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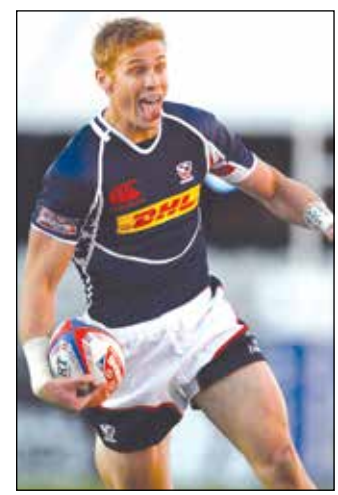
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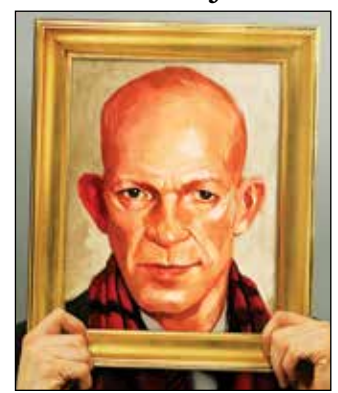
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Local Rugby Pro Wishes Players Good Luck Before KOT



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Great Wall to Inspire Corridor Landscaping



Muralist Hugh Gorman (assisted by Australian shepherd Gracie) touches up his "Great Wall of Carmichael." Gorman created the 100-ft. landmark in 2003.

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - A community landmark, the "Great Wall of Carmichael," has inspired planned landscaping in Phase Two of Sacramento County's boulevard corridor plan.

Breaking ground next summer, the \$4.5 million phase will include traffic lights at Landis Avenue; new road surfaces, sidewalks, and bike lanes; landscaped street medians; underground utilities; and sculptures. Included in the revamp is the Fair Oaks and Grant corner where our Great Wall stands.

"Median art will continue the use of stone monuments similar to obelisks erected at the Marconi and Fair Oaks corners during the corridor project's Phase One."

Commissioned for the mural project in 2002, artist Hugh Gorman portrayed the American River on its meandering path through millennia. New landscaping aims to reflect the free-flow of his design. Like the river, walkways here will adopt curving paths. River stones and a gravel mosaic, set in blue-green mortar, will form a dry creek bed in the place of some turf. Planting will echo riverside vegetation depicted on Gorman's mural.

Continued on page 2

Atria Proposes Toast in Residents' Honor
Simultaneous Champagne Toast Among 13,000 Seniors in 27 States

CARMICHAEL, CA (MPG) - The countdown has begun for Atria Senior Living Group's biggest party of the year. On Thursday, January 29th, thousands of Atria residents will celebrate together with a champagne toast in their honor. Atria provides retirement housing to more than 13,000 seniors in 27 states, and the coast-to-coast party will cap a month-long celebration called Resident Appreciation Month.



Atria's largest senior celebration was created as a way to show residents they are appreciated and to connect them with fellow residents in other states.

"Providing older adults with the best quality of life possible is the reason behind everything we do as a company," said Staci Weisz, Engage Life director at Atria El Camino Gardens in Carmichael. "On Thursday, January 29th, the Atria family, both residents and employees, will make a toast to celebrate the wonderful contributions that Atria residents bring to the lives of our employees each day and honor their past and present contributions to society."

Atria's largest senior celebration was created as a way to show residents they are appreciated and to connect them with fellow residents in other states. The celebration continues throughout January, but on Thursday, January 29th at 1 p.m. every community will raise their champagne glasses in honor of every resident who brings joy and a purpose to the lives of Atria employees. Following the toast will be a delicious Chocolate Fondue Party and special entertainment with Emily Mader on harp.

For more information regarding the Atria community nearest you and how they're celebrating Resident Appreciation Month, please visit www.atriaseniorliving.com.

Source: Atria EL Camino Gardens ★

Carmichael Rotary's Annual Crab Feed

CARMICHAEL, CA (MPG) - It's time again for the Carmichael Rotary Club's major fundraiser. The annual Rotary Crab Feed is Saturday, February 7th at La Sierra Community Center. Cocktails are at 6 p.m., and the crab dinner is at 7 p.m. The cost of tickets is \$50 per person.

The event will feature great food, drink, music, and dancing with friends. The regular DJ, Sundance Kid, will be back with great songs and musical hits from the past as well as lively hits from the present.

Carmichael Rotary uses the funds raised at its crab feed to support the many programs it provides to the community. The organization feeds hungry families with several days of food, including a turkey during the holiday season; it supplies dictionaries to third graders in Carmichael schools; it repairs park benches at Ancil Hoffman Park; it feeds lunches to more than 50 Special Olympic athletes annually; it provides college scholarships to Del Campo students; and it has raised more than a million dollars for Easter Seals from its golf tournament at Ancil Hoffman each June. Internationally, Rotary is close

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Guests enjoying the crab feed during last year's banquet. Photo courtesy of Walter Malhoski



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See inside for details

Great Wall to Inspire Corridor Landscaping



Landscaping features designed for the Fair Oaks Boulevard and Grant Avenue corner are shown in this diagram.

Continued from Page 1

"We want people to have a similar feeling here as when they walk near the river," explained senior county landscape architect Jim Schubert. Drought tolerant species like coyote bush, blue sage, and feather reed grass will be combined with colorful non-native plants. Shade trees will include valley oak and red maple.

Median art will continue the use of stone monuments similar to obelisks erected at the Marconi and Fair Oaks corners during the corridor project's Phase One. These will stand near the Grant Avenue and Engle Road intersections. On theme with the boulevard's name, oak trees will also dot the new medians.

Phase Two work should begin in June and continue in stages for

about two years: overhead utility wires will first be buried; road resurfacing, medians, and sidewalk building will come next; and landscaping will be the final stage.

Traffic headaches are likely during construction. "We'll maintain two open traffic lanes in each direction during peak hours," pledged project engineer Steve White. "Off peak, we'll have one lane open both ways. Yes, there will be some delays. ... But the improvements are long overdue," said White. "I believe people will like the results."

Learn more about the Fair Oaks Boulevard Corridor plan at www.sacdot.com/Pages/FairOaksBoulevardImprovements%e2%80%933Phas.e11.aspx. ★

Artist Donates Tower Painting to Water District



Applauded by community activist Peggy Berry (left) and artist Louis Baker present a portrait of the vintage American River water tower to the Carmichael Water District.

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - With the donation of a 1989 painting of the American River water tower, Sacramento artist Louis Baker (95) recently gifted a piece of history to the Carmichael community.

Built in 1960, the disused facility in Ancil Hoffman Park is among the most iconic of Carmichael buildings. Indeed, the Ranney Collector equals Carmichael Presbyterian Church as the area's most painted and photographed spot.

Locally called the "Detering collector" (for pioneer farmers of the Ancil Hoffman Park area), the tower has been out of service for decades. The water district nevertheless maintains it for emergency use. Meantime, the stark column remains a beloved parkway landmark for rafters and hikers.

During the presentation ceremony,

Pearl Harbor survivor Baker recalled the 1989 painting expedition that took him to the parkway. He professed love at first sight for the lonely tower. "Seagulls were flying around it," he recalled. "It looked like it just belonged there." The watercolorist planted his easel on the flood plain and sketched the scene, including the river, birds, and ragged driftwood. Much treasured by his family, the painting has hung in his son's riverside home for many years.

Early this year, the watercolor appeared on a magazine cover. Enamored by its representation, Carmichael resident Peggy Berry located the artist with the idea of acquiring this work for the Carmichael Water District. "To me, it beautifully represented our history and the fantastic service the water district provides Carmichael," said Berry. "I asked Louis if I could buy the painting. He told me his son was not likely to part with it. Then he remembered

he'd painted two versions; the second one had been gathering dust in his Elk Grove home for years. He decided he didn't want to sell it; instead he'd donate it to the water district. He felt it was an honor to be asked."

The district's December board meeting hosted an unveiling of the 26-year-old opus. On hand to applaud, Berry believed the fates had much to do with Baker's bequest. "Who would imagine there could be two versions of this marvelous painting?" she marveled. "Louis' donation was the best Christmas present ever."

Baker's canvas now hangs in the Carmichael Water District boardroom at 7837 Fair Oaks Boulevard. It may be viewed at board meetings; these are open to the public on the third Monday of each month. For further information, call the district at (916) 483-2452. ★

Free Weekend Activities at Effie Yeaw Nature Center

CARMICHAEL, CA (MPG) - The Effie Yeaw Nature Center (2850 San Lorenzo Way) is hosting a series of free, fun, and informational events this winter season. There is a \$5 per car county entrance fee into Ancil Hoffman Park (free to members). Donations are gratefully accepted.

Nor-Cal Snakes: On Saturday, January 24th at 10:30 a.m., slither on in for a special presentation by Lynne Tolman

from the Northern California Herpetological Society. Try to "scale" back your enthusiasm as you learn about our local snakes. Learn all about the varieties that are found here, their life history and habitats, and meet live snakes up close!

Mighty Meta-Morphin' Monarchs: On Sunday, January 25th at 1:30 p.m., come in for a special program all about the amazing Monarch butterflies.

Learn about their lifecycle, their remarkable migrations, where they are wintering, and take some plant seeds home to make your yard monarch friendly.

Critter Close-Up: On Saturday, January 31st at 10:30 a.m., you can get eye to eye with the furry, scaly, or feathered residents.

Source: Effie Yeaw Nature Center ★



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Retiring DA Will Miss Top Dog

Carmichael Chamber of Commerce Hosts January Business Luncheon

CARMICHAEL, CA (MPG) - The Carmichael Chamber of Commerce will host the January Business Luncheon on Tuesday, January 27th from 11:30 a.m. to 1 p.m. The luncheon will be held at the Church on Cypress, 5709 Cypress Avenue, Carmichael, CA 95608.

Meet other business people, enjoy a catered lunch, and hear former Sacramento County District Attorney Jan Scully discuss the non-profit agency Family Justice Center. The cost to attend the luncheon is \$18 for members and \$23 for guests. Make your reservations online by Friday, January 23rd.

For more information, please call (916) 481-1002 or visit www.carmichaelchamber.com.

Source: Carmichael Chamber of Commerce ★



Room at the top: Court House employee Reggie nuzzles the boss at retiring District Attorney Jan Scully's desk.

Story and photos by Susan Maxwell Skinner

SACRAMENTO COUNTY, CA (MPG) - Who weighs 73 pounds and sprawls with impunity on Sacramento court room floors? Reggie the comfort dog is also the only county employee who can nuzzle former District Attorney Jan Scully's knees.

Now in his sixth year of employment, the towering standard poodle was part of the farewell delegation—wagging his pom-pom tail—when his boss retired last year. “I’ll definitely miss Reggie,” admitted Scully. “I’m proud of what we’ve achieved with him for crime victims. His temperament, his calmness—everything about him makes him easy to love. I want to take him home every time I see him.”

Reggie was donated to the DA’s Victim Witness Unit by the St. Francis Pet Education and Training Center in Fair

Oaks. He earned his stripes while still a lolling pup. “On his first day at work, he came upon a family outside a courtroom,” said Scully. “They were part of a homicide case, and they were all in tears. Without being told, Reggie walked over to the mom and put his snout on her lap. She instinctively started to pet him. He was comforting her.”

When not in court or comforting the vulnerable, the poodle mooches freely in the DA’s downtown building. Undaunted by elevators and busy corridors, he visits people throughout the office, favoring those who supply treats. “He’d come in and lie on my floor while I was working,” said his former boss. “Seeing Reggie was like taking a really big breath and ending up smiling. For staff, and for victims of crime, he’s a real morale booster.” The canine also wins hearts at civic banquets. Jacketed in black and gold, he upstages most VIPs. “He wanders around the

tables, being petted and having his photo taken,” said Scully.

Her office was a California pioneer in providing critter support for crime victims—often in cases of sexual or violent assault—and for intimidated witnesses. Reggie’s service was at first controversial. Some defense attorneys argued jurors might be influenced by chocolate eyes and mute compassion. Scully recalled, “We suffered what we called ‘Reggie motions.’ One judge banned him. It was a struggle to get him accepted. We had a breakthrough when a judge asked our prosecuting attorney if she feared (the dog’s presence) might lead to trial results being overturned on appeal. Our attorney answered, ‘I’m not. Are you?’” On appeal, the jury’s conviction indeed held firm. Reggie’s worth was cast in granite.

DA victim advocate Marcia Christian shared her home with the canine staffer after hours. “He’s comforting and calm,”

she said. “If Reggie senses someone’s upset, he pushes himself against them or puts his head in their lap. He’ll shake hands and play with children. One little girl had been molested and was too petrified to come in our office door. She saw Reggie and that was it. She hugged him and they lay on the floor, playing.” Part of the pacifying poodle’s duty is accompanying victims or frightened witnesses when they testify. He then settles near them to wait out the slow process of questioning. Bathroom needs are signaled with a few nose-pokes at handlers.

After hours, he’s an ordinary dog. “He’s high energy and he eats anything,” said handler Christian. “He likes playing, preferably with other dogs. His favorite thing is to chase and be chased at the dog park.”

While not exactly on the DA’s payroll, Reggie’s “salary” is part of operational expenses. Funding for food, grooming, vet bills—even his Frisbee—comes from confiscated proceeds of crime. Reggie’s champions consider him worth more than his weight in gold, but his actual cost to the DA’s Office is about \$1,500 per year.

“You can’t put a dollar value on the comfort, support, and affection he showers on everyone who touches him,” said the retired DA. “Reggie is priceless.” ★



Suited up for courthouse duty, Reggie gets a morning greeting from fellow county employee Deputy Ron Aurich.

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THE RICH LOWRY COLUMN
By Rich Lowry

When Obamacare Came to Harvard

Obamacare has come to Harvard, and the faculty is in a state of shock and dismay.

In what has to be considered an early contender for the most hilarious and enjoyable news story of the year, The New York Times recounts the tumult over Obamacare in Cambridge.

"For years," the Times writes, "Harvard's experts on health economics and policy have advised presidents and Congress on how to provide health benefits to the nation at a reasonable cost. But those remedies will now be applied to the Harvard faculty, and the professors are in an uproar."

In other words, they are getting the change they believed in -- good and hard. As a wag commented on Twitter, karma

is a pre-existing condition. The Harvard imbroglia is a little like the famously free-market University of Chicago economics faculty launching a revolt against tax cuts or deregulation.

The enrollment guide from Harvard's human-resources department explains that rising health-care costs, some caused by Obamacare, account for the changes hitting the pocketbooks of the custodians of learning at Harvard. It cites specifically free preventive services and the extension of coverage for younger adults up to age 26 (as well as the impending "Cadillac tax" on pricey health plans).

The obstructionists on the Faculty of Arts and Sciences voted by a lopsided margin against the health-care changes, but they were too late.

According to the Times, history professor Mary D. Lewis is a leader of the faculty opposition, which makes her practically the Mitch McConnell of Harvard University. Let's hope she has a plausible repeal-and-replace plan and isn't merely campaigning on the power of sheer, nihilistic rejectionism.

Richard F. Thomas, a Virgil scholar, said the health-care changes are "deplorable." (Quoth the poet, "Each of us bears his own Hell.") They are "deeply regressive." ("It never troubles the wolf how many the sheep be.") And they are "a sign of the corporatization of the university." ("O

accursed hunger of gold, to what dost thou not compel human hearts!")

Don't worry, Harvard faculty, Texas Sen. Ted Cruz is coming to the rescue. Who better than a Harvard Law graduate to swoop in to save professors at his dear old alma mater from the consequences of their own folly?

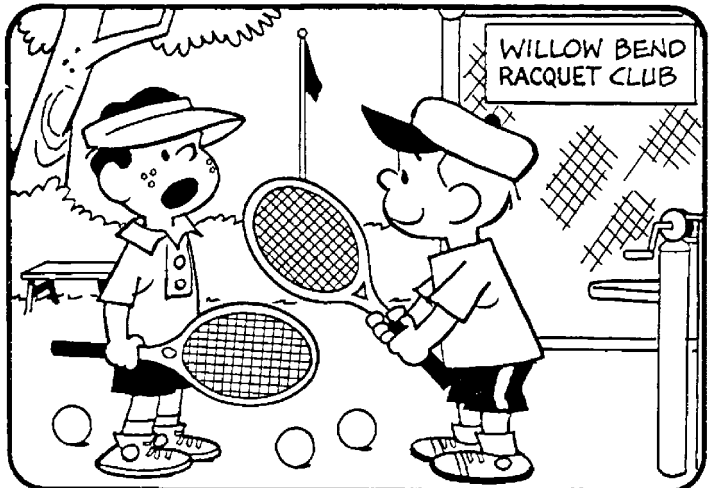
Actually, the changes Harvard is experiencing are quite mild. By any measure, the school's plan is still incredibly generous. Faculty will, for instance, now have an annual deductible of \$250, which is hardly exorbitant. Perhaps the Harvard faculty foolishly believed that other alum, President Obama, when he said Obamacare would save the average family \$2,500?

In a properly constructed market, consumers -- even including Harvard professors -- should indeed bear more of the costs of their health care directly. But in today's system, consumers tend not to have free choice of their plans, and Obamacare layers on top of that system costly mandates that make no sense.

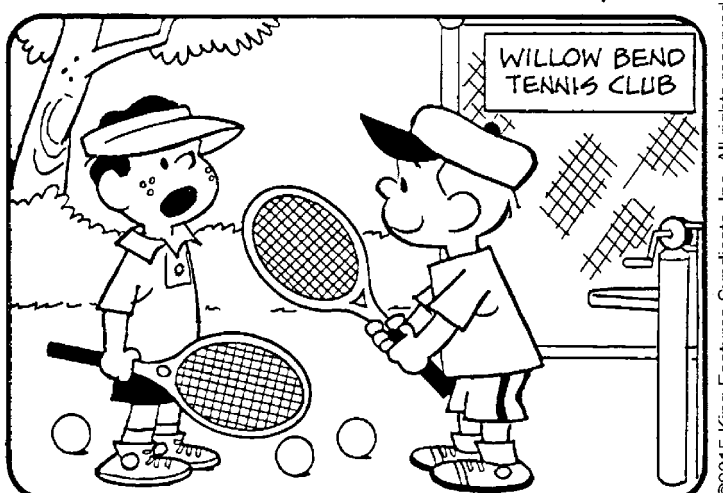
The Harvard faculty can whine and stew all it likes, but the president has sent an unmistakable message to such malcontents: The law is the law. Harvard won the health-care debate years ago, and there's no going back on it now.

Rich Lowry is editor of the National Review.
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MBK Homes Announces New Community Under Construction in Fair Oaks

FAIR OAKS, CA (MPG) - Award-winning California homebuilder MBK Homes is making moves in Northern California with the groundbreaking of Madison at Fair Oaks, a collection of 89 single-family detached homes. This charming new home community offers an eclectic mix of Spanish, French Country, and Craftsman architecture with unique open-concept floor plans. With an overall commitment to providing the highest quality products, service, and satisfaction, this new home community presents a high-value option at prices competitive with local resale alternatives.

"We are excited to be building new homes in Northern California, and especially in a town like Fair Oaks, a vibrant community that maintains a small-town feel while offering conveniences to shopping, employment, and schools,"

said Rick Fletcher, vice president of sales and marketing for MBK Homes. "We've designed homes that give buyers tremendous spaces for an excellent value. These open floor plans have huge kitchens, large dining rooms, and high ceilings, creating a space that feels even bigger than it actually is."

The two-story homes at Madison at Fair Oaks will offer three expansive floor plan options ranging in size from 2,625 square feet to 3,194 square feet. They will have up to five bedrooms and two-and-a-half to three bathrooms. Each home includes a two-car garage, a loft area, a large great room, and a private backyard designed to facilitate indoor to outdoor living. Living up to MBK's reputation for quality and energy efficiency, homes are equipped with stainless steel GE appliances, tankless water heaters, granite countertops, modern

shaker style cabinetry, USB charging outlets, and a flat panel TV connector. The community boasts architecture by Irvine-based Mark Gross & Associates and landscaping by Napa-based VanderToolen Associates.

Fair Oaks maintains a wonderful quaint feel with a location close to Sacramento and a short commute to employment centers. Its family-friendly attitude is reflected in the city's 14 elementary schools, 21 preschools and nine private schools. Madison at Fair Oaks is within walking distance of the high-ranking Bella Vista High School.

Sales are set to begin in late February and pricing is anticipated from the mid \$400,000s. For more information about the community and MBK Homes, please visit www.mbkhomes.com.

Source: New Ground PR & Marketing ★

NCOA Seeks Umpires for Upcoming Softball Season

CARMICHAEL, CA (MPG) - The Northern California Officials Association (NCOA) is seeking men and women over 18 to umpire high school games in 2015. NCOA is the flagship training program for high school umpiring. Members undergo a rigorous 18-hour training program, earn their certification to umpire, and work games for a significant rate of pay.

This is the perfect opportunity for those who love sports, are interested in having the best seat in the house, want to practice their people skills, and love getting a good workout—all while getting paid. NCOA is offering you the chance to "get it right" after all those controversial calls that we have all seen on TV.

The first mandatory meeting begins at 6 p.m. on Tuesday,

January 27th at Jesuit High school, 1200 Jacob Lane Carmichael. Subsequent meetings are TBA.

If you are interested in officiating high school softball, contact NCOA at www.arbitersports.com or call Brian Moore at (916) 612-3835.

Source: NCOA Softball Recruiting ★

New Cohousing Community Hosts Cohousing Expert

By Marty Maskall

SACRAMENTO REGION, CA (MPG) - Fair Oaks, CA (MPG) - Charles Durrett, architect and international expert on cohousing, will give a public presentation at 7 p.m. on Saturday, February 7th at the Fair Oaks Library, 11601 Fair Oaks Blvd.

Durrett, an award-winning architect, is currently designing the latest addition to the local cohousing communities: Fair Oaks EcoHousing on Fair Oaks Boulevard near New York Avenue.

The presentation will provide an overview of the national cohousing movement, with examples of communities that have been built around the country

over the last two decades, including Southside Park Cohousing in Sacramento, Nevada City Cohousing, and Wolf Creek Lodge in Grass Valley.

Cohousing neighborhoods are composed of privately owned homes clustered around shared open space and common facilities. A central clubhouse—the heart of the neighborhood—typically includes a dining room, kitchen, lounge, workshop space, kid's playroom, and guest rooms.

Cars are kept to the edge of the site, thus making the neighborhood pedestrian-friendly and safe for children. Future residents are involved in the design and development of their new community so it reflects their needs and priorities, creating a truly custom

neighborhood.

Architects and authors Charles Durrett and Kathryn McCamant introduced cohousing to North America in the 1980s with their seminal book, *Cohousing: A Contemporary Approach to Housing Ourselves*, after studying the movement in Denmark. There are now more than 130 housing communities in the U.S. and Canada. Together, McCamant and Durrett, a husband-and-wife team, have worked on over 50 cohousing projects. They now live in Nevada City Cohousing.

Admission to the public presentation is free. For more information on cohousing, visit www.FairOaksEcoHousing.org. ★

The War on Hen-Pecking



Commentary
By Jill Richardson

After a long wait, California's 2008 ballot measure to improve conditions for laying hens finally went into effect. Instead of living in cramped cages that give each bird less room than a sheet of paper, the birds are going to get enough space to lie down, stand up, stretch their wings, or turn around.

That's still not very much space. And it's certainly not "Chicken Disneyland," as egg producer Frank Hilliker told the San Diego Union-Tribune.

Chicken Disneyland would be an outdoor area with ample space to scratch for tasty bugs, eat grass, and take dust baths. Birds who live there would find their own shelter, nest boxes, and some good high-up places to roost.

This may sound funnier than it is. When chickens are crowded in too close together under stressful conditions, they peck each other, sometimes to death.

So while the new standards are a step up from what laying hens had in the past—and

will also impact suppliers in other states that ship eggs to California—it's a very low bar.

The average laying hen leads a short, rather unpleasant life. Hens lay the most eggs during their first year or two of life. After that, their production goes down and the egg industry has little use for them.

"Spent hens," as they are called after they put in their year or so of egg-laying, might end up in canned chicken sold for human consumption. Mostly, their meat winds up in animal feed and pet food.

A recent undercover investigation by the Humane Society found horrific abuses in the slaughter of spent hens at a Minnesota plant.

Very little of the media coverage of California's new standards for egg producers emphasizes the plight of laying hens or how the improved standards still fall short. Instead, it's focusing on the potential increase in egg prices consumers will pay.

But Hilliker explains that he can't singlehandedly dictate egg prices.

While egg prices are up, it isn't because egg producers chose to set a high price to cover their costs. Supply and demand are key. It's just good luck for producers that they're upgrading their facilities to comply with the law at a time when egg prices are favorable.

However, egg prices could rise more due to the new regulations.

But how much does the average family spend on eggs anyway? The average price of a dozen eggs has hovered between \$1.08 and a little more than \$2.00 for the last ten years. Prices rose 10 cents to

\$2.03 between November 2013 and November 2014, the most recent months available for comparison.

With prices so low, it would be difficult for costlier eggs to really harm consumer budgets. How many dozen eggs do you buy per week? One? Two? Unless you own a brunch restaurant, egg prices don't really make a dent on your wallet.

Compare that to the impact on the chickens that produce them. Isn't moving chickens from a caged space smaller than a piece of paper to either larger cages or cage-free environments worth the investment?

I choose to raise my own chickens when I am able and to buy organic eggs directly from small farmers when I am not, but I am the exception. (Or should I say egg-ception?) I don't expect most Americans to care as much as I do about the treatment of chickens, yet I don't think Americans favor cruelty either.

Even if the new humane standards drive up egg prices, it's worth adopting them in California and the rest of the country. Because we're not the kind of people who are so eager to save a few pennies on eggs that we must subject the hens that lay them to the maximum amount of misery.

Jill Richardson, an OtherWords columnist, writes about all aspects of the food system, from farm to fork. She's the author of *Recipe for America: Why Our Food System is Broken and What We Can Do To Fix It* and blogs at LaVidaLocavore.com.

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CDPH Warns Against Contaminated Salmon

SACRAMENTO REGION, CA (MPG) - California Department of Public Health (CDPH) director and state health officer Dr. Ron Chapman warned consumers not to eat certain Santa Barbara Smokehouse cold-smoked salmon products due to possible contamination with *Listeria monocytogenes*, which can lead to severe illness or death.

CDPH and the U.S. Food and Drug Administration (FDA) are currently investigating Santa Barbara Smokehouse in Santa Barbara, CA, due to bacteriological contamination found in the processing facility.

Santa Barbara Smokehouse has initiated a voluntary recall of two batches of cold-smoked salmon manufactured in August and September 2014 and all cold-smoked salmon packed between December 17th and 24th, 2014, after learning about *Listeria monocytogenes* contamination in product-surveillance samples and environmental samples collected at the processing facility. No illnesses have been associated with the recalled products at this time.

Santa Barbara Smokehouse's recalled cold-smoked salmon was packed under the Cambridge House, Channel Island Smokehouse, Coastal Harbor, Santa Barbara Smokehouse and Harbor Point brand names,

and has pack dates of 8-22-14, 9-17-14 through 9-19-14, and 12-17-14 through 12-24-14. The recalled products were vacuum packed and distributed as both fresh and frozen products. The CDPH website has a list of the specific product names and codes affected by this recall and product photos.

Due to environmental contamination at the facility with *Listeria monocytogenes*, CDPH is concerned about other Santa Barbara Smokehouse cold-smoked salmon products that were produced at the facility on other dates, which may be available in stores or in consumer's homes.

CDPH recommends not eating any cold-smoked salmon manufactured by Santa Barbara Smokehouse with pack dates between 8-22-14 and 12-24-14. Other brands that may have also been packed during this time frame include Fresh & Easy, Tetsujin, and Imperial House. CDPH also recommends that anyone in possession of those products with those pack dates place the product into a garbage bag and put it in the trash.

The brands of cold-smoked salmon identified above were likely distributed to wholesale food distributors, airline catering companies, and food service distributors. Subsequent product

distribution may have resulted in retail sales to consumers. Santa Barbara Smokehouse has voluntarily ceased all manufacturing and product distribution and is working with CDPH and FDA to address any potential sources of contamination in the processing environment. CDPH continues to work with Santa Barbara Smokehouse to determine the distribution of potentially affected products.

Symptoms of *Listeria* infection may include high fever, headache, and neck stiffness. Infants, the elderly, and people with weakened immune systems are at highest risk for severe illness and death. *Listeria* infection in pregnant women can lead to miscarriage or stillbirth, premature delivery, or infection of the newborn baby. The CDPH website has more information about *Listeria* infection.

CDPH recommends that consumers who feel sick after eating cold-smoked salmon products should consult their health care provider. Consumers who see cold-smoked salmon manufactured by Santa Barbara Smokehouse being sold are encouraged to report the activity to the CDPH toll-free complaint line at (800) 495-3232.

Source: California Department of Public Health ★

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California Department of Public Health Confirms Measles Cases

SACRAMENTO REGION, CA (MPG) - Dr. Ron Chapman, California Department of Public Health (CDPH) director and state health officer, reported that the CDPH has been notified of seven confirmed cases of measles in patients within California. Two Utah resident cases have also been confirmed, and three additional California residents are also suspected to have measles and are under investigation. All confirmed and suspected cases reported visiting Disneyland or Disney California Adventure Park in Orange County, California sometime between December 15th and December 20th, 2014.

Based on information from current cases, it is likely that a person infectious with measles was at one of the theme parks on these dates. People can be infectious with measles for nine days. Measles typically begins with a fever, cough, runny nose, and red eyes. Within a few days, a red rash appears, usually first appearing on the face and then spreading downward to the rest of the body. Measles is a highly infectious, airborne disease.

"If you have symptoms, and

believe you may have been exposed, please contact your health care provider," said Dr. Chapman. "The best way to pre-

"Measles vaccines have been available in the United States since 1963, and two doses have been recommended since 1989."

vent measles and its spread is to get vaccinated."

Measles has been eliminated in the United States since 2000. However, large measles outbreaks have occurred in Western Europe, Pakistan, Vietnam, and the Philippines in recent years. Travelers to areas where measles is endemic can bring measles back to the U.S., resulting in limited domestic transmission of measles. Disney and other theme parks in California are international attractions and visitors come from many parts of the world, including those where measles is endemic.

Two doses of measles-containing vaccine (MMR vaccine) are more than 99% effective in

preventing measles. Measles vaccines have been available in the United States since 1963, and two doses have been recommended since 1989. If you are unsure of your vaccination status, check with your doctor to have a test to check for measles immunity or to receive vaccination.

The California confirmed cases reside in five local health jurisdictions (Alameda, Orange, Pasadena, Riverside, and San Diego) and range in age from eight months to 21 years of age. Six cases were unvaccinated for measles (two were too young to be vaccinated), and one had received appropriate vaccination (two doses of MMR vaccine). Several large contact investigations are ongoing.

Health care providers treating patients with fever and a rash should consider if it could be measles and ask patients about travel to international destinations and domestic venues that are popular with international travelers. More information about measles can be found on the CDPH website at www.cdph.ca.gov.

Source: California Department of Public Health ★



POPPOFF!

with Mary Jane Popp

AMAZING PREDICTIONS PART II

Time to continue the predictions of the Amazing Kreskin. Keep in mind that he told me on my POPPOFF Radio Show that he is not a psychic, but more like a Mentalist, but his predictions have been spot on in the past. So let's get on to the "More to Come" for 2015.

1) With all the insanity happening around the world the past couple weeks from France to Belgium, I found what Kreskin had to say about our war on terror was fascinating. He was asked how long the war with this enemy will last. His prediction is that there is no one alive today who will see the end of this war. Study history, and one will find that the longest wars in history have been religious wars. A more recent tool is now available to war mongers and terrorists...one that was not available to Hitler or Stalin. It's the internet that makes it possible for a well-organized group to attract followers. There are a

sufficient number of discontents and evil people in every society all through history but, in this case, they can be attracted and acquired through messages on the internet. The messages arouse their inner turmoil.

2) There will be a small but significant movement urging young people to go to college immediately after they leave high school. Kreskin has urged this quietly, but seriously, that many young people going to college are not prepared for the commitment, dedication and hard work. They need to go into an everyday setting to understand what the world is all about. Then, after having a small but constant job, when they go to college, they will be more prepared with their new values of hard work commitment. Interestingly enough, in the past two years, Princeton University has publically stated this could be the best policy for young people.

3) There is going to be an interesting resurgence of the popularity of gossip columnists, the likes of which we have not seen since Hedda Hopper and Luella Parsons, and even Walter Winchell. However, the columns will come from a different source. They will come from local cities and individuals digging into neighborhood activities, and it will go up on the internet that will create their

own gossip column filled with half-truths, rumors, etc.

4) The home market and auto industry and the sale of cars will drop for young people. They will find less desire to buy a car and move into a house. The reason? Lack of job opportunities and the move to larger cities, and no need for a car with parking etc. As for homes it would be madness to consider buying in a larger city with prices the way they are. Moving in with multiple roommates will be more feasible.

5) As the minimum wage increases, many service businesses will cut the number of workers. Already in preparation are electronic devices where individuals will no longer wait for a human in a restaurant. They will fill out a form and be alerted when their food is ready, then picked up by the customer at a source or delivered by a waiter. The remaining servers will get an increase in salary, but there will be less jobs available.

So that's 2015 through the eyes of the Amazing Kreskin way. Kreskin will join me again soon, and we will check out how some of these predictions fared. Don't forget, you can get to know the Amazing Kreskin in "Conversations with Kreskin" or you can check out his website at www.kreskin.com. Amazing isn't it? ★

CDPH Announces First Influenza Death of the Season

SACRAMENTO REGION, CA (MPG) - Dr. Ron Chapman, director of the California Department of Public Health (CDPH) and state health officer, announced the first confirmed influenza death of a person under the age of 65 reported for the 2014-2015 season. This fatality of an adult resident of Southern California is a somber reminder that influenza can be a serious and often deadly disease. Influenza activity remains at a regional level in California.

"Flu activity is beginning to increase statewide, including reports of hospitalizations and severe disease," said Dr. Chapman. "We are early on in what could be a severe flu season, and I encourage everyone who has not yet gotten a flu vaccination to do so. The influenza vaccine remains the most effective way to protect yourself from

the flu." Influenza is already widespread in 43 other states and there have been 21 pediatric influenza deaths nationwide so far this influenza season.

CDPH continues to monitor flu activity statewide and the availability of vaccine and antivirals as well as hospital capacity. Influenza-related deaths in people under 65 years of age are reportable to CDPH.

Dr. Chapman also notes that in addition to getting vaccinated, it's important to practice good hand washing and other good health habits. People who are ill should take the following actions to stop the spread of germs: While sick, stay home and limit contact with others; cover your nose and mouth when coughing or sneezing; wash hands thoroughly with soap and water or use an alcohol-based rub; and

avoid touching your eyes, nose, and mouth.

Those at highest risk of severe influenza—the elderly, pregnant women, infants, or people with other health conditions—who show flu symptoms should contact their physician immediately in order to get the most effective treatment for influenza. Symptoms include fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and fatigue.

Visit a flu vaccine location near you to get immunized. Some local health departments may also offer free or low-cost immunizations.

For more information on influenza and other respiratory disease surveillance reports, visit www.cdph.ca.gov/data/statistics/Pages/CISPDDataArchive.aspx.

Source: California Department of Public Health ★

Book Sale by Friends of Arden-Dimick Library

ARDEN, CA (MPG) - The Friends of Arden-Dimick Library will hold its next book sale on Friday, February 6th from 1 p.m. to 6 p.m. and Saturday, February 7th from 10 a.m. to 5 p.m. in the Community Room at the Arden-Dimick Library, 891 Watt Avenue. Funds from this sale will be used for local library programs.

More books from the large Frank Rose donation will be included in this sale. Some of these books are like new or brand new books. Thousands of books will be offered at the upcoming sale at incredibly low prices, which makes this an excellent and affordable opportunity for adults and children to stock up on reading materials.

The Friends of the Arden-Dimick Library is a volunteer community-based organization. Its dual mission is to advocate for the Library and to provide funding for books, materials, programs, and library activities primarily through selling donated books.

Source: Friends of the Arden-Dimick Library ★

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NOTICE OF PUBLIC HEARING FOR CONVEYANCE OF PUBLIC UTILITY EASEMENT

The San Juan Unified School District Board of Education will hold a public hearing at its regularly scheduled meeting to be held on January 27, 2015 at 6:30 p.m. The public hearing will be held at the San Juan Unified School District Office located at 3738 Walnut Avenue, Carmichael, California.

RESOLUTION NO. 2750

RESOLUTION BEFORE THE GOVERNING BOARD OF THE SAN JUAN UNIFIED SCHOOL DISTRICT TO CONVEY AN EASEMENT FOR PUBLIC UTILITIES

WHEREAS, section 17556, et seq. of the Education Code authorizes the San Juan Unified School District ("District") to dedicate or convey an easement/real property to municipal corporations for public streets or highways and to a public corporation, to lay, construct, reconstruct, maintain and operate water, sewer, gas, or storm drain facilities or ditches, electric or telephone lines, and access roads used in connection therewith, either with or without consideration and without a vote of the electors of the District being taken;

WHEREAS, the District desires to dedicate a permanent easement for utility access and maintenance to the Del Paso Manor Water District ("DPMWD") for the purpose of maintaining water lines at El Camino High School, located at 4300 El Camino Ave, Sacramento, California. The proposed easement is specifically described in Exhibit "A" attached hereto and incorporated herein by the reference (hereinafter referred to as the "Easement"); and

WHEREAS, the District desires to give notice of its intent to dedicate to the DPMWD the Easement described above and to call a public hearing in connection therewith.

NOW, THEREFORE, the Board of Education of San Juan Unified School District does hereby resolve as follows:

Section 1. The foregoing recitals are hereby adopted as true and correct.

Section 2. The District declares its intent to dedicate and convey the Easement to the DPMWD, as described and depicted in Exhibit "A" for the purposes set forth in the Grant of Easement Document attached herewith.

Section 3. The Superintendent or a designee thereof is hereby directed to give notice that on January 27, 2015 at 6:30 p.m. or as soon thereafter as practicable, at the District Board Room, located at 3738 Walnut Avenue, Carmichael, CA, the Board will hold a public hearing on the question of making the conveyance of the Easement to the DPMWD. The public hearing shall be held during a regularly scheduled public meeting of the Board. Notice of the public hearing shall be given by posting copies of this resolution, signed by the majority of the Board, in three public places within the District at least ten (10) days prior to the hearing, and by publishing the notice once in a newspaper of general circulation in the District, at least five (5) days prior to the hearing. At the time and place of the hearing, if no legal protest is entered, the board may adopt a Resolution by a two-thirds vote of all its members authorizing and directing the conveyance of the Easement to DPMWD.

The foregoing Resolution was adopted by the Governing Board of the San Juan Unified School District at a meeting of the Board on January 13, 2015, by the following vote:

AYES: *Costa, Hernandez, McKibbin, Pauls, Tutzgen*
 NOES: 0
 ABSENT: 0
 ABSTAIN: 0

Pamela Costa
 Pamela Costa, President,
 Governing Board of the
 San Juan Unified School District

Attest:
Michael McKibbin
 Michael McKibbin, Clerk,
 Governing Board of the
 San Juan Unified School District

Published in the Carmichael Times on January 23, 2015

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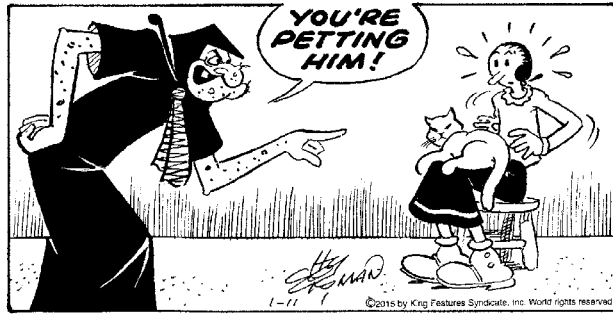
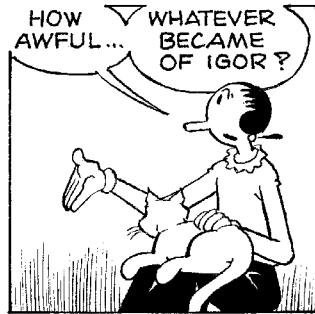
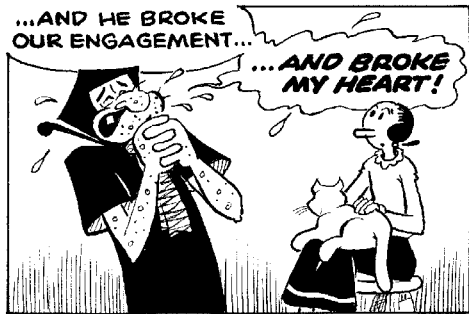
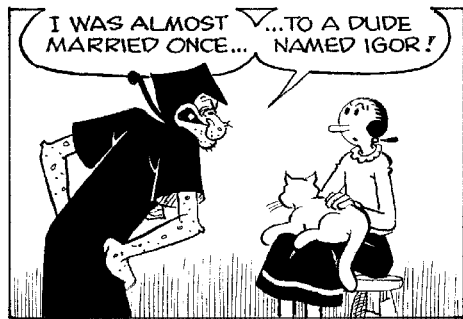
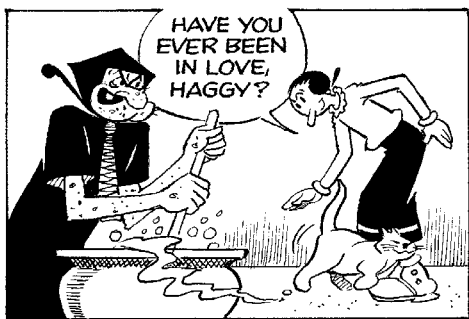
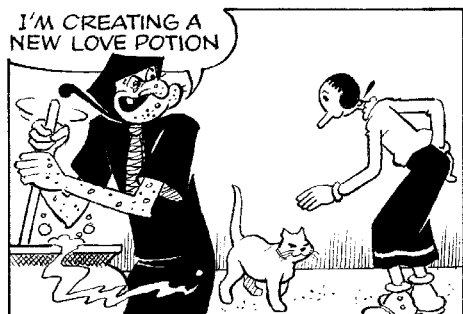
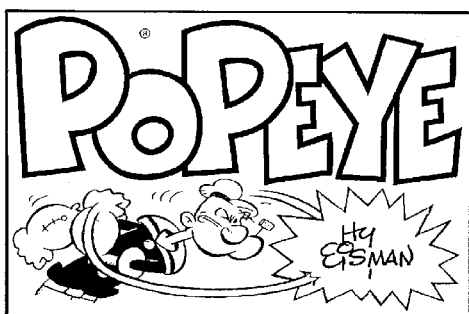
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Just Like Cats & Dogs by Dave T. Phipps



HUBERT - - By Dick Wingert



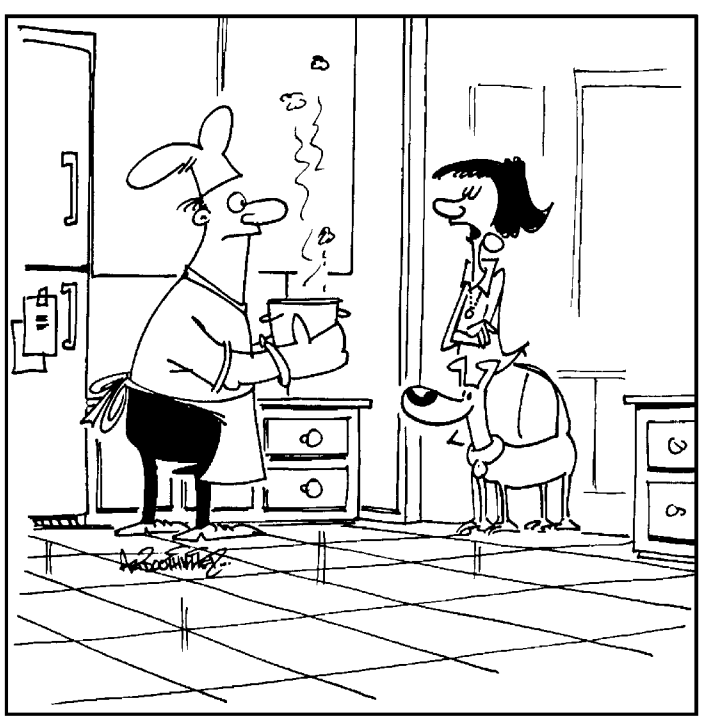
"Cheer up—it might be floor polish."

MISTER BREGER By Dave Breger



"Too bad you spent three hours polishing the car, but THAT'S our car back there!"

LAFF - A - DAY



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- Umbrellas will be on display at SFAC March 24-28 and May 12-16 in conjunction with the Effie Yeaw Nature Center "Art Where Wild Things Are" Exhibit.
- Artists Reception on Friday, May 15 from 5:30-8:30pm.
- Umbrellas will be displayed at Carmichael Park in a Silent Auction on Saturday, May 16, 2014 from 10-4pm.

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Salome's Stars

ARIES (March 21 to April 19) Use that Arian charm to help Mixed signals could create problems. Make sure your views are presented clearly, and insist others do the same. Don't let an unanswered question go by without a full explanation.

TAURUS (April 20 to May 20) Financial pressures ease, allowing for more budget flexibility. But as the money-wise Bovine will appreciate, thrift still beats out splurging. Expect news from someone special.

GEMINI (May 21 to June 20) Getting things done is what you do so well. But be careful not to overtax your energy reserves. Take time out to relax or to do something different to help keep them at optimum levels.

CANCER (June 21 to July 22) This is a good time to satisfy the Moon Child's growing sense of wanderlust. Choose a really special place to go to, with a very special person to share it all with you.

**Got Local News?
Call 773-1111**

LEO (July 23 to August 22) You love being in the spotlight. But be careful it doesn't blind you to the truth behind a seemingly wonderful opportunity. Look closer and you might be sadly surprised at what you find.

VIRGO (August 23 to September 22) Isn't it time to take a break from your hectic schedule? Sure it is. And the sooner you do, the sooner you can return fresh and more than ready to take on all those new projects.

LIBRA (September 23 to October 22) A recent family incident can help bring everyone closer, and there's no one who's better at making that happen than you. Accept (indeed, insist on!) help from others to get things off and running.

SCORPIO (October 23 to November 21) Long-held habits are often difficult to break. But the change from how you always did things to how you can do them now can be liberating. So, be flexible and give it a try.

SAGITTARIUS (November 22 to December 21) Someone you met in your professional world last year and thought you would never hear from again could make a sudden reappearance in your life, along with an interesting job offer.

CAPRICORN (December 22 to January 19) Once again, you delight everyone by coming up with a solution for a problem that actually works. On another note, it's not too early to get started on those travel plans.

AQUARIUS (January 20 to February 18) Before you go ahead with finalizing your plans for your new project, check them over to see if you can make some improvements or if you can find ways to cut costs.

PISCES (February 19 to March 20) The Fabulous Fish might have been out of the social swim for too long, and it's time you plunge back in. Reinforce your old friendships and be open to starting new ones.

BORN THIS WEEK: *Your creative talents help bring beauty to the world and the people in it. On their behalf, thank you.*

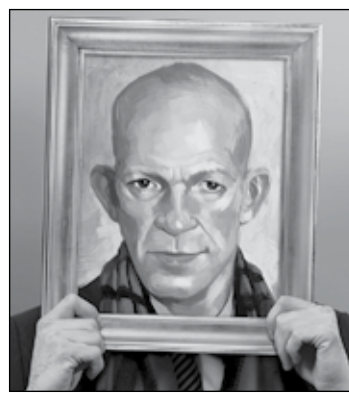
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COUCH THEATER DVD PREVIEW

BY SAM STRUCKHOFF

COUCH THEATER -- DVD PREVIEW
By Sam Struckhoff
EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of January 26, 2015.

PICKS OF THE WEEK



Self-portrait from "Art and Craft"

"Fury" (R) -- Sgt. Collier (Brad Pitt) -- or Wardaddy, as he is called -- has led his tank crew through carnage of World War II, all the way from North Africa to Germany. "Fury" is the name of their Sherman tank, manned by Wardaddy, "Bible" (Shia LeBeouf), "Gordo" (Michael Pena) and an uncouth hillbilly called "Coon-Ass" (Joe Bernthal). Near the end of the war, the hardened crew gets a fresh-faced typist (Logan Lerman) as a new assistant driver. His first task: find his seat and wipe up the remains of his predecessor.

Director David Ayer (best known for gritty crime dramas like "Training Day" and "End of Watch") shows battle in brutal intensity. It's a grim affair, but the mood and tone match the severity of what's going on. The movie shows heroism in war without chest-beating or draping itself in a flag.

"The Book of Life" (PG) -- This animated feature mixes pop culture and Mexican folklore to make an adventure about life, death, love and goofiness. Manolo (voiced by Diego Luna) is a passionate young guitarist who's competing with

a narcissistic soldier (Channing Tatum) for the love of the fairest -- and toughest -- young lady in town. This love triangle has the attention of the gods of the afterlife, setting up Manolo for an adventure through the worlds of the dead.

The mythology of the movie is a lot of fun, especially the colorful and exciting "Land of the Remembered." The film was produced by Guillermo del Toro, and his fantastical and ghoulish sensibility is reflected here. Last year was a good year for animated flicks, and this one ranks among the best in its class.

"The Judge" (R) -- This family/courtroom super-drama reaches out for a hug while smothering your face with pages of old Grisham novels. Hank (Robert Downey Jr.) plays a big-city lawyer who journeys back to his unloved small-town roots for his mother's funeral. Hank's father (Robert Duvall) is a judge -- and windbag -- who has ruled his small-town Indiana courtroom for decades. Just as the family tension thickens, Judge Father is arrested for a hit-and-run homicide. In his desperate hour, the high-and-mighty patriarch must rely on his son's defense.

"Art and Craft" -- For years, the most prolific art forger in U.S. history got hundreds of fakes into museums and collections. His forgeries looked masterful, and he mimicked the works of artists from a wide array of styles and eras. Most of his art supplies were things you could pick up at Wal-Mart. He lied and schemed to pass off his work as the originals, but he never really made any money doing it. He wasn't trying to. This documentary sits down with the unassuming middle-aged man, and puts light on a surprising human story.

TV RELEASES

- "Masterpiece: Downton Abbey Season 5"
- "Marie's Mind for Murder: Set 1"
- "Mama's Family: Mama's Favorites -- Season 4"
- "Regular Show -- Mordecai Pack"
- "Maison Close: Season 1"

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top ten

Most Common SURNAMES

1. Smith
2. Johnson
3. Williams
4. Jones
5. Garcia
6. Rodriguez
7. Miller
8. Martinez
9. Davis
10. Hernandez

Source: U.S. Census, Social Security

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Birding BITS

BY Cindy Brook

Rockin' Robins
The largest member of the thrush family, American robins are easy to identify with their orange breast and cheerful song. They spend much of the winter digging for worms and eating fruit. Attract them to your yard with orange halves on platform feeders and fresh water in birdbaths.

E-mail: birdingbits@cfl.rr.com
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Thought for the Day: "My therapist told me the way to achieve true inner peace is to finish what I start. So far I've finished two bags of M&Ms and a chocolate cake. I feel better already." -- Dave Barry

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The Garden Bug

Graptopetalums BY BRENDA WEAVER

This succulent (a plant with leaves or stems that store water) comes from Mexico. The rounded, triangle-shaped leaves form a Fibonacci spiral. Those grown in partial shade tend to be blue-gray; in full sun, they are pinkish gray to yellow; in very hot sun, gray-pink. Graptopetalums bloom in spring, producing dainty sprays of star-shaped yellow flowers.

Source: www.gardeninggonewild.com

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Carmichael Rotary's Annual Crab Feed



Get ready to feast on crab at the Carmichael Rotary's February fundraiser. Photo courtesy of Walter Malhoski

Continued from Page 1

to wiping out polio in all but three countries.

To join in eating crab and supporting programs for the Carmichael community, contact vamaio@att.net for tickets. For

donations to the live auction and raffle, contact David Thorman at dthorman@att.net.

Source: Walter Malhoski ★

Delta Water Plan Refined to Reduce Local Impacts

Public Invited to Comment on Changes

SACRAMENTO REGION, CA (MPG)

The Brown administration and its federal partners has announced several significant changes to the water conveyance portion of the proposed Bay Delta Conservation Plan, including elimination of the need to build three pumping plants along the Sacramento River near Hood.

The changes represent an effort to respond to the concerns of Delta landowners and others. Subject to further refinement, they will be incorporated into the draft plan and Environmental Impact Report/Environmental Impact Statement and will be recirculated for additional public comment in 2015. The proposed changes would eliminate three pumping plants on the east bank of the Sacramento River between Hood and Walnut Grove; minimize activity on Staten Island, an important sandhill crane habitat, by removing tunnel launch facilities, large reusable tunnel material storage areas, a barge landing site, and high-voltage power lines; increase use of property owned by the California Department of Water Resources (DWR); eliminate the need for additional permanent power lines to the intake locations in the north Delta, including near Stone Lakes National Wildlife Refuge; eliminate impacts on Italian Slough (near Clifton Court Forebay) by removing an underground siphon; reduce power requirements; allow water to flow from the Sacramento River entirely by gravity at certain river stages; and reduce tunnel operation and maintenance costs.

The modified plan would eliminate the need to build three separate two-story pumping plants along a five-mile stretch between Clarksburg and Courtland. Plans to build three intakes screened for fish protection along that stretch of river

would not change, but DWR has determined that it is not necessary to also build pumping plants adjacent to each intake in order to move the water from the river into tunnels. Instead, water could be moved from the river into tunnels by a single new pumping plant constructed 40 miles away at the end of the tunnels on DWR property near Clifton Court Forebay.

The roughly 87-acre footprint of each intake would not change, but three 46,000-square-foot buildings would not be needed to house pumping plants. No permanent transmission lines, substations, or surge shafts would be needed either. Facilities at the intakes would include fish screens in the river, sedimentation basins, drying lagoons, access roads, and control gate structures.

Elimination of the three pumping plants would help preserve the view on State Route 160 between Hood and Walnut Grove, a state scenic highway. It would also reduce construction traffic along the river.

Throughout the eight-year development of the Bay Delta Conservation Plan, DWR has sought to minimize potential disruption and dislocation of Delta residents. In 2013, DWR made significant changes to the proposed water conveyance facilities that reduced by 50 percent the total permanent footprint of the project.

The most recent changes to the proposed conveyance system, along with many other changes to other aspects of the plan, will be available for formal public review and comment in 2015.

The Bay Delta Conservation Plan aims to both stabilize water deliveries from the Sacramento-San Joaquin Delta and contribute to the recovery of 56 species of plants, fish, and wildlife over the 50-year life of the plan. Water

from the Delta reaches approximately 25 million Californians and three million acres of irrigated farmland.

The plan aims to both reverse the ecological decline of the region and modernize a water system that now depends on hundreds of miles of earthen levees vulnerable to earthquake, flood, and rising sea levels. One of the conservation measures in the plan involves building new points of diversion in the north Delta in order to minimize the use of the existing south Delta diversion. The existing diversion, constructed 45 years ago, sits on a dead-end channel that cannot be effectively screened for fish. New diversions could be screened with modern technology and would allow for more natural east-west flow through the Delta to San Francisco Bay.

The Bay Delta Conservation Plan has been developed through eight years of analysis and hundreds of public meetings. It is a habitat conservation plan under the U.S. Endangered Species Act and a natural community conservation plan under California law. It describes conservation measures that would be undertaken by the California Department of Water Resources, operator of the State Water Project, and the U.S. Bureau of Reclamation, operator of the Central Valley Project. The plan would provide a stable regulatory environment for operation of the water projects, which in recent years have been forced to curtail Delta pumping under rules to protect certain threatened and endangered fish species.

To read the public review draft Bay Delta Conservation Plan and associated environmental documents, visit www.baydelta-conservationplan.com.

Source: Department of Water Resources ★

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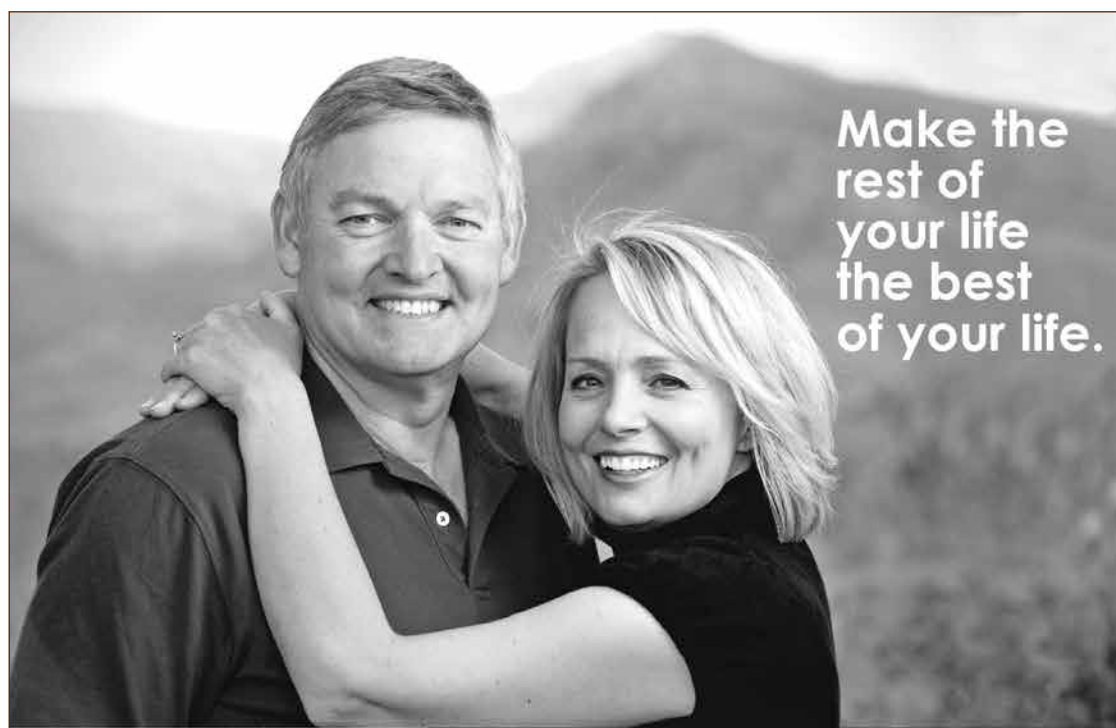
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Classics REINVENTED

Brown Rice Frittata with Bacon and Edamame

FAMILY FEATURES

When you are looking for a taste of yesteryear this holiday season, look no further than your pantry for a staple you can incorporate into holiday meals, including snacks, breakfast, the big dinner and even desserts. Instant white or brown rice and multi-grain blends provide easy ways to put a fresh twist on traditional recipes your family knows and loves.

For a delicious, modern take on classic family favorites, look for ways to integrate current or seasonal flavors that complement the original recipe. Start new family mealtime traditions with easy recipe makeovers. For example, traditional broccoli, cheese and rice casserole only gets better with bacon, and using quinoa adds a subtle new texture. You can also give your sweet potato casserole a lift with white or brown rice for an updated take on this revered dish.

Using a quick and wholesome ingredient like fluffy Minute Rice saves cooking time so you can transform your favorite recipes while spending less time in the kitchen and more time with loved ones.

These recipes demonstrate how to update recipes from a frittata and casserole to dressing and stuffing for new ways to enjoy the classics this holiday season.

Explore more recipes and preparation tips at www.minuterice.com.

Brown Rice Frittata with Bacon and Edamame

Servings: 6-8

- 1 cup Minute® Brown Rice
- 4 thick cut bacon slices, cut into 1/2-inch pieces
- 4 scallions, thinly sliced (whites and greens divided)
- 1 cup frozen shelled edamame
- 6 eggs
- 3/4 cup sour cream, divided
- 1/2 teaspoon kosher salt

Preheat oven to 400°F.

Prepare rice according to package directions.

While rice cooks, sauté bacon pieces in 10-inch oven-proof skillet over medium heat until starting to crisp, about 5 minutes. Drain off all but 1 tablespoon bacon fat, then add scallion whites and edamame (or if desired, use 1 cup frozen green peas) to the bacon in the pan and sauté 1 minute.

Add cooked rice, and sauté 1 minute. In a bowl, whisk together eggs, 1/2 cup sour cream and salt. Add egg mixture to pan, swirling gently to distribute mixture evenly throughout other ingredients. Cook undisturbed for 2-3 minutes, until edges look set. Then place pan in preheated oven until set in center, about 10 minutes.

Mix together scallion greens with remaining 1/4 cup sour cream. Serve frittata in wedges topped with a dollop of scallion cream.

Sweet Potato Rice Casserole

Servings: 6

- 1 can (8 ounces) crushed pineapple in natural juice, drained (reserve juice)
- 1 cup Minute® White Rice or Minute® Brown Rice, uncooked
- 1 large egg, lightly beaten
- 1 can (5 ounces) evaporated skim milk
- 1 can (15 ounces) sweet potatoes, drained
- 1/2 teaspoon ground cinnamon
- 2 cups miniature marshmallows

Preheat oven to 400°F.

Measure reserved pineapple juice and add enough water to make 1 cup. Prepare rice according to package directions using juice-water mixture.

In large bowl combine pineapple, rice, egg, milk, sweet potatoes and cinnamon. Mix well. Spread in 2-quart casserole dish. Top with marshmallows.

Bake 20 minutes, or until marshmallows begin to brown.

Honey Nut Dressing

Servings: 6

- 1 cup Minute® Brown Rice, uncooked
- 1 tablespoon butter or margarine
- 1/4 cup chopped walnuts
- 3/4 cup chopped onion
- 3/4 cup chopped celery
- 1/2 cup raisins
- 2 tablespoons chopped fresh parsley (optional)
- 2 tablespoons honey
- 1 tablespoon lemon juice
- 1/4 teaspoon salt

Prepare rice according to package directions.

Melt butter or margarine in large skillet over medium heat. Add walnuts; cook and stir until lightly toasted. Add onions and celery; cook and stir until crisp-tender.

Stir in rice and remaining ingredients. Heat thoroughly, stirring occasionally.

Cranberry Pecan Multi-Grain Stuffing

Servings: 4

- 1 tablespoon olive oil
- 1/2 cup chopped onion
- 1/4 cup chopped fresh celery
- 1/4 teaspoon poultry seasoning
- 1/2 cup dried cranberries
- 1 cup chicken broth
- 1 bag Minute® Multi-Grain Medley, uncooked
- 1/2 cup chopped pecans, toasted
- Salt and ground black pepper, optional

Heat oil in medium saucepan over medium heat. Add onion and celery, and cook 2 minutes.

Add poultry seasoning, cranberries and broth. Bring to boil, and stir in rice. Cover, reduce heat and simmer 5 minutes.

Remove from heat, and let stand 5 minutes. Stir in pecans and season with salt and pepper, if desired.



Sweet Potato Rice Casserole



Honey Nut Dressing



Cranberry Pecan Multi-Grain Stuffing

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 13. Hang around for
 14. Bamboozle
 15. Worn by some British soldiers on ceremonial occasions
 16. Gang
 17. Skirt's edge
 18. Gung-ho
 19. * ___, José and Luciano
 21. *Athos, Porthos and
 23. Bit of binary code
 24. Again
 25. Public health approver
 28. To give approval in writing
 30. African tree
 35. Hurts
 37. Kind of bean
 39. *Churchill, Roosevelt and Stalin meeting spot
 40. Genealogist's work
 41. Sign of cancer?
 43. Unit of pressure named after Torricelli
 44. Wife of Abraham
 46. Muscle quality
 47. ___-fry
 48. Type of tax
 50. *They officiated LeBron, Wade and Bosh's games
 52. "I ___ with my naked eye"
 53. Test choice
 55. Denouement
 57. *The Good, ___ and the Ugly
 60. *Chico, Harpo and
 64. Skyward
 65. Female forest ruminant
 67. Continental divide
 68. Recorded
 69. "... he drove out of sight"
 70. Piquant
 71. "Joannie Loves Chachi" actress
 72. * ___, blue and yellow
 73. Earl of ___
- DOWN**
1. Nordic native
 2. Military no-show
 3. *Employer of Neil Armstrong, Buzz Aldrin and Michael Collins
 4. *The Bee Gees' most popular genre
 5. Beer garden mugs
 6. Reverberated sound
 7. * ___, Curly and Larry
 8. Unnerve
 9. One who makes deceitful pretenses
 10. *Gaspar, Balthasar and Melchior
 11. Luau strings, pl.
 12. Craggy peak
 15. Marine trade route
 20. Of or relating to deism
 22. Johnny ___, nickname for a Confederate
 24. Twisted Sister: "We're not gonna take it ___"
 25. * ___, Stinky and Stretch
 26. English physicist who studied quantum mechanics
 27. Make aware
 29. Caused by defects in uric acid metabolism
 31. Cereals or grains
 32. Ink stains
 33. A vacation or ___
 34. *Robin, Maurice and ___ Gibb
 36. Scorch
 38. Steak condiment
 42. Send to a specialist, e.g.
 45. Situation that is ideal for rapid development
 49. ___ Gershwin
 51. Alarm button
 54. Bovine milk dispenser
 56. Italian title, pl.
 57. Ski lift
 58. Arizona Indian
 59. Level
 60. Turned to the right, like a horse
 61. British tax
 62. Passionate dislike
 63. December stone
 64. Downed a sub, e.g.
 66. Miner's bounty

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

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.

For Solutions See Page 11

Come back every week for Crossword and Sudoku!

Adoption

PREGNANT? CONSIDERING ADOPTION? Call us first. Living expenses, housing, medical, and continued support afterwards. Choose adoptive family of your choice. Call 24/7. 1-877-879-4709 (Cal-SCAN)

Announcements

Thanksgiving to St Jude for Granted Request I have done my Novena and I had my request granted. Thank you St Jude. ICB. (MPG 10-16-14)

DID YOU KNOW 144 million U.S. Adults read a Newspaper print copy each week? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

DID YOU KNOW 7 IN 10 Americans or 158 million U.S. Adults read content from newspaper media each week? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

DID YOU KNOW Newspaper-generated content is so valuable it's taken and repeated, condensed, broadcast, tweeted, discussed, posted, copied, edited, and emailed countless times throughout the day by others? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

DID YOU KNOW that not only does newspaper media reach a HUGE Audience, they also reach an ENGAGED AUDIENCE. Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

Antiques/Collectibles Wanted

Always Buying WWII Military Souvenirs, German, Japanese, U.S. Also Antiques Firearms, Obsolete Law Badges, Police, Sheriff, 916-300-8045 (MPG 12-31-14)

Old Railroad Items Wanted: lanterns, locks, china, paper, etc. Call (916) 663-2463 (MPG 06-30-15)

Old Porcelain Signs Wanted: oil & gas, highway, RR, etc. Call (916) 663-2463 (MPG 06-30-15)

Autos Wanted

WE BUY CARS! Running or Not. Any Make, Model or Year. Call today for an INSTANT OFFER. Free Towing/Pickup. Top Dollar. We're Local! 1-800-844-3595 (SWAN)

CARS/TRUCKS WANTED! Top \$\$\$\$\$ PAID! Running or Not, All Years, Makes, Models. Free Towing! We're Local! 7 Days/Week. Call Toll Free: 1-888-416-2330 (NANI)

GET CASH TODAY for any car/truck. I will buy your car today. Any Condition. Call 1-800-864-5796 or www.carbuyguy.com (NANI)

DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. 800-731-5042. (Cal-SCAN)

WANTED! I buy old Porsche's 911, 356, 1948-1973 only. Any condition. Top \$\$ paid. Finders Fee. Call 707-965-9546 or email porsche-classics@yahoo.com (Cal-SCAN)

Cable/Satellite TV

DISH TV Retailer. Starting at \$19.99/month (for 12 mos.) & High Speed Internet starting at \$14.95/month (where available.) SAVE! Ask About SAME DAY Installation! CALL Now! 1-800-357-0810 (Cal-SCAN)

Get The Big Deal from DIRECTV! Act Now - \$19.99/mo. Free 3-Months of HBO, stargz, SHOWTIME & CINEMAX. FREE GENIE HD/DVR Upgrade! 2014 NFL Sunday Ticket. Included with Select Packages. New Customers Only. IV Support Holdings LLC. An authorized DIRECTV Dealer. Some exclusions apply - Call for details 1-800-385-9017 (Cal-SCAN)

Dish Network -SAVE! Starting \$19.99/month (for 12 months), Premium Channel Offers Available. FREE Equipment, Installation & Activation. CALL, COMPARE LOCAL DEALS! 1-800-691-6715 (Cal-SCAN)

DISH TV Retailer. Starting at \$19.99/month (for 12 mos.) & High Speed Internet starting at \$14.95/month (where available.) SAVE! Ask About SAME DAY Installation! CALL Now! 1-800-375-0156 (MB 06-30-14)

Career Training

AVIATION Grads work with JetBlue, Boeing, NASA and others - start here with hands on training for FAA certification. Financial aid if qualified. Call Aviation Institute of Maintenance 888-686-1704 (NANI)

Credit/Debt Services

GET FREE OF CREDIT CARD DEBT NOW! Cut payments by up to half. Stop creditors from calling. 855-341-6281 (MB 12-31-13)

Divorce

Before you list your home, order Free Special Report that reveals what happens to your matrimonial home before, during, and after a divorce. Free recorded message 1-800-213-4205 ID# 1009 DRE # 0809220 R Dumont (MPG 08-30-12)

Electrical Services

RETIRED MASTER ELECTRICIAN, problem solver! 30 yrs experience, senior discounts. Save big - don't replace panel - rebuild it. Lic.# 513168, 916-595-3052 (MPG 12-31-14)

Financial Aid

Cut your STUDENT LOAN payments in HALF or more even if Late or in Default. Get Relief FAST Much LOWER payments. Call Student Hotline 855-341-7551 (MB 06-30-14)

Financial Services

SOCIAL SECURITY DISABILITY BENEFITS. Unable to work? Denied benefits? We Can Help! WIN or Pay Nothing! Contact Bill Gordon & Associates at 1-800-966-1904 to start your application today! (Cal-SCAN)

Are you in BIG trouble with the IRS? Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Seen on CNN. A BBB. Call 1-800-761-5395 (Cal-SCAN)

Do you owe over \$10,000 to the IRS or State in back taxes? Get tax relief now! Call BlueTax, the nation's full service tax solution firm. 800-393-6403. (Cal-SCAN)

Reduce Your Past Tax Bill by as much as 75 Percent. Stop Levies, Liens and Wage Garnishments. Call The Tax DR Now to see if you Qualify. 1-800-498-1067. (Cal-SCAN)

Do You Want to Know What Your Home is Worth?

Home Values Have Increased Over 30% in our Area in the Last Year! Call Now for a FREE Market Analysis of Your Home (916) 992-9922 Dare & Associates Real Estate License #01228753 (MPG 06-30-13)

For Rent

Small "cute" Carmichael office 150 sq. feet. Asking \$200 per month includes all utilities paid, desk, metal cabinet. 4826 El Camino Ave. Call 916-483-7325 or 916-972-0651. (MPG 1-15-15)

For Sale

Toyota Touring Prius 2009. 58K. Great condition. \$14,900. 408-771-3007. (MPG 12-31-14)

Foster Parenting



Aspiranet is seeking loving homes for foster children in need. Contact 1-877-380-HERO for info and register for training. aspiranetheroes.org (MPG 04-30-13)

Handyman

QUALITY LABOR & MAINTENANCE Yard Work, Hauling, Gutter Clean, Odd Jobs You Name It! (916) 613-8359

Health & Medical

Can't Stop Eating Compulsive Eaters Anonymous - HOW (CEA-HOW) We're a nonprofit organization for anyone suffering from Compulsive Eating, Anorexia, and Bulimia. A fellowship of individuals who understand your problem and will offer you support. Come find examples of others who have found a working solution. Membership is Anonymous There are no dues or fees for membership The only requirement is a desire to stop eating compulsively CALL: 916-434-5894 for meeting times and locations OR visit ceahow.org (MPG 07-31-14)

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 75 percent on all your medication needs. Call today 1-800-281-3958 for \$10.00 off your first prescription and free shipping. (MB 06-30-14)

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 75 percent on all your medication needs. Call today 1-800-356-4170 for \$10.00 off your first prescription and free shipping. (SWAN)

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 90 percent on all your medication needs. Call today 1-800-273-0209, for \$10.00 off your first prescription and free shipping. (Cal-SCAN)

Heating & Air

AC Repair Low Prices 487-4609 (MPG)

CALL 773-1111 TO ADVERTISE IN YOUR LOCAL HOMETOWN NEWSPAPER

Heating & Air

VICTORIA HEATING & AIR CONDITIONING Lic#877379 Over 10 Years of Experience We Provide SERVICE, REPAIR, CHANGE OUT AND NEW INSTALL. • Easy • Fast Response • Reasonable Price • We offer a Special \$50 Diagnostic Fee • We will tell you what is wrong with your unit and how much it will cost to fix your unit before we begin work • Each project is confirmed in writing and one year warranty • OR, new unit installed with 5 to 10 years warranty So Don't Wait! Call Us At (209) 338-4475 or (916) 474-0173 (MPG 16-02-14)

Help Animals

SPCA Thrift Shop Helpless animals need your donations. The Real Non-Profit. Will pick up. Call 916-442-8118. 1517E Street for donations-10-4pm (MPG)

Help Wanted

Part time Merchandiser Auburn, California. Apply at www.apply2jobs.com/tn (MPG 12-31-14)

Help Wanted

LIVE-IN HOUSEKEEPER in Sacramento Good English, driving ability and Asian/Indian cooking essential. We have an attached 1 bedroom apartment with separate entrance. For 4-8 wks. Probation at \$15 per hr., afterwards up to \$2500 per month + apt. + food, etc. Call 916-484-1333 (MPG 11-31-14)

Caring Compassionate Seniors WANTED! SENIORS HELPING SENIORS®, a leader in the Senior in-home service industry, has immediate PT openings for Providers. Qualified candidate will have life experience, an interest in making a difference in the lives of other seniors and be comfortable working with senior citizens. Flexible schedules...we'll work around your schedule! Valid driver's license and use of auto is required. Call us today for more information. (916) 372 9640 (MPG)

AVON - Earn extra income with a new career! Sell from home, work, online. \$15 startup. For information, call: 877-830-2916. (Cal-SCAN)

AIRLINE CAREERS start here - Get FAA approved Aviation Mechanic training. Financial aid for qualified students. Job placement assistance. Get started by calling AIM now 888-216-1687 (SWAN)

Help Wanted Drivers

DRIVERS - NO EXPERIENCE? Some or LOTS of experience? Let's Talk! No matter what stage in your career, it's time, call Central Refrigerated Home. 888-891-2195 www.CentralTruckDrivingJobs.com (Cal-SCAN)

ATTN: Drivers - \$2K Sign-On Bonus. Accelerate your Career! \$\$ RECENT PAY INCREASE \$\$ Make \$55,000 your first year! CDL-A Req - (877) 258-8782 www.ad-drivers.com (Cal-SCAN)

Obtain Class A CDL in 2 1/2 weeks. Company Sponsored Training. Also Hiring Recent Truck School Graduates, Experienced Drivers. Must be 21 or Older. Call: (866) 275-2349 (Cal-SCAN)

NEED CLASS A CDL TRAINING? Start a CAREER in trucking today! Swift Academies offer PTDI certified courses and offer "Best-In-Class" training. • New Academy Classes Weekly • No Money Down or Credit Check • Certified Mentors Ready and Available • Paid (While Training With Mentor) • Regional and Dedicated Opportunities • Great Career Path • Excellent Benefits Package. Please Call: (520) 226-4362 (Cal-SCAN)

Home Maintenance

A Quality Home Maintenance Gutters Cleaned By Gutter Dog (916) 613-8359

Inhome Childcare

Nenes Smart Start Small in-home Childcare M-F 7AM-6PM. Infant thru 5 Preschool certified Licensed & Insured. (916) 723-3342 colther@surewest.net

Insurance/Health

Lowest Prices on Health & Dental Insurance. We have the best rates from top companies! Call Now! 888-989-4807. (Cal-SCAN)

LANDA'S HOUSE CLEANING

Serves Sacramento Areas. Residential & Commercial Cleaning Services. For More Information: www.landashousecleaning.com (MPG 04-30-14)

Medical Supplies /Equipment

Safe Step Walk-In Tub Alert for Seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic Jets. Less Than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 800-799-4811 for \$750 Off. (Cal-SCAN)

Medical Supplies /Equipment

Medical Alert for Seniors - 24/7 monitoring. FREE Equipment. FREE Shipping. Nationwide Service. \$29.95/ Month CALL Medical Guardian Today 855-334-1975 (MB 06-30-14)

Moving Services

STEADY MOVES You rent the truck...we will make sure it's loaded/unloaded PROFESSIONALLY! (Lic#322945) 916-206-3183. Email smsmith2661@comcast.net (MPG 06-30-14)

Miscellaneous

South Oregon Bed and Breakfast Rogue River, Oregon. 8 miles to Grants Pass. One mile off I-5 and from the scenic Rogue River Historic Town. Nightly/Weekly Rates. Thrifty. Call Nancy 541-582-4163 (MPG 02-28-15)

MAKE A CONNECTION Real People, Flirty Chat. Meet singles right now! Call LiveLinks. Try it FREE. Call NOW: 1-877-909-2569 (SWAN)

Make a Connection. Real People, Flirty Chat. Meet singles right now! Call LiveLinks. Try it FREE. Call NOW: Call 1-877-737-9447. 18+ (NANI)

Sell your structured settlement or annuity payments for CASH NOW. You don't have to wait for your future payments any longer! Call 1-800-714-4724 (NANI)

HOTELS FOR HEROES - to find out more about how you can help our service members, veterans and their families in their time of need, visit the Fisher House website at www.fisherhouse.org (NANI)

Safe Step Walk-In Tub Alert for Seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic Jets. Less Than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 800-980-6076 for \$750 Off. (NANI)

CASH FOR CARS: All Cars/Trucks Wanted. Running or Not! Top Dollar Paid. We Come To You! Any Make/Model. Call For Instant Offer: 1-800-864-5960 (NANI)

Bundle & Save on your TV, Internet, Phone!! Call Bundle Deals NOW Compare all Companies, Packages and Prices! Call 1-855-978-2608 TODAY! (NANI)

Got Knee Pain? Back Pain? Shoulder Pain? Get a pain-relieving brace - little or NO cost to you. Medicare Patients Call Health Hotline Now! 1-800-491-6053 (NANI)

SOCIAL SECURITY DISABILITY BENEFITS. Unable to work? Denied benefits? We Can Help! WIN or Pay Nothing! Contact Bill Gordon & Associates at 1-800-290-8321 to start your application today! (NANI)

DIRECTV starting at \$24.95/mo. Free 3-Months of HBO, stargz, SHOWTIME & CINEMAX FREE RECEIVER Upgrade! 2014 NFL Sunday Ticket Included with Select Packages. Some exclusions apply - Call for details 1-800-647-1163 (SWAN)

Dish TV Retailer - SAVE! Starting \$19.99/month (for 12 months.) FREE Premium Movie Channels. FREE Equipment, Installation & Activation. CALL, COMPARE LOCAL DEALS! 1-800-341-7308 (SWAN)

DISH TV Starting at \$19.99/month (for 12 mos.) SAVE! Regular Price \$32.99 Call Today and Ask About FREE SAME DAY Installation! CALL Now! 877-626-5780 (SWAN)

Miscellaneous for Sale

SAWMILLS from only \$4397.00-MAKE & SAVE MONEY with your own bandmill- Cut lumber any dimension. In stock ready to ship. FREE Info/DVD: www.NorwoodSawmills.com 1-800-578-1363 Ext.300N (Cal-SCAN)

Music Lessons

Guitar Lessons - Beginner to Advanced. \$10/half hour. \$15/hour. frediebba181@yahoo.com. 530-263-6926 (MPG)

Piano Lessons for children and adults by experienced, creative teacher. Citrus Heights. For more information, visit www.anitraalexander.com, or call (916) 725-1054 (MPG)

Painting Services

Anni The Painter One Room at a Time Okay! • Professional • Fun Ideas • Kid's Rooms • Cabinets • Bathrooms • Kitchens • Etc. New Molding Installs • Small Jobs OK! Lic # 739938 • Free Bids 916-532-6194



Personals

Want to hear from a vibrant S.D.A. Church Man. I am a vibrant S.D.A. Church Woman, 81 yrs old, 5 ft 7 ins. Interested in going to church, traveling. Have a FREE pass to Yosemite. Enjoy Camp meetings. Please call me anytime at 916-496-5740 (MPG 10-31-14)

MEET SINGLES RIGHT NOW! No paid operators, just real people like you. Browse greetings, exchange messages and connect live. Try it free. Call now 1-800-945-3392. (Cal-SCAN)

Pets/Animals

DOG RESCUE Gary (916) 334-2841 Please Adopt or Foster Because so many really great dogs are dying for a good home... ShelterMOU@hotmail.com

Real Estate

HONEST LOCAL INVESTOR BUYS HOUSES FOR CASH... Call Me First!! Mike (916) 203-1585 mike@rlsproperty.com (MPG 02-28-14)

Hope for Troubled Homeowners

WE PROVIDE SOLUTIONS Call Our Short Sale Hotline for a FREE Consultation (916) 331-3311 Sac Short Sale Pros License #01128753 (MPG 06-30-13)

Schools/Education

TRAIN AT HOME TO PROCESS MEDICAL BILLING & INSURANCE CLAIMS! NO EXPERIENCE REQUIRED! Become a Medical Office Assistant now with our online training program! HS Diploma/GED & Computer/Internet required to participate. 1-877-649-3155 (Cal-SCAN)

Volunteers Needed

LIKE TO PLAY BINGO? Support Veterans While You Play! Bingo Volunteers needed every Thursday, Friday, Sunday nights from 4-10pm at Sacramento Bingo Center. 916-533-9811. (MPG 03-31-14)

Want to Buy

CASH FOR DIABETIC TEST STRIPS!! Don't throw boxes away - Help others. Unopened / Unexpired boxes only. All Brands Considered. Call Anytime! 24hrs/7days (888) 491-1168 (Cal-SCAN)

Cash for unexpired DIABETIC TEST STRIPS! Free Shipping, Best Prices & 24 hr payment! Call 1-855-440-4001 www.TestStripSearch.com. (NANI)

Work Wanted

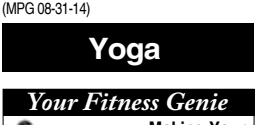
I do pruning, weeding and planting, interior painting, garage and house cleaning. And de-cluttering and organizing. I transport to medical, other appointments, shopping etc. and errands. No job to small. Health and Security background. References. College grad. Tim 503-460-7149. (MPG 08-31-14)

Yoga

Your Fitness Genie Making Your Fitness Goals Come True! 14 Years of Experience • Weight Loss • Injury Recovery • Senior Fitness • Yoga • Pilates Safe, Effective, Functional Resistance Training Be Active, Call Today! Jenn@YourFitnessGenie.com (916)768-8767

GOT LOCAL NEWS?

Call 773-1111



Sudoku Puzzle on Page 10 with a 10x10 grid of numbers and empty cells.

HELP NEEDED AT HOME

REQUIRED Handyman - Jack of All Trades, Live-in Caretaker. Small furnished Studio in Colfax area. Call 530-637-4022 (MPG 10-31-14)

LOST AND FOUND

Old Family photo album found at a Regional Transit Bus Stop in the vicinity of Orangevale. Please call 916-483-2299, ask for Lynne, to identify it.

SWORDS FOR SALE

6 Spanish Swords labeled "Toledo" purchased in Spain 4 large 2 small Engraved \$150 Call 785-375-3467

EARN \$200.00 per month for just a few hours' work per week CALL 773-1111



Classified Advertising Sell Your Stuff! Reach 1000's of Readers Every Week! CALL 773-1111



Specialties Plus

Machine Repairs (all makes & models) • Toner Cartridge Refills (Using Cartridge World? Take 10% off their price & try mine) • Free Cleaning (with our cartridge) • We are Local • Service Contracts (monthly or yearly) • Lease or Rent • High Volume Copying (save wear & tear on your machine)

LOVE what you see? Get it for FREE! Discover what you LOVE. Waverly Independent Beauty Consultant www.marykay.com/whil161 530-415-6469

NOTICE TO READERS California law requires that contractors taking jobs that total \$500 or more (labor and/or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license numbers on all advertising. Check your contractor's status at www.cslb.ca.gov or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board. DISCLAIMER Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.

LEGAL ADS FOR SACRAMENTO COUNTY? We Can Do That!



Call to place your legal advertising

MPG 489-2299

All Legal Ads Published in the Carmichael Times & RC Independent

ELWOOD HEARD THAT SPACE IS A VACUUM THEN HE WONDERED... WHO CHANGES THE BAGS? Illustration of a man vacuuming.

Specializing in Digital Printers, Copiers, Fax & Multifunction Machines. E-mail: specplus@comcast.net (916) 723-8430

Crossword Puzzle on Page 10 with a grid and words like LANDS, EMU, SMUT, AWAIT, CON, SHAKO, POSSE, HEM, EAGER, PLACIDO, ARAMIS, ONE, ANEW, FDA, SIGN, BAOBAB, AILS, SOYA, YALTA, TREE, TUMOR, TORR, SARAH, TONE, STIR, OCTROI, REFS, SPY, TRUE, END, THEBAD, GROUCHO, ABOVE, DOE, OCEAN, TAPED, ERE, ZESTY, ERIN, RED, ESSEX

Legal Advertising Hotline 916-483-2299
Legal Advertising Fax 916-773-2999

LEGAL ADVERTISING

Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294-February 7, 1984
Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380-September 18, 1969

Legal Advertising P.O. Box 14 Carmichael, CA 95609

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-09845. Kathy Q. Tran, 209 Cafaro Circle, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Best Furniture & Mattress" at 6801 Stockton Boulevard, Sacramento, CA 95823. Filed with the Clerk of Sacramento County on December 22, 2014. Publish: January 9, 16, 23 and 30, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-09708. Ronnie Bryant, Sr., 8305 Rambleton Way, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "RB Discounts" at 8305 Rambleton Way, Antelope, CA 95843. Filed with the Clerk of Sacramento County on December 15, 2014. Publish: January 9, 16, 23 and 30, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-09303. Ralph Allen Dean, 2741 Tiffany West Way, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Skin of Saints Music" at 2741 Tiffany West Way, Sacramento, CA 95827. Filed with the Clerk of Sacramento County on November 25, 2014. Publish: January 9, 16, 23 and 30, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-09830. Tom's Rapid Retrieval & Delivery, Inc., 4900 Madison Avenue, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Orangevale Florist" at 9346 Greenback Lane, Orangevale, CA 95662. Filed with the Clerk of Sacramento County on December 19, 2014. Publish: January 9, 16, 23 and 30, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-09857. Mikaloh Livioviks and Linda Deos, 2377 Gold Meadow Way, Suite 100, Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "Consumers First Attorneys, LLP" at 2377 Gold Meadow Way, Suite 100, Gold River, CA 95670. Filed with the Clerk of Sacramento County on December 22, 2014. Publish: January 9, 16, 23 and 30, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-09516. Richard Faulk, 2325 25th Avenue, Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Above and Below the H2O, Faulk Enterprise" at 2325 25th Avenue, Sacramento, CA 95822. Filed with the Clerk of Sacramento County on December 8, 2014. Publish: January 9, 16, 23 and 30, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-00002. Chris Medeiros, 5554 Ridgepoint Drive, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Home Healthy Products" at 5554 Ridgepoint Drive, Antelope, CA 95843. Filed with the Clerk of Sacramento County on January 2, 2015. Publish: January 9, 16, 23 and 30, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-09730. Quick's Glass Service, Inc., 4701 Florin Road, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Sacramento Autoglass & Mirror" at 4701 Florin Road, Sacramento, CA 95823. Filed with the Clerk of Sacramento County on December 16, 2014. Publish: January 16, 23, 30 and February 6, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-00122. Applied Wireless Consulting, 4205 New York Avenue, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Applied Asset Management" at 4205 New York Avenue, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on January 6, 2015. Publish: January 16, 23, 30 and February 6, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-09513. Andrew Tristen Hoffman, 9108 Greco Court, Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Endless Tattoo Club" at 7254 Stockton Boulevard, Sacramento, CA 95823. Filed with the Clerk of Sacramento County on December 8, 2014. Publish: January 16, 23, 30 and February 6, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-00115. Lakeshia Brown, 6600 Branchwater Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Love the Feeling Wedding & Event Planning" at 6600 Branchwater Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on January 6, 2015. Publish: January 16, 23, 30 and February 6, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-00172. Elvin Lee McCray, 3000 Starfire Drive, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Sacramento Realty Group, Sac Rity Grp" at 3000 Starfire Drive, Sacramento, CA 95826. Filed with the Clerk of Sacramento County on January 7, 2015. Publish: January 16, 23, 30 and February 6, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-00057. Imadullah Ahmadi, 2760 Corabel Lane, Apt. 30, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Nangarhar Export" at 2760 Corabel Lane, Apt. 30, Sacramento, CA 95821. Filed with the Clerk of Sacramento County on January 5, 2015. Publish: January 16, 23, 30 and February 6, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-09935. Leslie Terrell, 9929 Nebula Way, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Fellowship & Truth Ministries" at 9929 Nebula Way, Sacramento, CA 95827. Filed with the Clerk of Sacramento County on December 26, 2014. Publish: January 16, 23, 30 and February 6, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-09735. Kirsten Locke, 4701 Courtland Lane, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "UnJLocked Yoga" at 4701 Courtland Lane, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on December 16, 2014. Publish: January 16, 23, 30 and February 6, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-00270. Royce Fautt, 8000 Sierra Street, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "RF Company" at 8000 Sierra Street, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on January 9, 2015. Publish: January 16, 23, 30 and February 6, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-00272. Zach T. Olsen, 8277 Northwind Way, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Z.A." at 8277 Northwind Way, Orangevale, CA 95662. Filed with the Clerk of Sacramento County on January 9, 2015. Publish: January 16, 23, 30 and February 6, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-09906. Michael Mello, Jr., 5185 Cabot Circle, Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "Green Valley Landscape Services" at 8440 Belvedere Avenue, Sacramento, CA 95826. Filed with the Clerk of Sacramento County on December 23, 2014. Publish: January 16, 23, 30 and February 6, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-00271. Robert G. Warner, 8000 Sierra Street, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "W.E. Transportation Co." at 8000 Sierra Street, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on January 9, 2015. Publish: January 16, 23, 30 and February 6, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-09941. Demetrius Boyd, 3904 Arden Way, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Arden Park Fitness" at 3904 Arden Way, Sacramento, CA 95864. Filed with the Clerk of Sacramento County on December 29, 2014. Publish: January 16, 23, 30 and February 6, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-00273. B'Hatzlacha, LLC., 4916 J Parkway, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Be Kosher Foods" at 1310 Howe Avenue, Suite A, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on January 9, 2015. Publish: January 23, 30, February 6 and 13, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-00297. Saleh M. Elkaran, 3233 Murchison Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Love & Peace Florist" at 3233 Murchison Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on January 12, 2015. Publish: January 23, 30, February 6 and 13, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-09963. Daebak, Inc., 2617 Marconi Avenue, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "I Love Teriyaki #17" at 2617 Marconi Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County on December 29, 2014. Publish: January 23, 30, February 6 and 13, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-00306. Bhullars Food, Inc., 9655 Elk Grove Florin Road, Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "Old Town Liquor" at 9655 Elk Grove Florin Road, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County on January 12, 2015. Publish: January 23, 30, February 6 and 13, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-09517. Toney Hayes, 3632 Sardinia Island Way, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Nef the Pharaoh" at 3632 Sardinia Island Way, Sacramento, CA 95834. Filed with the Clerk of Sacramento County on December 8, 2014. Publish: January 23, 30, February 6 and 13, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-00348. Paul Welding, 5849 Sunrise Vista Drive, Apt. 130, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "We-B-Flipping" at 5849 Sunrise Vista Drive, Apt. 130, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on January 13, 2015. Publish: January 23, 30, February 6 and 13, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-00315. Happy Camper Teardrop Rentals, LLC., 6928 9th Avenue, Rio Linda, CA 95673 is doing business under the Fictitious Business Name(s) "Happy Camper Teardrop Rentals, LLC." at 6928 9th Avenue, Rio Linda, CA 95673. Filed with the Clerk of Sacramento County on January 12, 2015. Publish: January 23, 30, February 6 and 13, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-00107. Kummerle Enterprises, Inc., 5741 Auburn Boulevard, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Microwave & Appliance Repair Co." at 5741 Auburn Boulevard, Sacramento, CA 95841. Filed with the Clerk of Sacramento County on January 6, 2015. Publish: January 23, 30, February 6 and 13, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-00296. Greenstone Villa Incorporated, 4436 Vega Loop, Shingle Springs, CA 95682 is doing business under the Fictitious Business Name(s) "Dirt Busters Car Wash" at 5505 Madison Avenue, Sacramento, CA 95841. Filed with the Clerk of Sacramento County on January 12, 2015. Publish: January 23, 30, February 6 and 13, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-00323. Deyao Gao, 7465 Hither Way, Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Dream Furniture" at 7465 Hither Way, Sacramento, CA 95822. Filed with the Clerk of Sacramento County on January 12, 2015. Publish: January 23, 30, February 6 and 13, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-00335. Randall B. and Brenda L. Hill, 7634 Denio Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Cal Rewards" at 7634 Denio Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on January 13, 2015. Publish: January 23, 30, February 6 and 13, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-00425. The Good Shepherd Evangelistic Outreach Ministries, 3337 Balada Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Twice is Nice" at 3337 Balada Way, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County on January 15, 2015. Publish: January 23, 30, February 6 and 13, 2015

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FBNF2012-09710

The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Affordable Tax Preparation, Tax Time 1, 2, 3, Nor Cal Bookkeeping & Tax Service, Nor Call Tax & Bookkeeping", located at 4020 El Camino Avenue #B4, Sacramento, CA 95821. Jacqueline and Stephen Savell, 4413 Robertson Avenue, Sacramento, CA 95821. The Fictitious Business Name Statement referred to above was filed on December 6, 2012 in the County of Sacramento. Publish: January 23, 30, February 6 and 13, 2015

ORDER TO SHOW CAUSE CHANGE OF NAME

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00173221

WHEREAS, Jorge Alberto Moran Aguirre and Rosalva Vargas Moya have filed a petition with this court for a decree changing the name(s) of Madeline Moran Vargas to Madeline Moran Vargas. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 4, 2015, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 24, 2014

David I. Brown, Judge of the Superior Court Publish: January 9, 16, 23 and 30, 2015

WHEREAS, Ngoc Thi Le has filed a petition with this court for a decree changing the name(s) of Ngoc Thi Le to Jacqueline Thi Jones. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 4, 2015, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 24, 2014

David I. Brown, Judge of the Superior Court Publish: January 9, 16, 23 and 30, 2015

WHEREAS, Heather S. Mayer, attorney for Petitioner, Julie Beth Flynn-Shepherd, has filed a petition with this court for a decree changing the name(s) of Julie Beth Flynn-Shepherd to Julie Beth Frawley. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 9, 2015, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: January 5, 2015

Raymond M. Cadei, Judge of the Superior Court Publish: January 16, 23, 30 and February 6, 2015

WHEREAS, FNU Zabihullah has filed a petition with this court for a decree changing the name(s) of FNU Zabihullah to Zabihullah Qazzada. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 6, 2015, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 24, 2014

David I. Brown, Judge of the Superior Court Publish: January 9, 16, 23 and 30, 2015

WHEREAS, Zahra Firoozi has filed a petition with this court for a decree changing the name(s) of Zahra Firoozi to Goli Javan-Javidan. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 6, 2015, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 24, 2014

David I. Brown, Judge of the Superior Court Publish: January 9, 16, 23 and 30, 2015

WHEREAS, Seipati Paulina Makhobeng has filed a petition with this court for a decree changing the name(s) of Seipati Paulina Makhobeng to Seipati Sasha Makhobeng. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 6, 2015, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 17, 2014

David I. Brown, Judge of the Superior Court Publish: January 23, 30, February 6 and 13, 2015

WHEREAS, Lue Thao has filed a petition with this court for a decree changing the name(s) of R'majae Lamar Bernstine to R'majae Lamar Hoidal. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 9, 2015, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 17, 2014

David I. Brown, Judge of the Superior Court Publish: January 23, 30, February 6 and 13, 2015

WHEREAS, Jennifer Dilly and Hannah Abigail Bloom have filed a petition with this court for a decree changing the name(s) of Hannah Abigail Bloom to Hannah Samantha Abigail Bloom. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 11, 2015, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: January 7, 2015

Raymond M. Cadei, Judge of the Superior Court Publish: January 23, 30, February 6 and 13, 2015

WHEREAS, Syed Sardar Hussain has filed a petition with this court for a decree changing the name(s) of Syed Sardar Hussain to SardarH. Syed. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 11, 2015, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: January 7, 2015

David I. Brown, Judge of the Superior Court Publish: January 23, 30, February 6 and 13, 2015

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00172662

WHEREAS, Jennifer Hagar has filed a petition with this court for a decree changing the name(s) of Claire Pamela Benham to Claire Pamela Hagar, Jayden Steven Benham to Jayden Steven Hagar. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on February 26, 2015, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 10, 2014

Raymond M. Cadei, Judge of the Superior Court Publish: January 16, 23, 30 and February 6, 2015

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00173652

WHEREAS, Elizabeth Ann Munoz Obon-Bonilla has filed a petition with this court for a decree changing the name(s) of Elizabeth Ann Munoz Obon-Bonilla to Elizabeth Ann Obon Bonilla. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 11, 2015, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: January 7, 2015

Raymond M. Cadei, Judge of the Superior Court Publish: January 16, 23, 30 and February 6, 2015

WHEREAS, Mildred Jones has filed a petition with this court for a decree changing the name(s) of Dania Taryah Davis to Nia Taryah Cook. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 10, 2015, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: January 7, 2015

Raymond M. Cadei, Judge of the Superior Court Publish: January 16, 23, 30 and February 6, 2015

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00173641

WHEREAS, Heather S. Mayer, attorney for Petitioner, Julie Beth Flynn-Shepherd, has filed a petition with this court for a decree changing the name(s) of Julie Beth Flynn-Shepherd to Julie Beth Frawley. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 9, 2015, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: January 5, 2015

Raymond M. Cadei, Judge of the Superior Court Publish: January 16, 23, 30 and February 6, 2015

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00173600

WHEREAS, FNU Zabihullah has filed a petition with this court for a decree changing the name(s) of FNU Zabihullah to Zabihullah Qazzada. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 6, 2015, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 24, 2014

David I. Brown, Judge of the Superior Court Publish: January 9, 16, 23 and 30, 2015

WHEREAS, Zahra Firoozi has filed a petition with this court for a decree changing the name(s) of Zahra Firoozi to Goli Javan-Javidan. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 6, 2015, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 24, 2014

David I. Brown, Judge of the Superior Court Publish: January 9, 16, 23 and 30, 2015

WHEREAS, Seipati Paulina Makhobeng has filed a petition with this court for a decree changing the name(s) of Seipati Paulina Makhobeng to Seipati Sasha Makhobeng. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 6, 2015, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 17, 2014

David I. Brown, Judge of the Superior Court Publish: January 23, 30, February 6 and 13, 2015

WHEREAS, Lue Thao has filed a petition with this court for a decree changing the name(s) of R'majae Lamar Bernstine to R'majae Lamar Hoidal. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 9, 2015, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 17, 2014

David I. Brown, Judge of the Superior Court Publish: January 23, 30, February 6 and 13, 2015

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00172392

WHEREAS, Jennifer Dilly and Hannah Abigail Bloom have filed a petition with this court for a decree changing the name(s) of Hannah Abigail Bloom to Hannah Samantha Abigail Bloom. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 11, 2015, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 10, 2014

Raymond M. Cadei, Judge of the Superior Court Publish: January 23, 30, February 6 and 13, 2015

WHEREAS, Syed Sardar Hussain has filed a petition with this court for a decree changing the name(s) of Syed Sardar Hussain to SardarH. Syed. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 11, 2015, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: January 7, 2015

David I. Brown, Judge of the Superior Court Publish: January 23, 30, February 6 and 13, 2015

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00173948

WHEREAS, Anthony Vang has filed a petition with this court for a decree changing the name(s) of Anthony Vang to Anthony Yang. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 18, 2015, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: January 14, 2015

Raymond M. Cadei, Judge of the Superior Court Publish: January 23, 30, February 6 and 13, 2015

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00171827

WHEREAS, Phillip Madrid and Kristen Ventura have filed a petition with this court for a decree changing the name(s) of Lolana Rose Ventura to Lolana Rose Madrid. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 18, 2015, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: November 19, 2014

David I. Brown, Judge of the Superior Court Publish: January 23, 30, February 6 and 13, 2015

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00173934

WHEREAS, Habtamu Wayessa Galla has filed a petition with this court for a decree changing the name(s) of Habtamu Wayessa Galla to Habtamu Wayessa Gela. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 16, 2015, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: January 14, 2015

Raymond M. Cadei, Judge of the Superior Court Publish: January 23, 30, February 6 and 13, 2015

SUMMONS

SUMMONS (CITACION JUDICIAL) CASE NUMBER: (NUMERO DEL CASO): 34-2013-00143494

NOTICE TO DEFENDANT: (AVISO AL DEMANDADO): Jennifer Lynn Gay-Mozingo and DOES 1 to 100; YOU ARE BEING SUED BY PLAINTIFF: (LO ESTA DEMANDANDO EL DEMANDANTE): Gnuini Grigorian and Marina Epova

NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below. YOU HAVE 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default and your wages, money and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Website (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 \$10,00

Economy Boosted by County Crops and Livestock

SACRAMENTO COUNTY, CA (MPG) - Wine grapes, milk, and pears help keep Sacramento County agriculture at the top of its game, according to the newly released Crop and Livestock Report. The year 2013 brought in a crop production value of \$457.3 million, the second highest in County history.

"Everyone knows Sacramento is fertile ground, but many may not know how significant this is to our living," stated County Agricultural Commissioner Juli Jensen. "A

productive agricultural year for Sacramento means a better economy, fresher food, and healthier living overall."

Wine grapes led the Top Five Commodities list yet again by raking in \$141.2 million, making it a third of the County's production value. Milk from livestock came in second with a total of \$64.6 million due to a 10% price increase. Pears rose to the number three slot by grossing \$42.6 million. Most pear farms have been growing in our region

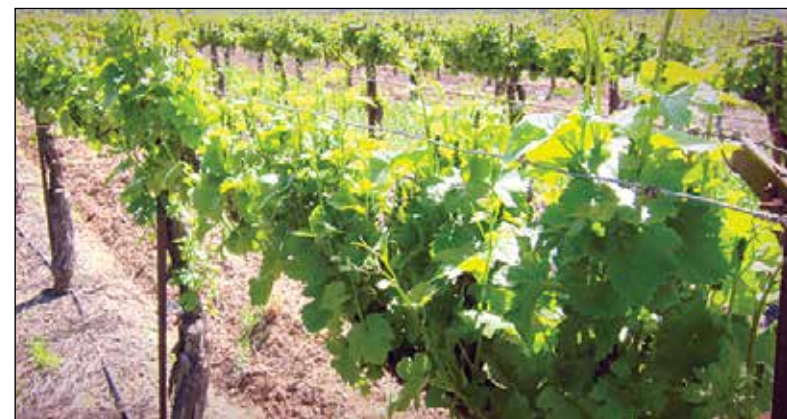
for generations, with some 100-year-old pear trees still bearing fruit. Sacramento's poultry population, which consists mostly of turkeys, generated \$33.4 million, earning it the fourth top commodity spot. Field corn made fifth place with \$26,131,000 earned.

"It's clear to see why Sacramento is the Farm-to-Fork Capital of America," said Bradley Hudson, Sacramento County executive. "The quantity and quality of the County's agricultural products continue

to be source of pride."

Sacramento County remains a rich region of productive soil, with an abundance of fruits, vegetables, grains, meats, nuts, and milk. Most of the County farms that provide products for the Farm-to-Fork movement are located in the unincorporated areas. Local residents and visitors can enjoy these fresh foods by shopping at one of the Certified Farmers Markets in the County.

Source: Sacramento County



Wine grapes continue to lead in Sacramento County's production by raking in \$141.2 million last year, making it a third of the County's production value. Photo courtesy of Sacramento County



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Local Rugby Pro Wishes Players Good Luck Before KOT

By Colin Hawley

CARMICHAEL, CA (MPG) - Commuting an hour from East Nicolaus, a small town of 200, Sacramento was the big city. Standing 5' 4", I was one of the three smallest kids in my freshman class at Jesuit High School in Carmichael. I make this point because no matter where you come from or how big and strong you are currently, you never know what the future may hold, especially with rugby.

Though my father, Loren, had been a great rugby player in his day (Cal Hall of Fame), prior to my attending Jesuit, I had never played rugby. I fancied myself a soccer and basketball player. My dreams of being a legendary soccer player, however, quickly faded after being cut from Jesuit soccer in my first tryout. It was my first athletic experience at Jesuit. Without a doubt, being cut was a sobering experience. Standing face to face with my limitations as an athlete was not the way I had drawn it up.

Still, I maintained my desire to be an athlete, playing football, basketball, and finally rugby in my first year at Jesuit. It was the first rugby practice when, fended in the chest and thrown to the ground by an upperclassman, I fell in love with this awesome sport. The freedom, physicality, and athletic expression in the sport had hooked me and have yet to let go.

That first year of rugby at Jesuit, everything about the game was new and fun. We trained as a club, getting



Colin breaking for a try against Canada at the USA 7s in Las Vegas. Photo courtesy of Creative Arts Marketing Imprint

ready for the season of competition ahead starting with something called the "Kick Off Tournament (KOT)." The day of my first KOT started out as just an important team day but proved to be something of a coming-out party. It was fun to be surrounded by so many like-minded friends and rivals. Each year, the KOT seemed to improve in its scope and quality of play and so did our game grow with it.

Though never the biggest, never the fastest, and never the strongest in high school, I enjoyed one distinct advantage: I was a student of the game. Rugby is unique in the sense that there is no one calling plays for you on the field. Playing the game involves perception, reaction, and creativity at its finest. Coupled with the ability to

communicate what you see and what you want to do on the field to your fellow teammates, you can be a formidable rugby athlete. Our coaches at Jesuit were great at helping us to see, read, communicate, and exploit opportunities. But I also enjoyed one further advantage.

One of the main points I would like to cover for my progression in high school is that after every game, my father and I would review what my perceptions on the field had been and how I reacted to take advantage of scenarios presented throughout the match. We would talk and discuss the moments of the game and create a clear, unbiased picture of my performance. Even if I had three tries, I would still be rated on ball retention, passing completion, accuracy,

kicking precision, etc. The ability to properly evaluate a rugby game, to determine what I did well and where I needed improvement, was the absolute best tool I have ever learned to use in my athletic career.

between the two national rugby teams of 7s and 15s. The highlights of these would most notably be playing in the Rugby World Cup for 15s in 2011 in New Zealand and the Rugby World Cup for 7s in 2013 in Moscow but one



Colin Hawley and his father, Lorne, embrace after winning the National Championship MVP award in 2007. Photo courtesy of Creative Arts Marketing Imprint

My love of rugby directed me to attend the Cal Rugby Camps every summer; thankfully, I was tagged by the program to continue my growth as a rugby player and student. Coming into college, I had grown vertically quite a bit, but at 6'1" and 160 lbs., there was some definite work to be done on my physical development as well. Being a part of a program like Cal Rugby exposed me to the type of athletic structure I desperately needed to continue my career. Cal Rugby's doctrines of "high performance," "grateful for everything; entitled to nothing," and "constant performance improvement," are just a few of the concepts—the cornerstones of my mindset—that would be the driving factors in my success on the rugby pitch.

During my tenure at Cal, I had been named All-American four times, National Collegiate Championship Most Valuable Player, four-time National Champion, and I began my journey into the international arena with my first USA 15s match against Claremont Auvergne in South Carolina and the USA 7s in the World Games in Taiwan. Each game had become a massive learning experience and being exposed to a higher level of play that early in my career gave me a direction to head towards and a level of play to aspire to.

Most of my post-collegiate rugby career has been spent sharing time

of my most treasured possessions from a rugby victory is the bronze medal our 7s team won in Guadalajara at the Pan-American Games in 2011. Being able to stand on the podium and wave our country's flag and receive that medal was an amazing feeling and one I hope many more U.S. rugby athletes come to share.

Rugby is now an Olympic Sport. I am proud to say that I was a member of the first group of American players to be contracted by USA Rugby and the United States Olympic Committee (USOC) to train towards an Olympic Gold Medal for 7s Rugby while using the HSBC 7s World Series Circuit as our regular season. The landscape of rugby in America is changing and the opportunities for American Rugby players are currently astounding.

The end of this article is for the young men and women at the Kick Off Tournament: The future of rugby in America is in your hands. First and foremost, be a student of the game. Make sure that you are growing your game personally, and the larger game as a whole, in all the right directions. To the hard working volunteers who help pull this transcendent event together each and every year, please do so knowing your efforts are making a real difference in many lives. Thank you. ★



Colin Hawley and Zach Reed at Jesuit. Both would attend Cal and play rugby under Jack Clark. Photo courtesy of Creative Arts Marketing Imprint

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END of the BENCH

by Gerry Scholl

The Horse is The Horse, Of Course

California Chrome, winner of the Kentucky Derby and the Preakness last year, was recently honored as Horse of the Year, of course.

We are sure that Chrome appreciates being named winner of the award, just as much as he appreciates the stable hand that cleans up his mess in his stall.

Unlike Chrome, the Green Bay Packers spit the bit and pulled up lame short of the winner's circle, and they are left with a stinking mess that will linger for a long, long time.

The Packers broke fast from the starting gate, took the lead 13-0 at the clubhouse turn of the NFC Championship Game Sunday in Seattle, and stretched it out to 16-0 down the backstretch by halftime.

The Seahawks were still back of the Pack, 19-7, well off the pace as they turned for home. But the Packers broke stride heading to the wire. Their gallop quickly transformed into a lope when Morgan Burnett intercepted a Russell Wilson pass that was tipped into his waiting arms, and with 5:04 still left in the game Burnett decided to play it safe. He cradled the ball and went into a protective slide at the Packers' 43-yard line — as if the game was in hand. He must have had blinkers on, because there was plenty of wide-open turf in front of him; with a block or two and a cutback to the right, he might have trotted into the end zone for a decisive score.

That moment was a recurrence of the fatal flaw that ultimately cost Green Bay a spot in Super Bowl XLIX. From the early minutes on, the Packers kept leaving the barn door cracked just a bit and, at some point, the Seahawks' studs were going to bust through, as they did, scoring 15 points in 44 seconds and

eventually winning in overtime, 28-22.

Twice in the first quarter the Packers were less than a yard from pay dirt and settled for field goals and a meager 6-0 advantage.

TV color commentator Troy Aikman (who knows a little something about Super Bowls) said he was "shocked" that Green Bay settled for three points the first time. "(Packers head coach) Mike McCarthy has been so aggressive, especially here in recent weeks, and he's so confident in his offense," he said.

When they did the same thing three minutes later, Aikman remarked, "Packer fans are cringing right now."

McCarthy was a stubborn mule. He chose not to ride the horses that brought him. He decided to jockey for position and wound up out of the money, turned out to pasture, swatting flies with his tail.

Since their mid-season bye, the Packers rode their lead horse, MVP candidate and premier quarterback Aaron Rodgers, to an 8-1 record, including playoff wins over Detroit and Dallas, while averaging better than 32 points per game. Even though he was playing hurt and his mobility was handicapped, why rein in Rodgers with everything on the line?

Our friend, Mr. Ed, suggested McCarthy should have stayed the steady course, and recommended — "go right to the source and ask the horse. He'll give you the answer that you'll endorse." So we did.

Rodgers' somber post-game quotes included, "We had some chances early. Had some chances to do some things and we didn't do it...we weren't playing as aggressive as we usually are."

The end result: a team rode hard and put away wet by the Seattle Clydesdales, who are off to defend last season's Super Bowl title. With Seabiscuit (Russell Wilson) and Man O' War ("Beast" of a running back, Marshawn Lynch) taking charge at the quarter pole, the Seahawks completed an astonishing come-from-behind triumph.

In the AFC derby, Indianapolis wasn't in it for long against the dynasty that is the New England Patriots. Young Indy quarterback Andrew Luck's lucky horseshoe was turned upside down by the experienced Pat's' defense and head coach Bill Belichick, who, along with future Hall of Fame QB Tom Brady, will be making his sixth appearance (3-2 record) in the Super Bowl in 14 seasons. After two first-quarter touchdowns by New England, Indy closed within 14-7, but then the rout was on in a 45-7, wire-to-wire runaway.

The Patriots quickly made geldings of the Colts. The Colts' defense looked like so many little ponies up against the overpowering New England stallions, who rushed for 177 yards, led by LeGarrette Blount's 148 yards on 30 carries, and the veteran thoroughbred Brady, who completed 23 of 35 passes for 226 yards and three TDs.

So, we are left with the classic match race in the Super Bowl between Seattle and New England that many predicted and hoped for all along. And there they go.

Many apologies are required now for the over-abundance of unbridled horseplay with the equine vernacular, the analogies and puns. Just horsing around. But once we broke from the gate, we just couldn't stop running with it all the way to the finish line. ★

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Senior Computer School is a non-profit organization staffed by volunteer instructors, assistants, and office staff. We train 40-60 students every month with 8 to 16 students in each class. Step by step instructions are conducted with clearly written lessons. There is no need to take notes as the lessons are provided for you to keep after each session. Assistants provide individual help, as needed during each session.

The Senior Computer School learning center is located at the back of the Rio Americano High School campus, 4540 American River Drive, Sacramento, CA 95864. Free parking is available near the levee road, inside the chain linked fenced area. Look for the Senior banner on the Learning Center.



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<p>Friday, January 16 Thursday, March 19</p> <p>11:30 am to 12:30 pm</p> <p>Elk Grove Memorial Park & Mortuary 9189 E. Stockton Blvd., Elk Grove, CA 95624 Tel 916.732.2031</p> <p><i>RSVP: Glenda at glendai@eastlawn.com</i></p>	<p>Wednesday, February 18 (Spanish & English)</p> <p>11:30 am to 12:30 pm</p> <p>Andrews & Greilich Funeral Home 3939 Fruitridge Road, Sacramento, CA 95820 Tel 916.732.2026</p> <p><i>RSVP: Janice at janicem@eastlawn.com</i></p>
<p>Thursday, January 29 Friday, March 27</p> <p>11:30 am to 12:30 pm</p> <p>Sierra Hills Memorial Park & East Lawn Mortuary 5757 Greenback Lane, Sacramento, CA 95841 Tel 916.732.2020</p> <p><i>RSVP: Jessica at jessicae@eastlawn.com</i></p>	<p>Friday, February 6, 2015</p> <p>11:30 am to 12:30 pm</p> <p>East Lawn Memorial Park & Crematory 4300 Folsom Blvd., Sacramento, CA 95819 Tel 916.732.2000</p> <p><i>RSVP: Meredith at mereditht@eastlawn.com</i></p>

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Carmichael Cafe & Deli



Russ Deterding (front center) celebrates his birthday with family and restaurant owner Bernie Lenau (center, back). Relatives (from lower left) include Becca and Carrie Deterding, DeAnna Rabbitt, Donna Deterding, and Grace Bunting. The photographs are among vintage photos in the Carmichael Café and Deli. *Photo by Susan Maxwell Skinner*

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