ___ Lives"
23. *Delivery room word
24. Binary digits code
25. Train runners
27. Lacking gule
28. "Sesame Street" regular
31. Olympic cast-out
32. Future fish
34. Shining armor
36. *Form of thank you to mom
38. Gloomy and drab

Crossword puzzle grid with numbers indicating starting positions for clues.

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SUDOKU puzzle with a 9x9 grid and instructions: Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

creditors of and persons who may be otherwise interested in the will or estate, or both of Dolores Jean Goad AKA Dolores J. Olson, deceased.

NOTICE OF PETITION TO ADMINISTER ESTATE OF DOROTHY MARIE TAYLOR CASE No. 34-2019-00255157
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Dorothy Marie Taylor, deceased.

NOTICE OF PETITION TO ADMINISTER ESTATE OF KENNETH ARTHUR MEIBERT CASE No. 34-2019-00251731
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Kenneth Arthur Meibert, deceased.

NOTICE OF PETITION TO ADMINISTER ESTATE OF RONALD MCINTYRE CASE No. 34-2019-00254103
To all heirs, beneficiaries, creditors, and contingent creditors and persons who may be otherwise interested in the will or estate, or both of Ronald McIntyre, deceased.

NOTICE OF PETITION TO ADMINISTER ESTATE OF DOLORES JEAN GOAD AKA DOLORES J. OLSON CASE No. 34-2019-00253690
To all heirs, beneficiaries, creditors, and contingent

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NOTICE OF PETITION TO ADMINISTER ESTATE OF DOROTHY MARIE TAYLOR CASE No. 34-2019-00255157
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Dorothy Marie Taylor, deceased.

NOTICE OF PETITION TO ADMINISTER ESTATE OF KENNETH ARTHUR MEIBERT CASE No. 34-2019-00251731
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Kenneth Arthur Meibert, deceased.

NOTICE OF PETITION TO ADMINISTER ESTATE OF RONALD MCINTYRE CASE No. 34-2019-00254103
To all heirs, beneficiaries, creditors, and contingent creditors and persons who may be otherwise interested in the will or estate, or both of Ronald McIntyre, deceased.

NOTICE OF PETITION TO ADMINISTER ESTATE OF DOLORES JEAN GOAD AKA DOLORES J. OLSON CASE No. 34-2019-00253690
To all heirs, beneficiaries, creditors, and contingent

from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case.

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SUMMONS NOTICE TO DEFENDANT: Daniel G Schafer, an individual; and Does 1-100, inclusive, YOU ARE BEING SUED BY PLAINTIFF: Crown Asset Management, LLC. NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days.

SUMMONS NOTICE TO DEFENDANT: Daniel G Schafer, an individual; and Does 1-100, inclusive, YOU ARE BEING SUED BY PLAINTIFF: Crown Asset Management, LLC. NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days.

SUMMONS NOTICE TO DEFENDANT: Daniel G Schafer, an individual; and Does 1-100, inclusive, YOU ARE BEING SUED BY PLAINTIFF: Crown Asset Management, LLC. NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days.

SUMMONS NOTICE TO DEFENDANT: Daniel G Schafer, an individual; and Does 1-100, inclusive, YOU ARE BEING SUED BY PLAINTIFF: Crown Asset Management, LLC. NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days.

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SUMMONS

SUMMONS NOTICE TO DEFENDANT: Daniel G Schafer, an individual; and Does 1-100, inclusive, YOU ARE BEING SUED BY PLAINTIFF: Crown Asset Management, LLC. NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days.

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SUMMONS NOTICE TO DEFENDANT: Daniel G Schafer, an individual; and Does 1-100, inclusive, YOU ARE BEING SUED BY PLAINTIFF: Crown Asset Management, LLC. NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days.

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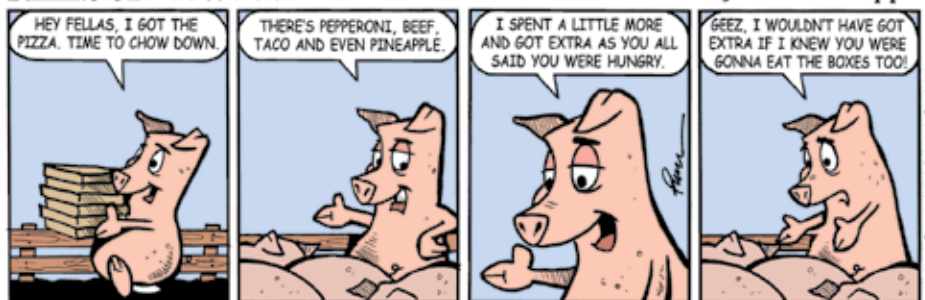
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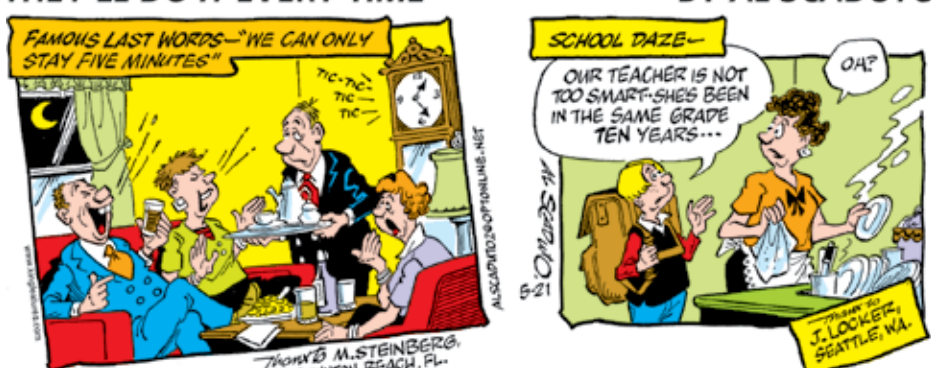
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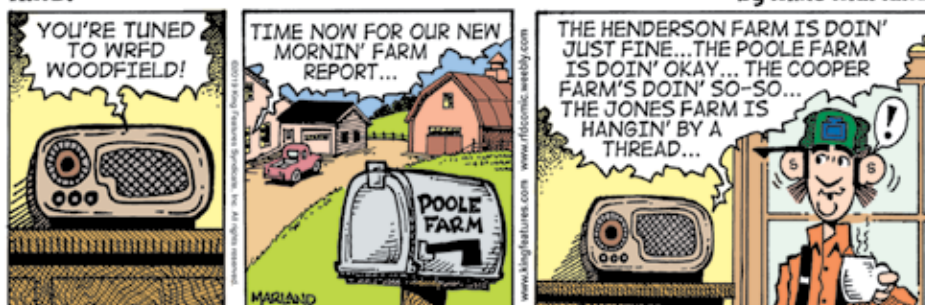
THEY'LL DO IT EVERY TIME

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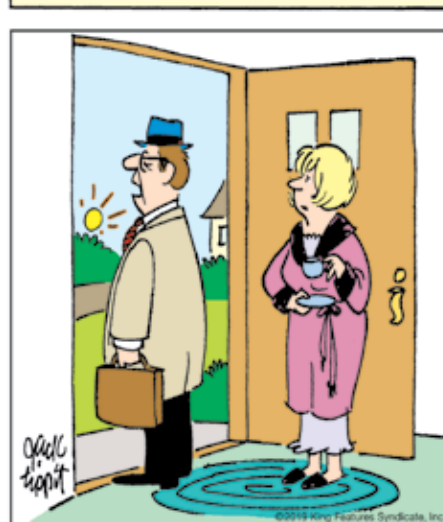
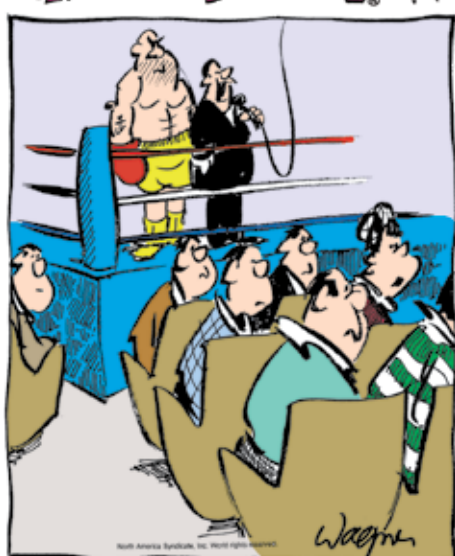


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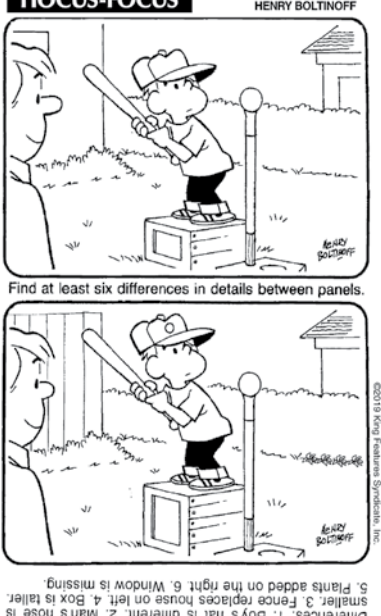
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Crossword Puzzle on Page 8

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

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Sudoku Puzzle on Page 8

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

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TV GUIDE MAGAZINE CHEERS & JEERS

By Damian Holbrook

Cheers to Billions
for Chuck Rhoades' priceless confession. In the April 7 episode of Showtime's slick drama, Paul Giamatti's S&M-loving politico revealed his dirty little secret during a press conference that was whip-smartly written and perfectly executed. Now, who do we have to tie up to get this guy some Emmy attention?

Cheers to What We Do in the Shadows
for tripping the light fantastic. From the howlingly funny scripts to the killer cast to the darkly demented twist on the classic roommate comedy, there's nothing that bites in FX's adaptation of 2014's indie

gem about a pack of vapid vampires.

Jeers to Game of Thrones
for being more fire than ice. As happy as we are to be back in Westeros, it was a bit lame to open the final season of the HBO drama with Jon and Aunt Dany (Kit Harington and Emilia Clarke) romantically riding dragons like a damn Disney couple. Kids, the Army of the Dead is invading. Save the kissy stuff for your next family reunion

Jeers to The Voice
for stretching out too many notes. There's a month of Blind Auditions, then the Best of the Blinds, the Battles and now the Cross Battles



The Voice - Kelly Clarkson finds herself stretching out too many notes.

and those results, all before we get to the Live Eliminations. Know wonder the judges wind up singing the same "You're so awesome" praises by the finale. They must be as exhausted as we are! ★

ASK MATT BY MATT ROUSH TV Guide Senior Critic

Are Harm and Mac Coming Back In A Revived JAG?

Question: Can the appearances in May on NCIS: LA of JAG characters Harm and Mac work as a "backdoor pilot" to revive the series? If JAG comes back, what will it mean for *The Code*? - Christa

Matt Roush: While CBS is mum on the notion of a JAG reboot, speculation is understandable given the still potent draw of this brand-name series and its

original stars. Should it happen, a JAG 2.0 would be a natural fit on a network that still leans heavily on the military procedural genre JAG instituted all those years ago. And this might not be good news for *The Code*, which like JAG is a blend of military mystery and legal drama, and hasn't exactly popped, so it's unclear if it can stand on its own on Mondays. The next few weeks should confirm whether *The Code* is

a keeper, but a JAG comeback might make that decision moot. My truly is the destination.

Question: I'm wondering what happened to Bobby "Axe" Axelrod's wife and family on *Billions*? - Claudia

Matt Roush: *Billions* answered this question in the episode that aired Easter Sunday, when Lara (Malin Akerman) returned so that Axe (Damian Lewis) could give his blessing for her and the boys to relocate to California. Akerman has filmed a lead role for an NBC pilot and was already curtailing her appearances on *Billions*.

To submit questions to TV Critic Matt Roush, go to: tvinsider.com ★

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FROZEN & FISH DEPT

\$5.99/ea King Weakfish 2 lb Bag

EUROPEAN DELI

Bak's Ham \$7.49	Krino's \$3.79
North Star \$5.69	Art \$7.49

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Lions Donate \$150k to Society for the Blind

Funds to expand the Low Vision Clinic



Members of the Northern California Lions Sight Association join Lions District 4-C5's Doug Wight and Sheri Retzlaff to present a check to Society for the Blind's Shari Roeseler. Photo courtesy of Society for the Blind.

By Kristin Thébaud, Thébaud Communications

SACRAMENTO, CA (MPG) - Society for the Blind recently received a Vision 2020 campaign donation of \$150,000 from the Northern California Lions Sight Association (NCLSA) and the Lions Clubs International (LCIF) to support the expansion of the group's Low Vision Clinic and training space for people who are blind or have low vision.

NCLSA donated \$75,000 to purchase equipment and vision testing devices for the clinic and secured an additional matching grant of \$75,000 from LCIF to add an indoor orientation and mobility course.

"Lions Clubs across the world have a long history of supporting organizations that help people with vision loss, so we are deeply honored that the Lions chose to invest in Society for the Blind here in Sacramento," said Shari Roeseler, executive director, Society for the Blind. Roeseler continued: "As the only comprehensive vision rehabilitation center in the Sacramento region, Society for the Blind is a critical resource for people who are blind or have low vision. The generosity of the regional and international Lions means

that more people across California who are experiencing vision loss will have access to critical assessment and treatment."

Society for the Blind's Low Vision Clinic is one of the longest running community-based clinics in the region. The Low Vision Clinic provides care, vision rehabilitation, low vision devices and transportation assistance to more than 375 people each year.

Clinics are staffed by three optometrists with special training in low vision eye care and serve patients with cataracts, glaucoma, age-related macular degeneration, diabetic retinopathy and other congenital and degenerative eye diseases.

Clinic staff includes a vision rehabilitation therapist who works with patients with some functional vision, teaching them techniques to use their remaining vision safely and effectively and providing training on assistive devices.

"It's in our Lions Club DNA to help organizations like Society for the Blind," said Douglas Wight, governor, Lions District 4-C5. "Across the world, we work to bring greater stability and independence to people with vision loss by providing services and supporting organizations that do this work." ★

Fire Camp Lets Kids Be Firefighters

By Brenda Briggs, Metro Fire

SACRAMENTO COUNTY, CA (MPG) - Metro Fire recently opened the application period for Fire Camp, a day camp that takes place from June 25 - 28, 2019. Fire Camp provides local children a once-in-a-lifetime opportunity to experience today's fire service, first hand. The program is designed to instill self-confidence, teamwork, teach life safety skills and provide a basic understanding of the firefighting profession, in a fun and exciting



Campers learn valuable life safety skills, while discovering what it means to be a firefighter. Photos courtesy Metro Fire.

atmosphere. Campers are grouped in "strike teams" of eight campers, and each strike

team is mentored by two Metro Firefighters. Campers learn valuable life safety skills, while discovering what it means to be a firefighter.

To attend Fire Camp, applicants must be 11, 12 or 13 years of age, with preference given to those living within Metro Fire's boundaries. Applications are processed in the order in which they are received, so apply early for a better chance of securing a spot. Deadline to apply is May 10, 2019.

For applications and more information, visit our website: www.metro-fire.ca.gov/Firecamp. ★

SB 24 Passes Senate Education Committee

By Alexa Garcia-Ditta, Conway Strategic

The California State Senate Education Committee just passed Senate Bill 24, which would require all public universities to provide medication abortion at on-campus student health centers, with a 5 to 2 vote. The bill, which is widely supported by California voters, passed the Senate Health Committee earlier this month and now goes on to the Senate Appropriations Committee.

Statements from those that testified in the hearing:

Senator Connie M. Leyva, D-Chino, author of Senate Bill 24:

"While some legislators in other states are actively turning their backs on the needs of women, I thank

my Senate Education Committee colleagues for approving SB 24, which supports the academic and personal success of college students by ensuring that reproductive health services are available to all students who might need them without unnecessary barriers. SB 24 is a clear step forward for Californians seeking to access their constitutionally protected right to abortion, including students on college campuses.

"It's critically important that college students don't face unnecessary barriers in accessing their rights, particularly when these services can be provided at on-campus student health centers where students already receive other health care services. Students should not be

forced to delay important medical care, travel long distances or miss class or work responsibilities when medication abortion can be offered by trained health care providers on campus."

Dr. Daniel Grossman, Professor in the Department of Obstetrics, Gynecology and Reproductive Sciences at the UCSF, and director of ANSIRH:

"Abortion care on campus is necessary to improve access and decrease barriers for students. Medication abortion is safe and clinically simple to provide, and with the funding committed in Senate Bill 24, it would be very feasible to offer medication abortion at student health centers. There is no reason to exclude medication abortion care from services already provided." ★



FAIR OAKS CEMETERY 21st ANNUAL MEMORIAL DAY EVENT

Saturday, May 25, 2019 - 10:00am

The American Legion was formed in Paris in March of 1919 and was chartered by Congress later that year. The American Legion is headquartered in Indianapolis. The Legion was the primary group behind the passage of what is now known as the G.I. Bill in 1944. The Legion today assists other veterans through service at VA clinics and hospitals in Washington, DC on behalf of veterans. The American Legion is the nation's largest wartime veterans service organization, committed to mentoring youth and sponsorship of wholesome programs in our communities, advocating patriotism and honor, promoting strong national security, and continued devotion to our fellow service members and veterans.

Today the American Legion provides many services for Veterans on its website and at its almost 14,000 posts around the world.

The twenty first Annual Memorial Day and Avenue of Flags Ceremony will be held on Saturday, May 25, at Fair Oaks Cemetery, located at 7780 Olive St., Fair Oaks. The formal ceremonies begin at 10 a.m.

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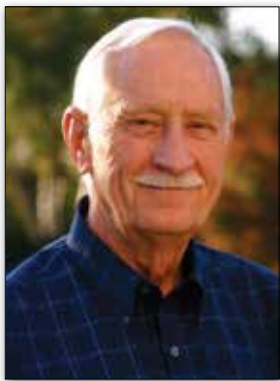
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MEMORIAL NOTICE

L. Neil Loveridge DDS

Of Carmichael, CA, May 5, 2019, a native of Park City, UT, age 87 years. Loving husband of Bobbie Loveridge. Cherished father of Perry (Sari) Loveridge, Lisa (Scott) Owens and the late Larry Loveridge. Grandfather of Spencer, Tyler, Zachary, Shannon, Carson and Hunter. Great Grandfather of Grace and Penelope. Brother of the late Gordon (Marilyn) Loveridge. Beloved by all who knew him. Friends are welcome for



visitation from Thursday, May 9, 2019, 4-7 PM at PRICE FUNERAL CHAPEL (6335 Sunrise Blvd., 725-2109) and are invited to attend services Friday, May 10, 2019, 10AM at the CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS (4252 Garfield Ave., Carmichael, CA). Interment Fair Oaks Cemetery. Online condolences can be made at PriceFuneralChapel.com.

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Wednesday, May 15th

Mission Oaks Community Center

4701 Gibbons Drive, Carmichael
10:30am-12:00pm

Swanston Community Center

2350 Northrop Avenue, Sacramento
1:30pm-3:00pm

The Mission Oaks Travel Club offers daytrips, regional, domestic and international escorted tours. The club meets every third Wednesday of the month and features guest speakers. All are welcome!

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