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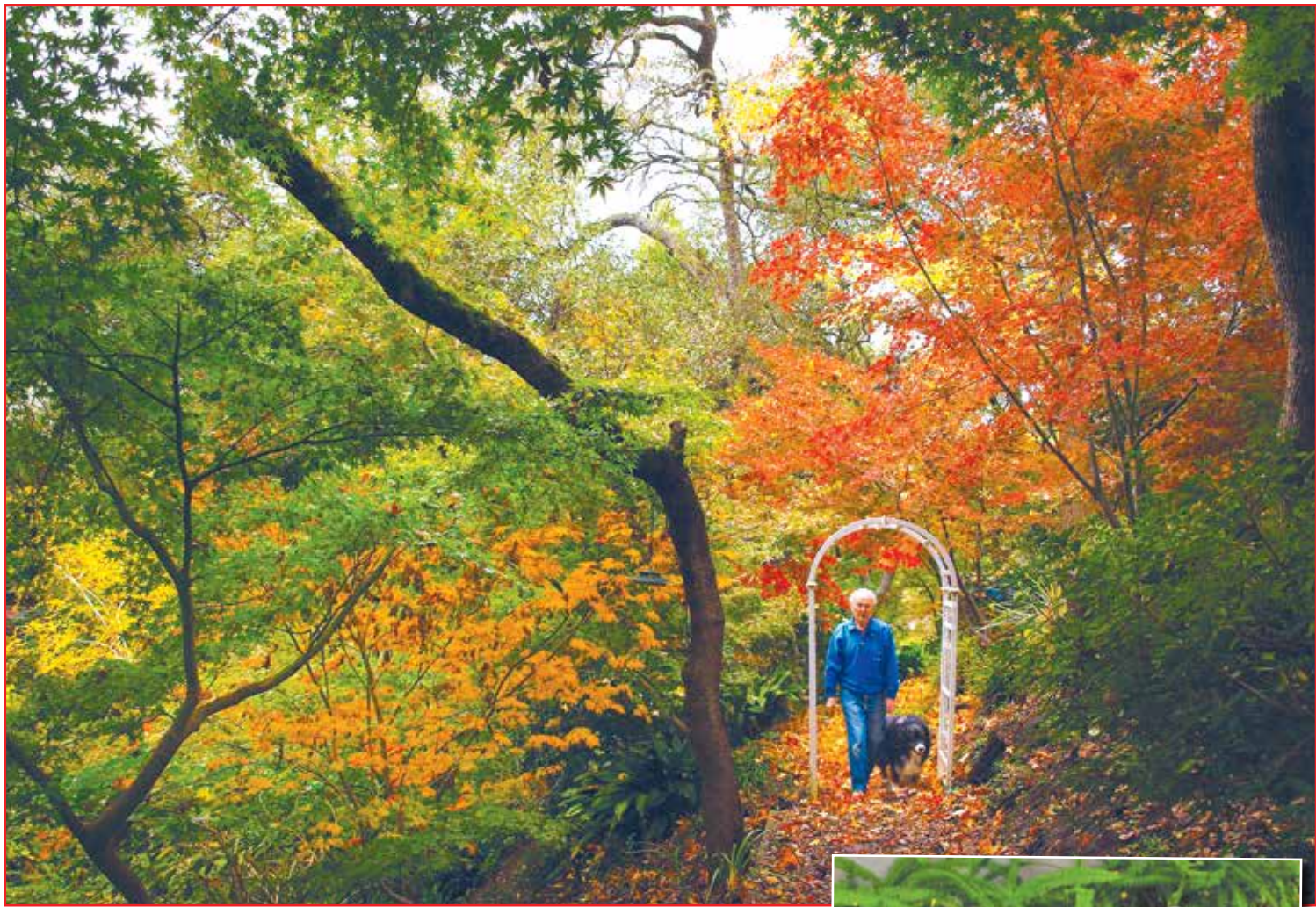


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Thanksgiving Blessings

Carmichael Valley, a Mini Vermont



Woodland wanderers. Irv Faria and his dog Lennie take a stroll on the winding paths of their Carmichael garden. Many varieties of Japanese maple contribute to the vivid fall landscape presented in this creekside acre. Inset: floating birch leaves illuminate a hidden garden corner.

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - While gardeners all over the nation are raking leaves, Irv Faria and his wife Pauline let them lie. In fact, the octogenarian Carmichael couple actually collects fallen foliage from neighbors' rakings. "We scatter leaves all over the garden," says Faria. We like the extra color they add to our mini Vermont. And they improve the soil."

More than 50 years of mulching has enriched botanical possibilities in their Carmichael Creek woodland. In the process, retired American River College professor Faria and his wife have nurtured a habitat—certified by the National Wildlife Federation—which brings added delight for the green thumb couple. Many varieties of birds nest here in spring; wild turkey forage in flocks; newly-born fawns hide under low branches.

In fall, male deer materialize sporting

massive antlers and herd their females toward parkway breeding grounds. "I looked out our bedroom window the other morning and a giant buck was just standing there, looking in," marvels Faria. "My dog had a fit."

The Faria's glade offers these visitors food, water, and seclusion in the built-out suburbs. Human visitors also feast in rich seasonal color. "We like to share our garden with people who are interested in maples," says Faria. Purchasing their steep acre in the 1960s, the couple labored to establish terraced landscaping beneath 70 native oaks. They planted over 200 Japanese maples of many varieties. Explains Faria: "Some are tall, some are low-growing. Their leaves have different shapes and colors. We tried to achieve a layered tapestry and we enjoy the contrasts of red, gold, orange, and brown against green." Adding to the fall kaleidoscope are many dogwoods, birches



and late-blooming native flowers.

Every season brings change to their paradise, and no two autumns are the same. "Our drought caused the leaves to fall earlier this year," notes the gardener. "Some of the usual brilliant colors just haven't happened. But we can't complain. Every day in a garden like this is an adventure." ★

Local Architects Have Big Plans

Pasion & Enriquez Architecture

By Shaunna Boyd

CARMICHAEL, CA (MPG) - Steve Pasion and Jose Enriquez both had a common goal to one day start their own architecture firm; they had been practicing at other architecture firms since the mid-1990s. Pasion and Enriquez met as colleagues at a small firm in Sacramento in 1999 and developed a friendship. They began collaborating in joint venture projects in 2010 and shortly after opened their own architecture firm: Pasion & Enriquez Architecture. In 2013, they opened their Carmichael office located at 7411 Fair Oaks Boulevard, Suite A2.

When asked what drew each of them to architecture, Enriquez said, "In grade school, I didn't know what an architect was. When I looked it up

in the encyclopedia, it sounded so unique. The thought of making that idea a reality was really exciting."

Pasion said he first learned of architecture from watching movies, "When I was little, I thought about what I might want to be. Since I liked to draw, I thought I could someday do what an architect does."

Before opening their own firm,

Pasion and Enriquez gained a lot of experience working at other architecture firms. Pasion said, "I think having worked at small to large firms and being involved in a diverse range of projects has helped us develop a unique set of skills. In addition to traditional architecture, we have experience in construction management, estimating, and forensic architecture."

When asked about some of the most influential or significant projects they have worked on, Enriquez explained that one his favorite projects was a renovation project in Midtown Sacramento, "It was a two-story brick building in a retail complex and was my first building design that was actually built."

Pasion said one of his favorite

Continued on Page 7

State Water Project Contract Negotiations Set to Begin

The Public is Invited to Monitor Sessions Live or by Phone

SACRAMENTO REGION, CA (MPG) - On Monday, November 24th, the Department of Water Resources (DWR) announced it will begin negotiations with State Water Project (SWP) Contractors in December on proposed amendments that would modify SWP water supply contracts. DWR Director Mark Cowin said the public will be invited to observe the negotiations in person and to listen on the phone using a call-in number.

Cowin said the objective of the negotiations is to develop terms and conditions for proposed amendments to DWR's water supply contracts with the 29 public agencies that purchase SWP water for distribution to their customers. The proposed amendments would define the rights and obligations of DWR and the contractors who would benefit from the Bay Delta Conservation Plan (BDCP) should the BDCP be implemented.

Cowin stressed that the negotiations are not a forum for making decisions about approving the BDCP. "These negotiations are entirely separate from other BDCP planning activities and the ongoing BDCP evaluation process," he said.

DWR will open the negotiations to the public to observe and provide comments to DWR at the end of each negotiating session. Members of the public also may submit written comments within seven calendar days following the negotiating sessions.

The first session will be from 10 a.m. to 3 p.m. on December 10th in Room 1131 of the California Natural Resources Building, 1416 Ninth Street, Sacramento, CA. Seating is limited, but the public can listen to the negotiations by calling 1-719-359-9722, passcode 138000#. Public parking will be available in the parking garage at 10th and O streets.

Cowin said the first session will focus primarily on ground rules and other negotiation-related processes and will not address substantive amendment issues. As such, it may adjourn early if the agenda items have been addressed or by mutual agreement of DWR and the SWP Contractors.

Due to the frequency of negotiation sessions and the requirement for quick turnaround of meeting materials and announcements, DWR requests that interested individuals sign up for placement on the email distribution list. Individuals can email swpcontractamendmentforbdcpc@water.ca.gov. They also may visit the SWP Contract Amendment for the Proposed BDCP website: www.water.ca.gov/swpao/swpcontractamendmentforbdcpc. The website will provide information about the project and advance notice of each negotiation session.

Source: Department of Water Resources ★

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Celebrate the Holidays With a Celtic Flair

Sacramento Master Singers Present A Celtic Christmas

SACRAMENTO REGION, CA (MPG) - The Sacramento Master Singers present A Celtic Christmas throughout December in two locations: St. Francis of Assisi Church in Midtown Sacramento and the Harris Center in Folsom. Between December 13th and 23rd, Dr. Ralph Hughes will direct the city's most accomplished chamber choir in five concerts, all featuring special guests Men of Worth, the humorous Scottish/Irish folk duo beloved by fans from the U.S. to the U.K.

Choral highlights will range from Michael McGlynn's thrilling Irish-styled ancient chants in candlelight to area premieres by contemporary English composer Cecilia McDowall and Paul Meallor of Wales. The choir will also sing new arrangements of some of the world's most beloved traditional carols, such as world premieres by Sacramento's own Clifford Shockney, who has lovingly arranged the Welsh carol "All



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Through the Night" for the Master Singers.

A Celtic Christmas will be performed at Sacramento's St. Francis of Assisi Church (26th & K Streets)

on December 13th at 8 p.m., December 18th at 7 p.m., December 21st at 7 p.m., and December 23rd at 7 p.m. Tickets are \$20 and can be purchased online at www.mastersingers.org, or by calling (916) 788-7464, or at the door 30 minutes before each concert.

The single performance of A Celtic Christmas at Folsom Lake College's Harris Center for the Arts will occur on December 14th at 7 p.m. Tickets are \$25-\$55 and can be purchased online at www.harriscenter.net, by calling (916) 608-6888, or at the door two hours before the concert.

The Sacramento Master Singers and Men of Worth will also present "Jingle All The Way," the popular annual concert for young children and their families, on Sunday, December 21st at 3 p.m. at St. Francis of Assisi Catholic Church. Tickets for this short, fun-filled, family-oriented program are \$5 for adults and \$3 for children. For more information, please visit www.mastersingers.org or call (916) 788-7464.

Source: Sacramento Master Singers ★

Jan Scully's Retirement Celebration and Sacramento Regional Family Justice Center Fundraiser

SACRAMENTO COUNTY, CA (MPG) - Jan Scully began her career as a deputy district attorney in the Sacramento County District Attorney's Office in 1979, and she was first elected district attorney in 1994. Her fifth and final term as Sacramento County's district attorney will come to an end on December 31st, 2014.

To mark this momentous occasion, a retirement celebration will be held to honor Scully's 20-year tenure as the elected DA, and near 36-year career dedicated to serving justice and public safety.

The event will also serve as the first inaugural fundraiser for the Sacramento Regional Family Justice Center (SRFJC), a collaborative agency partnership benefiting local victims of domestic, family, and interpersonal violence. This inaugural event will set the foundation for what will become an annual fundraiser to continue garnering support for the SRFJC, raising awareness, and sharing the vision of "A Family Free of Violence." For more information about the SRFJC and to view the "I'm In" video, visit www.HopeThrivesHere.org.

Attendees will enjoy wine tasting and hors d'oeuvres, dinner, live music, special program presentations, video tributes from Scully's friends and colleagues, a "Made at Sac State" alumni profile video, and a display of memorabilia collected throughout her administration. Members



Jan Scully

of the community are encouraged to join the celebration and support the SRFJC.

The celebration and fundraiser will be held on Friday, December 12th, 2014, at Sacramento State University Ballroom, 6000 J Street, Sacramento, CA 95819. The event will begin at 5:30 p.m. with wine tasting and hors d'oeuvres, followed by dinner at 7 p.m. Individual tickets are \$150.

Sponsorship opportunities are available. To sponsor and/or purchase tickets or tables, please contact Toni Roberts at (916) 995-1530 or toni@moneystrategists.com by Friday, December 5th, 2014.

All proceeds from the event will be donated to the SRFJC Foundation, a 501(c)(3) nonprofit organization, of which Jan Scully serves as chair.

Source: Sacramento County District Attorney's Office ★

Area Residents Raise \$300k for Free Medical Services

SACRAMENTO, CA (MPG) - More than 600 local residents raised \$300,000 for the Sacramento Life Center's free medical care, counseling, and education services for pregnant women and teens at the organization's annual fundraising dinner on November 8th. The Salute to Life Dinner and Auction included a gourmet dinner, auction, raffle, and stories of people who have received help from the Sacramento Life Center. The keynote speaker was Abby Johnson, author and former Planned Parenthood director.

"We rely on this event for the funding to continue the work we are doing, and last year we saw nearly double the number of women

and teens that we expected," said Marie Leatherby, executive director. "Thanks to this community's generosity, we can continue to reach even more women and teens who feel scared and alone and instead provide them with a support system and the care they need."

The Sacramento Life Center's mission is to offer compassion, support, resources, and free medical care to women and couples facing an unplanned or unsupported pregnancy. The center's licensed Sac Valley Pregnancy Clinic includes a primary clinic and two mobile clinics, all providing free services including well woman exams, pregnancy tests, STD tests, ultrasounds,



Author and former Planned Parenthood director Abby Johnson (center) speaks with guests at the Sacramento Life Center dinner that raised funds for the nonprofit's free medical care, counseling, and education for low-income pregnant women and teens.

counseling for men and women, education, and resource referrals. The Sacramento Life Center also offers a school-based teen education program, a 24-hour hotline, and a program for women seeking support after having an abortion.

For more information about

the Sacramento Life Center's Sac Valley Pregnancy Clinic, visit www.svplclinic.com. For more information about the Sacramento Life Center, visit www.saclife.org.

Source: Kristin Thébaut Communications ★

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Basic Home Modifications Allow "Ageing In Place"

one had referred her to my good friend James, a Certified Aging-in-Place Consultant and Occupational Therapist. James was able to visit Anna at her home and doing what he loves to do, he gave Anna some real hope of staying at home by conducting a Home Safety Assessment. Looking at all the obstacles mentioned above, he came up with several inexpensive recommendations and ideas that made it practical to live at home longer, comfortably and safely.

Her family had a ramp built so she could get into her house safely. She could not afford to remodel her entire bathroom, but was able to remove the shower doors in order to access the tub easier and put up a shower curtain. Anna had grab bars installed and James helped her get a customized tub transfer bench so she could slide into the tub. Anna also widened the bathroom door so she could fit her walker through. James recommended an inexpensive way to lower her bed and added a small handle so she could get into her bed safely. Anna can now stay in her home and live a full life without moving.

We love the work James does so much we wanted to give him an opportunity to help some of you family caregivers

out there this holiday season. The first three readers who can use a free Home Safety Assessment (generally a few hundred dollars) for their home or the home of a friend or loved one in the greater Sacramento area, email me, first come first served, at mark@ciminocare.com and I will arrange to have James come visit you. There is no cost or obligation, just friendly help for the needs of family caregivers.

As I mentioned, my good friend James Stacey has been in the Occupational Therapy line of work for over 20 years, including serving in the role of a Certified Aging-in-Place Specialist (CAPS). If anyone can figure out how someone can make simple modifications to their homes so they age in place better, it would be James.

Mark J. Cimino, is the Chief Executive Caregiver of CiminoCare, a Sacramento-based assisted living provider. Mark started in his caregiving profession at age six when he and his siblings would tag along as their mother visited her in home care clients. In addition to his job, Mark is actively involved in Rotary International. His interests include hiking and doing fun things with his three boys. Mark can be reached at mark@ciminocare.com

By Mark J. Cimino, CEO CiminoCare

The stroke abruptly turned Anna's world upside down. Here in the twilight of her life, you'd think she should be set comfortable. In an instant, however she was faced with the stark reality of having to move from her home of so many years, so many memories, so many happy times. Why? Well, despite recovering well through receiving Occupational and Physical Therapy, she now needed a walker for balance, stability and distance.

Suddenly, what she had taken for granted all these years became obstacles: the five steps to her front porch; the narrow door to her bathroom which her walker could not fit through; the sliding doors into her tub shower with no grab bars for support; her raised bed that she now could not climb into.

Depressed, Anna was faced with moving. However, some-



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Soroptimist Sacramento North Funds Purchase of Van for Compassion Planet



Soroptimist Sacramento North recently funded the purchase of a van for Compassion Planet. Compassion Planet addresses the needs of foster children who have recently graduated from the foster system. Compassion Planet works with these young adults to teach them working and social skills. Photo courtesy of Soroptimist Sacramento North

SACRAMENTO COUNTY, CA (MPG) - Soroptimist Sacramento North recently funded the purchase of a van for Compassion Planet. Compassion Planet addresses the needs of foster children who have recently graduated from the foster system. Compassion Planet works with these young adults to teach them working and social skills.

Soroptimist Sacramento North was chartered in April of 1954. They raise funds and give their time to charities in the Sacramento area, our region, and the world. They are members of Soroptimist International, a worldwide organization with members in over 100 countries. Soroptimist Sacramento North holds regular meetings on the

second and fourth Tuesdays of each month at noon at Piatti's restaurant in Sacramento.

For directions, dates, and more information, email sisacramentonorth@soroptimist.net. You can find out more about Soroptimist Sacramento North at www.soroptimistsacnorth.org.

Source: Soroptimist Sacramento North ★

Carmichael Chamber Welcomes New Members

CARMICHAEL, CA (MPG) - The Carmichael Chamber of Commerce welcomed new members at its November luncheon, held at La Sierra Community Center in Carmichael. New members included Burnie Lenau of Carmichael Café & Deli, Dan and Kendra Melchner of Sparrow Ink Print and Promotions, and Katie Pexa of Farmers Insurance. For information on the benefits of joining the Chamber, please contact the Chamber at (916) 481-1002.

Source: Linda Melody, Carmichael Chamber of Commerce ★



Senator Gaines Condemns UC Tuition Hike Vote Committee Approval Moves Increase Forward

SACRAMENTO REGION, CA (MPG) - On November 19th, Senator Ted Gaines (R-Roseville) denounced the University of California Board of Regents' committee decision to raise tuition by as much as 25% over the next five years. This committee approval sent the tuition increase proposal to the full Board of Regents for a vote on November 20th.

Senator Gaines said, "If the full Board approves this plan, it will be another gut punch to middle-class families already struggling to make ends meet in this high-cost state. Just two years ago, Californians had their taxes increased with Proposition 30, after being promised that the money would be used to

freeze the skyrocketing cost of college. This year, only about 2% of those funds have been spent on universities. What an embarrassment.

"The UC administrators should also be ashamed of themselves. They are compensated like tech company CEOs with exorbitant salaries and lavish pensions. It's unconscionable that students are being asked to dig deeper while the expansion of the UC ruling class continues without pause.

"Rather than raise tuition, the Regents need to reduce spending, offer more online classes and limit faculty and executive pay raises. Any year there is a tuition increase, there should be

an automatic freeze on administration salary increases.

"I say no to the misguided and punishing tuition hikes. Our world-class universities must be open and available to everyone in the state, not just the wealthiest sliver. I hope the Regents agree with me and vote tomorrow to protect our students."

Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra, and Siskiyou counties.

Source: The Office of Senator Ted Gaines ★

Pearl Harbor Survivor Remembers the Day of Infamy

CARMICHAEL, CA (MPG) - On Sunday, December 7th, Atria El Camino Gardens will host an "Honoring Pearl Harbor" presentation led by Pearl Harbor survivor Bob Castle. Bob is a resident at Atria El Camino Gardens and a retired Chief Radioman of the US Navy who was aboard the USS Tennessee, just fifteen feet from the USS Arizona when the attack hit on the infamous day in history.

The event is open to all in the area and will include inspirational stories from Bob's personal experience, as well as a special photo presentation of the events of that day.

"Our veterans deserve an opportunity to share their wartime experiences and the sacrifices they made for our country," said Eric Bressler of Atria El Camino Gardens. "We wanted to host an event to

applaud their service and offer a chance for others to learn something special from them."

The "Honoring Pearl Harbor" event is scheduled for 1 p.m. on Sunday, December 7th at 2426 Garfield Avenue, Carmichael, CA 95608. For more information, contact Atria El Camino Gardens at (916)488-5722.

Source: Atria El Camino Gardens ★

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THE RICH LOWRY COLUMN
By Rich Lowry

Why Jonathan Gruber Deserves Our Thanks

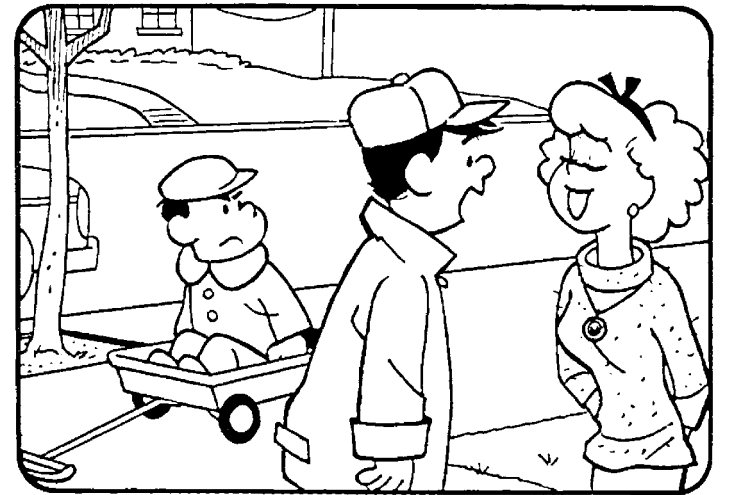
The epic search of the Greek philosopher Diogenes for an honest man is finally over. His name is Jonathan Gruber, an MIT economist once known as an intellectual architect of Obamacare, although his status is being rapidly downgraded by the law's supporters with every one of his uncomfortably frank utterances about President Barack Obama's signature initiative. Video surfaced of Gruber saying at a panel discussion at the University of Pennsylvania last year that the law was written in a deceptive, nontransparent way to exploit "the stupidity of the American voter." Gruber swiftly went on MSNBC to explain that his comments should be discounted because he was speaking "off the cuff." Then two other

videos surfaced of him saying much the same thing at different venues. Gruber has done us all a favor by affording us an unvarnished look into the progressive mind, which values complexity over simplicity, favors indirect taxes and impositions on the American public so their costs can be hidden, and has a dim view of the average American. Complexity is a staple of liberal policymaking. It is a product of its scale and reach, but also of the imperative to hide the ball. Taxing and spending and redistributive schemes tend to be unpopular, so clever ways have to be found to deny that they are happening. This is what Gruber was getting at. One reason Obamacare was so convoluted is that its supporters didn't want to straightforwardly admit how much the law was raising taxes and leveraging the young and healthy to subsidize everyone else. Gruber crowed about the exertions undertaken to make an unpopular tax on expensive health-insurance plans, the so-called Cadillac tax, more palatable. It was levied on employers instead of employees. No one realized, Gruber explained, that the tax would be functionally the same even if not directly imposed on workers. This wasn't a one-off deception. This kind of sleight of hand is crucial to the progressive project, which always involves imposing taxes, regulations and

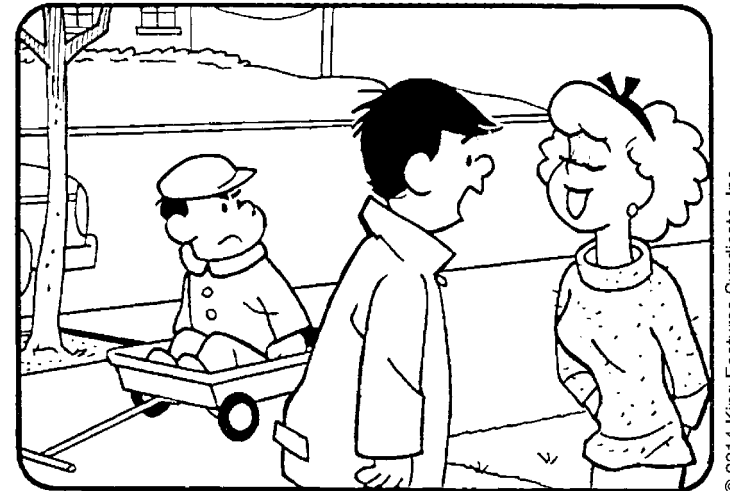
mandates at one remove from the average person so he or she won't realize that the costs are passed down regardless. The debate between conservatives and liberals on health-care policy and much else comes down to how much average Americans can be trusted to make decisions on their own without the guiding, correcting hand of government. An assumption that Americans are incompetent is woven into the left's worldview. It is reluctant to entrust individuals with free choice for fear they will exercise it poorly and irresponsibly. So Gruber deserves to be listened to, even if he ultimately got it wrong. The public is smarter than he and other Obamacare supporters give it credit for. It has never believed the magical, deliberately deceptive promises about Obamacare, or supported the law that continues to be a drag on the Democratic Party. Rather than congratulating themselves on their cleverness, the law's architects might better reflect on how, even with crushing majorities in the House and the Senate, they had to lie and obfuscate to get Obamacare passed. That is damning commentary, not on the American public, but their misbegotten handiwork. Rich Lowry is editor of the National Review. (c) 2014 by King Features Synd., Inc.

HOCUS-FOCUS

BY HENRY BOLTIKOFF



Find at least six differences in details between panels.



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DMV Extends Office Hours and Adds Appointments for First-Time Driver License Applicants

SACRAMENTO REGION, CA (MPG) - The California Department of Motor Vehicles (DMV) announced that it is extending office hours and adding appointment opportunities to support the issuance of all original driver licenses, including licenses that will be issued under Assembly Bill (AB) 60 starting on January 2nd, 2015.

"DMV is committed to providing excellent customer service to all Californians," said DMV Director Jean Shiomoto. "Customers with appointments have much shorter wait times, and now all customers seeking new driver licenses will have extra appointment opportunities."

DMV anticipates processing approximately 1.4 million additional driver license applications during the first three years after implementation of AB 60. The DMV will be offering the following additional services:

Extended Saturday office hours by appointment for all new driver license applicants at up to 60 DMV field offices across California starting Saturday, January 3rd, 2015.

Increased number of available appointments in many field offices that will hire additional staff.

New driver license applicants will be able to schedule

appointments with the DMV up to 90 days in advance, double the current 45-day window.

Starting December 1st, 2014, all first-time driver license applicants must make an appointment to visit their local DMV office. However, four new driver license processing centers will continue to offer both walk-in and appointment services: Lompoc, Stanton, Granada Hills (all opened November 17th, 2014) and San Jose (opening December 1st, 2014). Appointments are recommended.

These additional services will be available to all customers seeking an original driver license, the applicant's first license received in California, whether under AB 60 or otherwise. Customers applying for an original driver license will need to do the following:

Make an appointment to visit a DMV field office up to 90 days in advance (or walk-in or appointment at the temporary driver license processing centers in Lompoc, Stanton, Granada Hills, or San Jose).

Study for the driver license exam

Complete a driver license application form (DL 44) available at the DMV office

Provide DMV with either (1) social security number and proof of identity and legal

presence, or (2) proof of identity and California residency under AB 60. (Last week, DMV posted the list of documents that applicants will need to bring to DMV to obtain a new driver license under AB 60. Details regarding these documents are available on the AB 60 webpage at www.apps.dmv.ca.gov/ab60/index.html.)

Pass a vision test, TouchScreen knowledge (written) test, and if applicable, a road sign test

Give a thumb print
Have a picture taken

Schedule a future appointment for the behind-the-wheel driving test

Applicants under 18 applying for an original driver license will also need to submit proof of driver education completion. For further information about obtaining a new driver license, refer to the California Driver Handbook or visit www.dmv.ca.gov/portal/dmv/dmv/dl/driverhandbooks.

It is easy to make an appointment to go into a DMV field office; you can make an appointment online, use the DMV now app, or call 1-800-777-0133. Appointments are available up to 90 days in advance for new driver licenses and 45 days in advance for other services.

Source: California Department of Motor Vehicles ★

Game Plots

Competitive Gaming: What are "ESports?"

By Noah Howard

Unless you're an extravagant Kinect player, or jump around a lot while playing tennis on your Wii, you likely don't think of video games as being in the same category as competitive sports.

True, when it comes to burning calories, video games aren't the same as competing in track and field, no matter how much you jump around while playing.

But, when it comes to professional level competition, playing video games is on a path to becoming just as popular as professional sports.

The term is "esports," and it covers a lot of territory. Though it applies to competitive shooters such as Call of Duty and Halo, it most often implies more strategic games like Starcraft II, Dota 2 or League of Legends. Most often played through the MLG (MajorLeague

Gaming), esports is the organized competition of video game "athletes", the best of the best at the games that they play. These competitors participate in tournaments where hundreds of thousands, or even sometimes millions, of dollars are at stake. These tournaments attract millions of viewers worldwide whenever they are broadcasted over online streaming services such as Twitch.

Esports are much bigger than a lot of people believe. Starcraft II has been called South Korea's



Protagonist diversity is a major problem facing gaming today, with big games typically featuring white male leads. Photo courtesy Noah Howard.

national sport, and the game has similar levels of popularity in many other Asian countries. That being said, esports has had trouble catching on in the U.S. Just recently competitive video game players celebrated another wall knocked down when the U.S. decided to grant them the same rights to go in and out of the country as any athletic competitor. League of Legends is one of the most popular games (video or not) ever. Cam Robinson, in his show Reality Check on Gamespot.com, calculated that enough hours are put into playing LoL every month to build another Great Pyramid of Egypt, with plenty of hours left over

But being an esports competitor isn't all fun and games. Pro gamers take their trade seriously, playing their game of choice for hours a day in order to keep up with the competition. They receive their income from sponsors and from tournament winnings, so they have serious incentives to play well in tournaments. The competitors play scrimmages against other pro gamers or pro gaming teams, or host LAN (Local Area Network) matches with their friends and teammates. The LAN matches simulate a tournament environment, where

your opponents are nearby instead of miles away.

Esports is on the rise. It's a booming competitive market that's only getting bigger, and it wouldn't be a surprise to see esports broadcast on live TV in the near future. Whether it be Halo, Call of Duty, or Starcraft, professional gamers work hard to make sure that they're the best at what they do. As the years have gone by, they've gained more respect for their "sport," and hopefully, esports will soon be viewed by the public as comparably prestigious to any athletic competition.

To respond to Noah's articles email him at digitalartsnoah@yahoo.com ★

Reverse Cellular Damage

You are invited to attend a Health and Wellness Event on Saturday, December 6th from 1 p.m. to 3 p.m. at Eskaton Lodge, 8773 Oak Avenue, Orangevale, CA 95662. Admission to the event is free. To RSVP, please call (916) 803-1950. ★

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Free Classes with Kaplan Test Prep Can Help You Hit Your Target Score

Getting into college is competitive. But Sacramento Public Library can help with free SAT classes taught by staff from Kaplan Test Prep.

Kaplan, which has been helping students raise their scores for more than 75 years, offers tutoring, classes, books and more.

Every other month, the Central Library offers a two-class cycle designed to put students into a realistic test situation, then show them how they can improve their scores. Students are asked to attend both classes.

Central Library 828 I St. Teen (grades 9-12)
Nov. 1, Saturday, noon (to 4 p.m.)
Free ACT/SAT Combo Test @ Carmichael Library
Carmichael Library, 5605 Marconi Ave.
Follow-up session on **Wednesday evening, Nov. 12, at 6 p.m.** for test results and valuable test-taking tips.
Registration is required to attend.

Nov. 22, Tuesday, 10 p.m. (to 2:30 p.m.)
Mock SAT Practice Test @ Fair Oaks, Fair Oaks Library, 11601 Fair Oaks Blvd.
A follow-up session to discuss results will be held on **Dec. 4.**
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Local Architects Have Big Plans

Pasion & Enriquez Architecture



Steve Pasion (left) and Jose Enriquez both had a common goal to one day start their own architecture firm. Pasion and Enriquez met as colleagues at a small firm in Sacramento in 1999 and developed a friendship. They began collaborating in joint venture projects in 2010 when they opened their own architecture firm: Pasion & Enriquez Architecture. Photo by Shauna Boyd

Continued from Page 1

projects was a social services building in Woodland. The firm where he worked at the time was very busy, so he was able to oversee almost every aspect of the project as project manager. He represented the firm at the project meetings and loved being part of the design process.

Another significant project for Pasion was working on the Terminal B project at Sacramento International Airport. "The design was so stylized, it would have been impossible to build such a structure 20 years ago. It's amazing what the advancements in technology and 3D imaging have allowed us to create. There was actually an on-site office at the airport, so I was able to watch the progress as it was built each day. It was a marvel to watch."

Pasion & Enriquez Architecture has many upcoming projects, including a few commercial buildings in El Dorado Hills, some retail and restaurant projects in Midtown, and many tenant improvement projects (which involve renovating existing buildings by designing the interior space) in Sacramento and

San Joaquin counties. One current project they are very excited to be working on is a commercial/retail building in El Dorado Hills. "It's in a highly visible location and can be seen from the freeway. We've actually designed it to look like a winery from the outside," said Enriquez.

Future plans for the firm include expanding their office space and their office personnel. They currently have a team of professionals working under their direction but plan to have even more staff positions available in the coming years.

"We are down to earth, and we both love to help others through friendly service and great design. We consider our clients to be our friends and love to go the extra mile to make them happy," said Pasion.

"We work hard to do whatever benefits the project in the best way. We strive to do more than just meet the client's expectations, we want to exceed expectations. We build relationships with our clients and follow up to ensure satisfaction," said Enriquez.

It was a risk for them to

leave their established architecture firms and venture out on their own. But the risk paid off, because owning their own firm allows them to have more creative control of the projects. They have created a complementary partnership in which each motivates and supports the other. They both wear many hats in the firm; they each bring in new business, create project designs, and administer the construction of the projects. Their partnership is extremely collaborative, and they enjoy each other's company.

Aside from their passion for architecture and client satisfaction, they do have outside interests as well. Pasion loves spending time with his nine-year-old son, enjoys salsa dancing and playing basketball, and loves to cook. Enriquez enjoys watching his son play soccer and basketball, enjoys playing the saxophone and playing poker (especially when he is winning high-paying tournaments), and he is a serious foodie.

For professional services from Pasion & Enriquez Architecture, please visit www.pasionenriquez.com or call (916) 993-8886. ★

Deck the Halls and Enjoy Some Music

SACRAMENTO COUNTY, CA (MPG) - "Deck the hall with boughs of holly ..." Here's an opportunity during the holiday season to enjoy some beautiful traditional holiday music while helping others at the same time. The Bel Tempo Handbell Choir, sponsored by Northminster Presbyterian Church and directed by Mary Balkow, will present A Hollyday Celebration on December 21st, 4 p.m., at 3235 Pope Avenue.

This year's concert is a benefit for Senior Safe House. Senior Safe House provides safe sanctuary for senior citizens who have been abused, neglected, exploited or, for whatever reason, are not safe in their current situation. These individuals are guests in the Senior Safe House and the staff tries to create a homelike environment that makes them feel safe until their situation can be rectified.

The concert is a holiday tradition for music lovers of all ages. In addition to handbell music, Bel Tempo will be joined by soloists on violin and French horn. Audience members will have a chance to try their skills with hand chimes and join in carol sing-a-longs.

Guests are encouraged to bring a can of food, toiletry items, or paper towels. A freewill offering will be taken to benefit Senior Safe House. For more information, call (916) 487-5192 or visit northminsteronline.org.

Source: Northminster Presbyterian Church ★

Parents Night Out

SACRAMENTO COUNTY, CA (MPG) - Parents! Come drop off your kids, K-6th grade, for an evening of fun games, singing, crafts, and watching a Christmas skit at Northminster Presbyterian Church, 3235 Pope Avenue, Sacramento, December 13th, 5-9 p.m. We will even feed them dinner! The programs will be run by youth and college age students and supervised by

adult mentors. And, while they are having fun, you can perhaps be doing some Christmas shopping or just enjoying an evening out. The cost is \$8.00 a child. To ensure a spot for your child, please RSVP no later than December 8th at (916) 487-5192 or visit www.northminsteronline.org.

Source: Northminster Presbyterian Church ★

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Chancel Choir rehearses Thursdays 7:00-8:30 pm and Sundays at 9:15 am. Worship is at 10:00 am Sundays. For more information, please contact Florida Stringer, Chancel Choir Director, at 916-487-5192 or email: floridastringer.npc@gmail.com



Northminster Presbyterian Church
Pastor Jack F. McNary
 3235 Pope Ave, Sacramento, 916-487-5192
www.northminsteronline.org



Thanks a Little, Thanks a Lot

A few weeks ago late on Halloween night, there was another knock on the door.

With a bowl full o' treats at the ready, the door was opened to greet one more band of happy princesses and goblins, and one 10-year-old boy in a halfhearted costume --- an Oakland Raiders' silver-and-black football jersey.

"The Raiders?!! Don't you know that they don't scare anybody anymore?" (Clever enough to be self-amused, I suppose, but the little kid didn't get it).

The Raiders were still without a victory at the time. Since then, they did manage to turn one shocking trick in beating the Kansas City Chiefs, 24-20, Nov. 20, in Oakland, to avert the likelihood of a winless season. (Thanks, Raiders, for giving your fans that much). With four winning teams remaining on the Raiders' schedule, including the 49ers next Sunday, all signs point to a 1-15 finish.

They Raiders players and coaches must have stuffed themselves on leftover-turkey sandwiches before last Sunday's game at St. Louis....before those fellows awoke from their tryptophan hangovers, the Rams had rambled to a 35-0 lead just twenty minutes into the contest --- that was clearly no contest. The 52-0 final was the second-worst loss in franchise history (the worst was 55-0 to the Houston Oilers in 1961).

The 49ers, a team that doesn't seem to put much of a scare into their current archrival, the Seattle Seahawks, must surely be thankful that the lowly Raiders will be their next opponent, after suffering a 19-3 drubbing at the hands of the defending-champions on Thanksgiving Day to drop to 7-5 and on the outside looking in at the playoff picture. "Thanks for nothing" was the general consensus regarding that performance, or lack thereof, as the often-heard reaction following the ugly loss was "unacceptable."

There were plenty of turkeys to go around through the turkey-day season.

In the days leading up to the S.F.-Seattle game, Seahawks RB Marshawn Lynch was fined by the NFL for not talking enough (to the media). Teammate Richard Sherman could be facing a fine from the league for talking too much about Lynch

not talking enough --- after Sherman's meeting with the press for the purpose of mocking the policies of the turkeys in the NFL offices, who are yet to realize they might be better off telling the players not to talk at all, because most of what they have to say is nothing more than gobbledeygook.

Then, during the game, the 49ers' offense looked like a bunch of turkeys-with-their-heads-cut-off running around with no apparent meaningful purpose, while getting stuffed by the Seahawks' mouthy defense and amassing (the writer quipped, sarcastically) a not-so-grand total of 164 yards.

Forty Niners boss Jed York joined the rafter (what a group of turkeys is called; in case you didn't know) by taking a shot at his own team shortly after the game on social media, apologizing to the public for his team's showing.

And we also had a pair of Seahawks toms (Russell Wilson and Sherman) feasting on a gobbler, chomping on drumsticks, book-ending a hen (sideline reporter Michele Tafoya), while sitting on the 49ers' midfield logo after the game, surely as prompted by the NBC and NFL brain trusts.

Shouldn't somebody throw a penalty flag on that? Can the powers-that-be fine themselves for taunting? Those things certainly won't happen. The 49ers will just have to accept having cranberry sauce shoved in their faces for now. If they want to take offense and do something about it, they'll have their chance a week from Sunday in the rematch at Seattle.

Thankfully for football fans, there were other games to watch over the holiday weekend.

In a rare exception, the Detroit Lions (8-4) showed that they are still relevant by Thanksgiving Day. Their 34-17 win over the Chicago Bears was a rather interesting affair until the Lions pulled away with 10 unanswered fourth-quarter points. The teams combined for 670 passing yards, with Detroit superstar Calvin Johnson catching 11 passes for 146 and two touchdowns.

Sunday, quarterback Phillip Rivers went 34-for-45, for 383 yards and three TDs, and led the San Diego Chargers 80 yards to a touchdown with just 38 seconds

left to defeat the Baltimore Ravens 34-33. The New Orleans Saints (just 5-7, but still alive in their division race?) survived a 435-yard passing day by Pittsburgh's Ben Roethlisberger and held off the Steelers, 35-32.

The NFL game of the week, though, was the quite-likely Super Bowl preview between two teams that are rolling and two quarterbacks on course for glorification in the Hall of Fame, Green Bay's Aaron Rodgers and New England's Tom Brady. It was the first matchup ever between the two greats as starters, and they did not disappoint.

It was easy, as a viewer, to be transfixed by the play of the two leaders as they directed their teams through this classic, high-caliber game, won by the Packers over the Patriots, 26-21. Rodgers passed for 368 yards and a pair of TDs, while completing 24 of 38. Brady was 22 of 35 for 245 and two touchdowns. There were no interceptions and no fumbles. Both teams lead their divisions at 9-3.

The college level produced a few gems of its own. Alabama (11-1), once again, rose to the top of the rankings as a result of its win over Auburn (8-4). In another intriguing Iron Bowl --- an event that also rarely disappoints --- the Crimson Tide pulled away from the Tigers late to win, 55-44.

Rivalry Week delivered several exciting results. No. 2 Florida State (12-0) beat Florida, 24-19; No. 5 Baylor (10-1) edged Texas Tech, 48-46; No. 8 Arizona (10-2) downed then-No. 13 Arizona state, 42-35, to reach the Pac-12 title games versus Oregon (11-1); No. 12 Georgia Tech (10-2) upended then-No. 9 Georgia, 30-24 in overtime; No. 23 Nebraska (9-3) beat Iowa, 37-34, in overtime, but the Cornhuskers' coach still got fired.

Even Cal's final game of the season (unfortunately) was a rather wild contest, a 42-35 loss to BYU, in Berkeley, that left the Bears at 3-6, 5-7, and not bowl-eligible. The nearly 48,000 on hand witnessed a combined 280 rushing yards, 60 first downs, and 826 passing yards on 61 completions in the see-saw battle. Quarterback Jared Goff set a single-season Cal record with 32 touchdowns. ★

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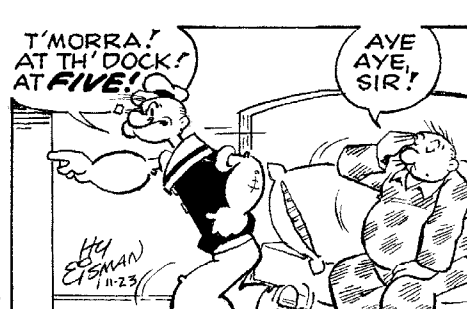
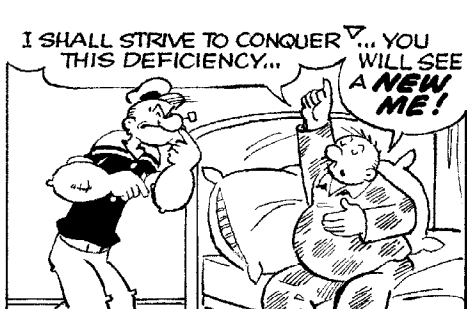
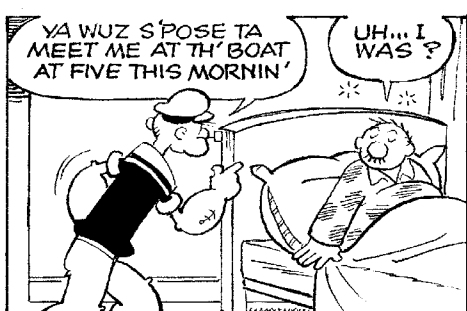
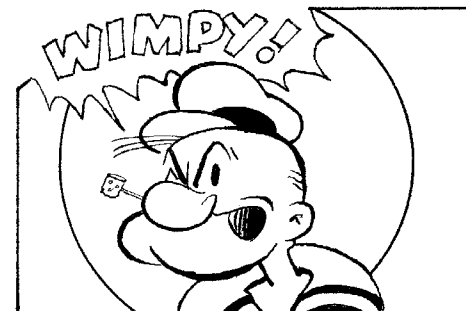
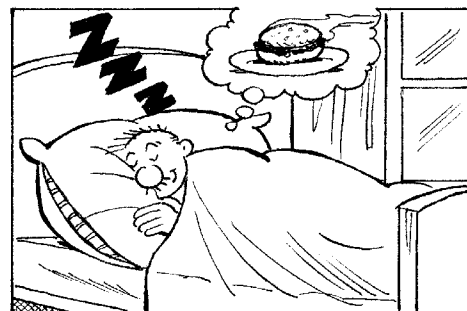
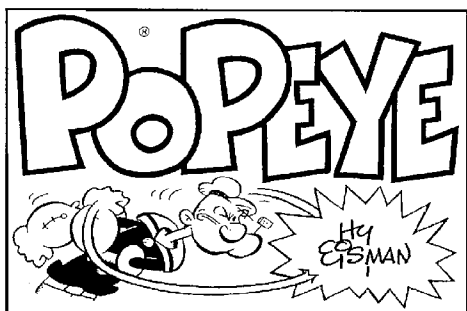
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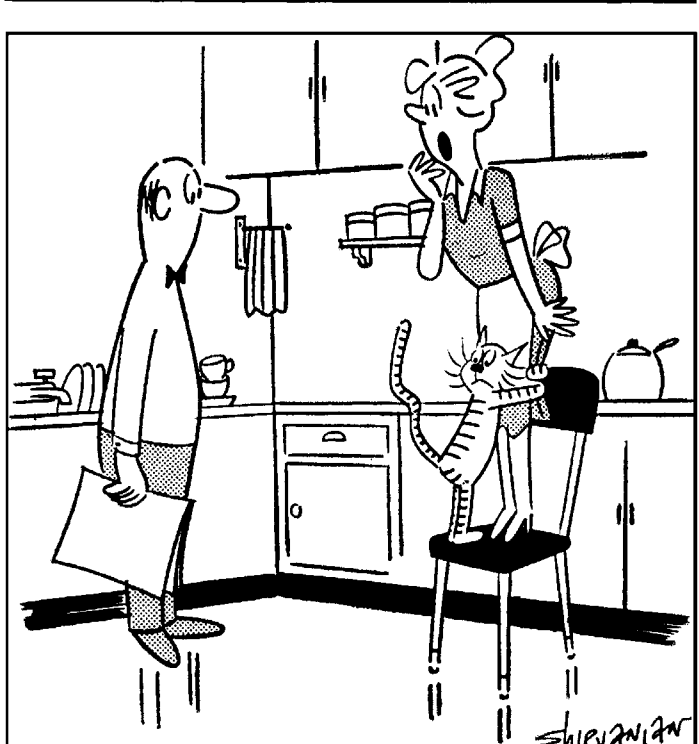
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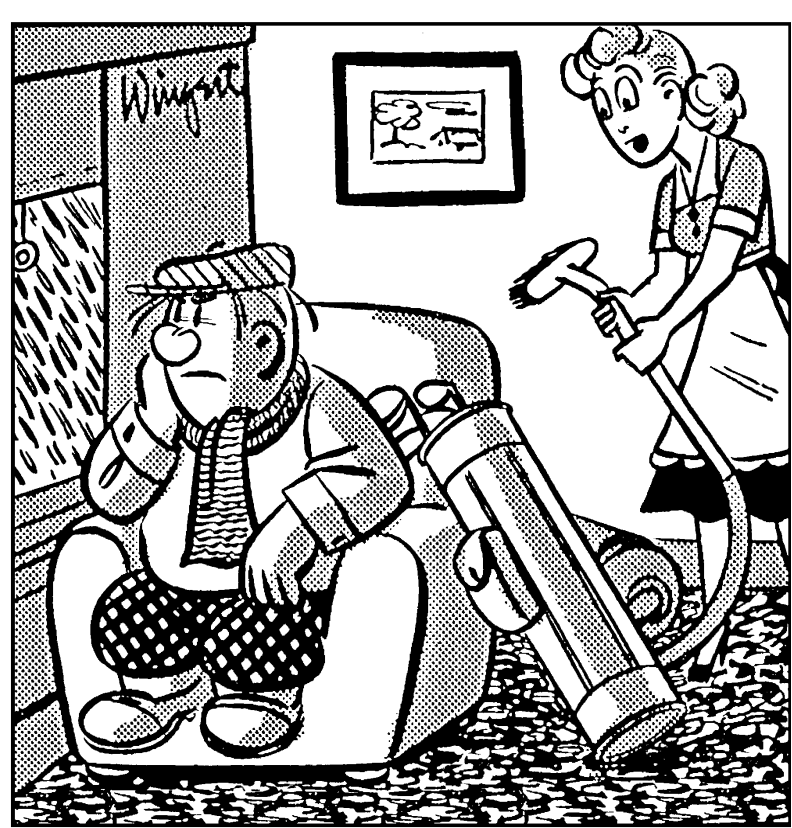
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December 13, 2014	2nd Saturday Night Pop-Up Art Show

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 6. Comprised or embodied
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 13. Swelling
 14. Possess
 15. Corner joint
 16. Moth-_____
 17. Mauna _____, Hawaii
 18. Be theatrical
 19. *He arrived with a puff of smoke?
 21. "____ and _____," 1992 Tom Cruise movie
 23. *Former Haiti President, "Baby _____" Duvalier
 24. To clean corn
 25. Goon
 28. Redecorate, e.g.
 30. Vandalizing a car
 35. Donkey sound
 37. Push for something
 39. "____ de Lammermoor"
 40. Fit of shivering
 41. *He annexed most of Crimea
 43. C in COGS
 44. Food-grinding tooth
 46. Spanish surrealist Joan
 47. MCL spot
 48. Sung before games
 50. Suggestive of supernatural
 52. *Kim Yo Jong to Kim Jong Un
 53. Praise or glorify
 55. Mercator projection, e.g.
 57. *"Wizard of Omaha"
 61. *Head of Her Majesty's Government
 65. Tear jerker
 66. ET's craft
 68. Shade of violet
 69. Rosie's connector
 70. It's collapsable in NBA
 71. Audience's approval
 72. Donald and Ivana, e.g.
 73. Clinton _____ Rodham
 74. _____ of film, pl.
- DOWN**
1. Bone to pick
 2. Jewish month
 3. _____carotene
 4. Change, as in U.S. Constitution
 5. Resentment
 6. Stir fry pans
 7. Leave speechless
 8. Big mess
 9. Extra long stable cotton
 10. Stash in the hold
 11. _____ good example
 12. Deuce topper
 15. *German Chancellor
 20. Freeze over
 22. Query
 24. With bound limbs
 25. *Leader of the Free World?
 26. Ar on Periodic Table
 27. "The _____ in Our Stars"
 29. _____ set, in a band
 31. Exclamation for disgust
 32. Religious paintings
 33. Japanese-American
 34. *One of biggest philanthropists in the world
 36. Uh-huh
 38. De Valera's land
 42. Marilyn Monroe's original given name
 45. Give in to pressure
 49. Dojo turf
 51. Cry like an animal
 54. 180 on a road
 56. *Begin and Sadat signed a _____ treaty in '78
 57. Drill
 58. Type of operating system
 59. *James Monroe: U.S. President number _____
 60. *Kennedy and Khrushchev, e.g.
 61. Dog command
 62. *What monarchs do
 63. *_____ office
 64. New Jersey hoopsters
 67. Show disapproval

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12		
13					14			15					
16					17			18					
19				20		21	22						
23						24							
25	26	27		28		29		30		31	32	33	34
35			36		37			38		39			
40					41			42		43			
44				45		46				47			
48					49		50		51		52		
					53		54		55		56		
57	58	59	60					61			62	63	64
65						66	67		68				
69						70			71				
72						73			74				

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For Solutions See Page 11

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Sudoku Puzzle on Page 10

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

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Bristol Hospice is looking for volunteers to provide companionship with our hospice patients and families. We provide the training and match you with a family in your area. Please call volunteer services for more information at (916) 782-5511. (MPG 12-31-13)

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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
FBNF2014-08348. Salvadore Tony, Constance Joan, Dominiell A., and Salvatore V. Ricca, 2279A 15th Street, San Francisco, CA 94114 are doing business under the Fictitious Business Names "Vir Mar Garden Apartments" at 4928 Vir Mar Street, Apt. #11, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on October 20, 2014. Publish: November 13, 20, 27 and December 4, 2014
VIRMAR 141105 12-4-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-08448. Ericka Chacon, 1901 Verano Street, Sacramento, CA 95838 is doing business under the Fictitious Business Name "4 Star Bounce" at 1901 Verano Street, Sacramento, CA 95838. Filed with the Clerk of Sacramento County on November 7, 2014. Publish: November 13, 20, 27 and December 4, 2014
4STAR 141107 12-4-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-08726. Matching Tails, 3350 Archetto Drive, El Dorado Hills, CA 95762 is doing business under the Fictitious Business Name "Shelter Hope Pet Shop Sacramento" at 12401 Folsom Boulevard #106, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on November 3, 2014. Publish: November 20, 27, December 4 and 11, 2014
SHELTER 141112 12-11-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-08923. NorCal Art Resource, 1820 Tribute Road, Suite F, Sacramento, CA 95815 is doing business under the Fictitious Business Name "Dream Enrichment Foundation" at 1820 Tribute Road, Suite F, Sacramento, CA 95815. Filed with the Clerk of Sacramento County on November 12, 2014. Publish: November 20, 27, December 4 and 11, 2014
DREAM 141112 12-11-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-08469. FNS Importers, 11 Spinel Circle, Sacramento, CA 95834 is doing business under the Fictitious Business Name "Roadrunner Express" at 11 Spinel Circle, Sacramento, CA 95834. Filed with the Clerk of Sacramento County on October 22, 2014. Publish: November 20, 27, December 4 and 11, 2014
ROADRUNNER 141112 12-11-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-08953. Ben Russo, 6731 Filbert Avenue, Orangevale, CA 95662 is doing business under the Fictitious Business Name "Appraisals By The River" at 6731 Filbert Avenue, Orangevale, CA 95662. Filed with the Clerk of Sacramento County on November 12, 2014. Publish: November 27, December 4, 11 and 18, 2014
APPRAISALS 141117 12-18-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-08872. James Baker, 805 Carro Court, Unit #2, Sacramento, CA 95825 is doing business under the Fictitious Business Name "AS in 1 Clothing Broker" at 805 Carro Court, Unit #2, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on November 7, 2014. Publish: November 27, December 4, 11 and 18, 2014
ASIN1 141117 12-18-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-08984. Christopher Alexander Rivera, 191 Ford Road, Sacramento, CA 95838 is doing business under the Fictitious Business Name "Commercial Patching" at 191 Ford Road, Sacramento, CA 95838. Filed with the Clerk of Sacramento County on November 13, 2014. Publish: November 27, December 4, 11 and 18, 2014
COMMERCIAL 141113 12-18-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-08792. Metro Express Logistics, Inc., 825 F Street, Suite 600, West Sacramento, CA 95605 is doing business under the Fictitious Business Name "MEL" at 825 F Street, Suite 600, West Sacramento, CA 95605. Filed with the Clerk of Sacramento County on November 5, 2014. Publish: November 27, December 4, 11 and 18, 2014
MEL 141117 12-18-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-09063. Richard Earl Jackson, 2433 Thomas Lane, Apt. 233, Carmichael, CA 95608 is doing business under the Fictitious Business Names "Soul Touch Entertainment, J. Black" at 2433 Thomas Lane, Apt. 233, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on November 17, 2014. Publish: November 27, December 4, 11 and 18, 2014
SOUL 141117 12-18-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-08897. Deborah Hurst, 800 San Antonio Way, Sacramento, CA 95819 is doing business under the Fictitious Business Name "The Pet Nanny of East Sac" at 600 San Antonio Way, Sacramento, CA 95819. Filed with the Clerk of Sacramento County on November 10, 2014. Publish: November 27, December 4, 11 and 18, 2014
PETNANNY 141117 12-18-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-08939. William G. Taff, 2948 Candido Drive, Sacramento, CA 95833 is doing business under the Fictitious Business Name "A.S.E. Pool Service" at 2948 Candido Drive, Sacramento, CA 95833. Filed with the Clerk of Sacramento County on November 12, 2014. Publish: November 27, December 4, 11 and 18, 2014
ASEPOOL 141118 12-18-14

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FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-09117. Ginger Wiseman and Summer Reynolds, 3836 Norris Avenue, Sacramento, CA 95821 is doing business under the Fictitious Business Name "GinSum Productions" at 3836 Norris Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County on November 18, 2014. Publish: November 27, December 4, 11 and 18, 2014
GINSUM 141119 12-18-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-09124. Christopher John Rico and Lee Russell Corwin, 2631 Lycoming Court, Sacramento, CA 95826 is doing business under the Fictitious Business Names "Festival Trading Co., Burner Exchange" at 2631 Lycoming Court, Sacramento, CA 95826. Filed with the Clerk of Sacramento County on November 18, 2014. Publish: November 27, December 4, 11 and 18, 2014
FESTIVAL 141119 12-18-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-08907. Biyue Wu, 1337 Howe Avenue, Suite 108, Sacramento, CA 95825 is doing business under the Fictitious Business Name "Qienbo Tian Ma Xun Da" at 6840 65th Street #100, Sacramento, CA 95823. Filed with the Clerk of Sacramento County on November 12, 2014. Publish: November 27, December 4, 11 and 18, 2014
QIENBO 141119 12-18-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-09116. Tawfig Zarif, 9425 Trollo Way, Elk Grove, CA 95624 is doing business under the Fictitious Business Names "Sacramento Auto Sales, Sacramento Auto Brokers" at 9425 Trollo Way, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County on November 18, 2014. Publish: November 27, December 4, 11 and 18, 2014
SACRAMENTO 141119 12-18-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-09083. Gurdipinder Singh, 1100 Howe Avenue, Apt. 441, Sacramento, CA 95825 is doing business under the Fictitious Business Name "GS Distribution" at 1100 Howe Avenue, Apt. 441, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on November 17, 2014. Publish: November 27, December 4, 11 and 18, 2014
GSDIST 141119 12-18-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-08900. Randolph Matheu, 2255 El Cejo Circle, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Names "Bedroom Discounters, BedroomDiscounters.com, BedroomDiscounters.net" at 10826 Olson Drive, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County on November 10, 2014. Publish: November 27, December 4, 11 and 18, 2014
BEDROOM 141118 12-18-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-09156. Regia L. Schauer, 5569 Turnbull Circle, Fair Oaks, CA 95628 is doing business under the Fictitious Business Names "This Little Genius" at 5569 Turnbull Circle, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on November 19, 2014. Publish: December 4, 11, 18 and 25, 2014
GENIUS 141120 12-25-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-09062. Gerald Michael Finnigan, 8088 Hazel Avenue, Orangevale, CA 95660 is doing business under the Fictitious Business Names "GMF Construction" at 2620 U Street, Sacramento, CA 95818. Filed with the Clerk of Sacramento County on November 14, 2014. Publish: December 4, 11, 18 and 25, 2014
GMF 141121 12-25-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-09148. Gary Ronald Russell, 2437 Glenfaire Drive, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Names "Bentline Design" at 2437 Glenfaire Drive, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County on November 19, 2014. Publish: December 4, 11, 18 and 25, 2014
BENTLINE 141124 12-25-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-09242. Adam Scott and Bailey Anne Hanks, 4901 Elude Court, Sacramento, CA 95842 are doing business under the Fictitious Business Names "True Blue Delivery Services" at 4901 Elude Court, Sacramento, CA 95842. Filed with the Clerk of Sacramento County on November 24, 2014. Publish: December 4, 11, 18 and 25, 2014
TRUEBLUE 141125 12-25-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-08933. Carrie Calabrese, 5304 Tierra Vista Way, Antelope, CA 95843 is doing business under the Fictitious Business Names "Western Mobile Notary Services" at 5304 Tierra Vista Way, Antelope, CA 95843. Filed with the Clerk of Sacramento County on November 12, 2014. Publish: December 4, 11, 18 and 25, 2014
WESTERN 141125 12-25-14

ORDER TO SHOW CAUSE CHANGE OF NAME
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00167943
WHEREAS, Shanna Lynn Kinnamon has filed a petition with this court for a decree changing the name(s) of Shanna Lynn Kinnamon to Shanna Lynn Hopkins. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on January 29, 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 5, 2014
Raymond M. Cadei, Judge of the Superior Court
Publish: November 13, 20, 27 and December 4, 2014
KINNAMON 141105 12-4-14

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00170787
WHEREAS, Jessica Lynn Wilhite has filed a petition with this court for a decree changing the name(s) of Jessica Lynn Wilhite to Jessica Lynn Bolton. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on January 14, 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: October 29, 2014
David I. Brown, Judge of the Superior Court
Publish: November 13, 20, 27 and December 4, 2014
WILHITE 141106 12-4-14

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00171137
WHEREAS, Krista Sue Bolton has filed a petition with this court for a decree changing the name(s) of Krista Sue Bolton to Krista Sue Saksena. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on January 28, 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: November 5, 2014
David I. Brown, Judge of the Superior Court
Publish: November 13, 20, 27 and December 4, 2014
BOLTON 141107 12-4-14

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00168207
WHEREAS, Andre White has filed a petition with this court for a decree changing the name(s) of Andre White to Andre Brown. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on January 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: November 5, 2014
Raymond M. Cadei, Judge of the Superior Court
Publish: November 13, 20, 27 and December 4, 2014
WHITE 141105 12-4-14

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00171152
WHEREAS, FNU Yooldash and FNU Bibishahina have filed a petition with this court for a decree changing the name(s) of FNU Yooldash to Yooldash Mujtaba Rostayee, FNU Bibishahina to Bibishahina Tamana Rostayee, FNU Yalda to Yalda Ezha Rostayee and FNU Yusra to Yosrah Naaz Rostayee. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on January 29, 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 5, 2014
Raymond M. Cadei, Judge of the Superior Court
Publish: November 13, 20, 27 and December 4, 2014
YOOLDASH 141110 12-4-14

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00170449
WHEREAS, RoMel Smith and Tabeca Smith have filed a petition with this court for a decree changing the name(s) of Hezekiah Ky'Amorion La'Trel Harris to Hezekiah Ky'Amorion La'Trel Smith. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on January 12, 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: October 22, 2014
David I. Brown, Judge of the Superior Court
Publish: November 20, 27, December 4 and 11, 2014
SMITH 141110 12-11-14

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00171458
WHEREAS, Harry William Soper has filed a petition with this court for a decree changing the name(s) of Harry William Soper to William H. Soper. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on February 2, 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 12, 2014
Raymond M. Cadei, Judge of the Superior Court
Publish: November 20, 27, December 4 and 11, 2014
SOPER 141112 12-11-14

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COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00171465
WHEREAS, FNU Baryalay and FNU Saida have filed a petition with this court for a decree changing the name(s) of FNU Baryalay to Baryalay Baryl and FNU Saida to Saida Baryl. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on February 2, 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: November 12, 2014
David I. Brown, Judge of the Superior Court
Publish: November 20, 27, December 4 and 11, 2014
BARYAL 141112 12-11-14

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00171477
WHEREAS, FNU Wais has filed a petition with this court for a decree changing the name(s) of FNU Wais to Wais Sahil. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on February 3, 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: November 12, 2014
David I. Brown, Judge of the Superior Court
Publish: November 27, December 4, 11 and 18, 2014
WAIS 141118 12-18-14

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00168754
WHEREAS, Angelica De La Fuente has filed a petition with this court for a decree changing the name(s) of Jose-Luis Sanchez Castaneda Jr. to Jose-Demetrio Sanchez De La Fuente. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 23, 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
Raymond M. Cadei, Judge of the Superior Court
Publish: November 27, December 4, 11 and 18, 2014
FUENTE 141119 12-18-14

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00170883
WHEREAS, Leslie Dawn Lopez-Martinez has filed a petition with this court for a decree changing the name(s) of Leslie Dawn Lopez-Martinez to Leslie Dawn Lopez. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on January 22, 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: October 29, 2014
David I. Brown, Judge of the Superior Court
Publish: December 4, 11, 18 and 25, 2014
MARTINEZ 141121 12-25-14

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COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00166325
WHEREAS, Joseph Davante Deo has filed a petition with this court for a decree changing the name(s) of Joseph Davante Deo to Joseph Davante Deo Maharaj. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on February 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: November 24, 2014
Raymond M. Cadei, Judge of the Superior Court
Publish: December 4, 11, 18 and 25, 2014
DEO 141124 12-25-14

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00166322
WHEREAS, Vimal Rajesh Deo has filed a petition with this court for a decree changing the name(s) of Vimal Rajesh Deo to Vimal Rajesh Deo Maharaj, Andrew Nathan Deo to Andrew Nathan Deo Maharaj and Jacob Rajesh Deo to Jacob Rajesh Deo Maharaj. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on February 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: November 24, 2014
Raymond M. Cadei, Judge of the Superior Court
Publish: December 4, 11, 18 and 25, 2014
DEO#2 141124 12-25-14

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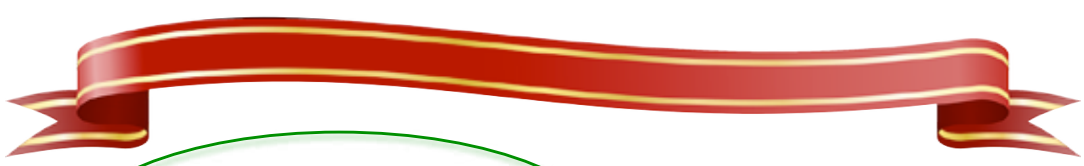
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SPOTLIGHT ON BUSINESS

HOW TO CHOOSE A MARTIAL ARTS PROGRAM FOR YOUR CHILD



After 20 years of training and teaching children in the martial arts, my advice to families successfully choosing a martial arts program for their child can be as simple as:

- Always choose the instructor over the art
- Find a nearby, convenient location
- Understand all costs and fees

It isn't necessary to know much about the different styles of martial arts. They are all beneficial. Most arts teach blocks, punches and kicks as self defense. At **Nemuri Kuma Jujitsu** we teach a method of defense that doesn't necessarily require your child to punch or kick. Joint manipulation, escape and throwing are taught as a way of ending a fight by not exchanging blows.

There are many studios and many more artists, but not every black belt makes for a good instructor. Among good instructors, not all are adept at teaching children. Trust your judgment when choosing your child's teacher. Ask questions. Are all the classes taught by the same instructor? How much experience does the instructor have teaching children? Does the instructor smile at and seem to be having a good time with the children in the class? Is the instructor fair, firm and consistent when discipline is needed? Would you like to have this teacher teach you?

No studio should have problems with questions and you sitting in on classes before making a decision.

At **Nemuri Kuma Jujitsu**, the first class is complimentary.

Choose a martial arts studio that doesn't have a long commute or an inconvenient location. Location is a crucial factor in any martial arts experience as it tends to dictate just how often your child will attend. Inconsistent attendance is the quickest way for your child to lose interest. All children thrive on consistency.

Nemuri Kuma Jujitsu

Be aware of all costs involved. Watch for hidden fees or contracts that lock you in for a long time. Most studios operate on the same business model as a gym where you buy a membership and you are on the hook for a year or more. Should your child lose interest in attending, you may be left paying a bill for the remainder of the contract.

Hidden fees are sometimes attached to the martial arts experience. Belt testing, contest, and special equipment fees are another way studios hide the true cost of attending. **There are no hidden fees and never any contracts at Nemuri Kuma Jujitsu.**

Special belt packages are also common. Be leery of the coveted "black belt". Ask yourself, "Just what am I buying?" Families are often sold these deals and children are often awarded black belts but these ranks are rarely applicable to the adult. Young black belts who stop training at 12, and return in their 20's, often find their skills fit a 12 year-old body and not their adult frame. **At Nemuri Kuma Jujitsu**, when your child earns a rank promotion, it is never tied to a belt testing fee. Rank is merit based and determined by your child's abilities.

Martial arts training enhances growth in body and mind. These connections are crucial to cognitive development and classroom achievement. Well connected and disciplined minds find learning to be a joy from grade school through college.



I welcome your questions.
Sensei Larry

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Lower dentures almost never fit properly. They are loose fitting due to less surface area which can't create a suction, shrinking gum tissue and bone loss, which can cause irritation in the mouth, sores and pain. The only relief is using sticky dental adhesive to help it, but it is very messy, hard to clean off and needs multiple applications throughout the day.

Upper dentures are better than lower dentures due to a suction in the upper palate that keeps the denture in place. However, having the palate covered reduces the tastes of foods and the ability to tell the temperature of foods.

Partial Dentures can be a source of discomfort due to lack of supporting teeth or an illfitting partial. Partials also use clasps to secure to existing teeth which can be noticeable and can put added pressure to the existing teeth.



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