

Volume 34 • Issue 38

Serving Carmichael and Sacramento County since 1981

September 18, 2014

Beth Shalom Hosts Food Fest



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Give Meals a Nutrient Boost



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"Neighbors": Flashes of Clever Humor **Couch Theater**

Founders Day to be a "Kick"



Story and Photos by Susan Maxwell Skinner

along the old San Juan and Del Paso land grants and carved these into 10-acre blocks. These mini farms History asic

of the old San Juan and Del Paso along the American River for thou- Avenue and Fair Oaks Blvd corner.

(Above) For Founders Day, Carmichael Park celebrations will include

martial arts demonstrations (above), plus music and children's

activities. (Right) In 1909, Daniel Carmichael offered 10-acre clocks of

farmland to settlers of the colony he named for himself.

Avenue and Fair Oaks Blvd corner. Children's attractions will include carnival games, bounce houses, a petting zoo, a Boy Scout camp-out, and a visit from local firefighters. Sacramento River Cats mascot Dinger will make an appearance after 11:30 a.m. Food and beverages will be available from food trucks.

Sac County Supervisors Approve 2014-15 Budget

SACRAMENTO COUNTY, CA (MPG)

- With the conclusion of budget hearings, the Sacramento County Board of Supervisors has adopted the \$3.7 billion spending plan for fiscal year 2014-15.

"With extreme fiscal restraint, we were able to close last year with \$44 million in funds which will help shore up safety net services as well as public safety," said County Executive Bradley J. Hudson.

In June, funds were appropriated to the district attorney, animal care, and Public defender, as well as to county initiatives including the Sacramento Metropolitan Arts Commission, the Sacramento Area Commerce & Trade Organization, and community prosecutor. Funding for outside organizations, such as Standford Settlement, Cemetery Commission, and WIND Youth Services, was also allocated.

With September's adopted budget hearings, additional resources were allocated to the sheriff's department, probation, district attorney, code enforcement, regional parks, and animal care and regulation.

Critical county activities recommended for additional funds include: \$5 million to the sheriff's budget, \$650,000 to the probation department, and \$850,000 to the district attorney's office will address shortfalls identified at June budget hearings; repayment of \$11.2 million in internal borrowing; additional animal care staff to improve call response and service, including expanded open hours to the public; additional staff and fire risk reduction programs in regional parks, including the American River Parkway; community development projects including enhanced road maintenance, street sweeping, and graffiti removal services; new code enforcement officers and community prosecutors to address



Page 9



PRESORTED STD. US POSTAGE **PAID** PERMIT 350 Carmichael, CA Change Service Requested **CARMICHAEL, CA (MPG)** - Once a colony, now a proudly unincorporated community in Sacramento County, Carmichael will mark its 105th anniversary on Saturday, September 27th.

A day-long festival in Carmichael Park commemorates the 1909 launch of a real estate venture by town founder Daniel Carmichael. The Georgian-born entrepreneur purchased two large chunks were offered to pioneers for around \$1,000 each. Before this development, Charles and Mary Deterding farmed the river bottomlands they called San Juan Meadows from 1906. Though they are regarded as the area's first white settlers, pioneer farms were established in the Coyle and Dewey Avenue areas from the 1860s.The true first inhabitants, Nisenan Maidu villagers, had hunted and fished peacefully Promises much festivity. A pancake breakfast kicks off celebrations at 8:30 a.m. Opening ceremonies with County Supervisor Susan Peters are at 10 a.m. and the On Air band begins a concert of rock classics. A magic show will feature master conjuror Dale Lorzo. Martial arts, hula, and cheerleading demonstrations will provide more entertainment. A classic motor car show will form ranks on the Grant

Anyone may attend Founders day; most attractions are free. For more information, call (916) 485-5322.

Continued on Page 4

Your Property Tax Bill May Be Going Up More than the Normal Two Percent

SACRAMENTO, CA (MPG) - Some California homeowners may receive a much larger property tax bill than they anticipated this year. Homeowners who saw lower tax bills during the recent decline in housing values may receive higher property tax bills as property values recover.

Why is this happening? When housing prices rise, Proposition 13 allows a maximum two percent annual increase in the property's taxable value for inflation. This value is known as the "factored Proposition 13 value." When housing prices decline, Proposition 8 allows a temporary reduction of the property's taxable value to reflect the current market value. Because a Proposition 8 reduction is only temporary, it requires the taxable value to be reviewed annually and increased or decreased to reflect that year's current market value (as of January 1st each year). Thus, when the housing market crashed, Proposition 8 enabled some homeowners to receive significant temporary assessment reductions resulting in lower tax bills. As housing prices increase, however, a home's taxable value that had been lowered by the assessor under Proposition 8 may increase

more than two percent if its market value increased more than two percent. The increased value, however, may not exceed the factored Proposition 13 value.

For example, a taxpayer purchased a home in 2006 for \$500,000. In 2013, the factored Proposition 13 value would be about \$544,000 (\$500,000 increased by an inflation factor that cannot exceed two percent each year). If the market value of that property was \$450,000, the assessor would temporarily enroll the lower value for property tax purposes pursuant to Proposition 8. In 2014, if the market value of the property recovers to \$540,000, the market value will be enrolled because it was lower than the factored Proposition 13 value. While the 2014 taxable value exceeds the previous year's taxable value by more than two percent, it reflects the current market value and does not exceed the Proposition 13 limits. In following years, the market value of the property will again be determined and compared to the factored Proposition 13 value, and the lower value will be enrolled.

What does this mean? Homes that saw large assessment decreases in prior years may see a similar assessment increase this year translating into higher tax bills.

Taxpayers who think their assessed values are too high this year may contact the assessor of the county where the property is located. The assessor can explain the property's assessed value, answer any questions about the assessment, and review any additional pertinent information provided. (While working with the assessor, the taxpayer should be mindful of the deadline to file an assessment appeal.) If the taxpayer and assessor can't reach an agreement, taxpayers have the right to appeal the assessment to the assessment appeals board or the board of equalization in the county where the property is located.

To appeal an assessment, one must file an Application for Changed Assessment with the clerk of the board of supervisors or clerk of the assessment appeal board in which the property is located. That form may be found on the clerk of the appeal board's or assessor's website. The deadline to file an appeal varies by county, and ends either September 15 or November 30 (for 2014, the deadline is December 1 because November 30 falls on a Sunday). Appeal filing deadlines may be accessed at: www.boe.ca.gov/proptaxes/ pdf/filingperiods.pdf. Appeal board clerks' and assessors' websites may be accessed at: www. boe.ca.gov/proptaxes/proptax. htm.

The California State Board of Equalization (BOE) prescribes property tax rules, instructs local agencies on how to handle property tax appeals, and seeks to make the process easy for taxpayers to navigate. A series of videos explains the process of appealing a property tax assessment: www.boe. ca.gov/info/AssessmentVideo/ AppealAssessmentIndex.html. ★

Source: State Board of Equalization



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Beth Shalom Hosts Food Fest

Story and Photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - - Supported by congregants and the community at large, the 37th annual food festival at Congregation Beth Shalom supplied fine Jewish cooking to hundreds of visitors.

A fall tradition in Carmichael, last Sunday's culinary fair filled the synagogue. The aroma of barbecued meats drifted throughout the courtyard and parking areas. Customers purchased breakfast, lunches, and dinners to eat al fresco or to take home. Shipped from Canter's famous Los Angeles deli, rye and pumpernickel breads were much-sought treats. Lox and bagels, matzo ball soup, stuffed cabbage rolls, and brisket sandwiches were consumed with relish and crisp kosher pickles. Desserts pastries dripped honey; blinis overflowed with cream cheese. Learn more about Congregation Beth Shalom events at www.cbshalom.org.



Imported from a Los Angeles bakery, artisan breads sold like hot cakes at last Sunday's Jewish Food Faire in Carmichael.

POW, MIA Remembrance Day



L-R World War II Veteran Bob and Terry Colet, Dave Brown (prior to his passing) and VFW Post Commander Mike Moore. (above)American Legion Riders show their colors. (below) Photos courtesy Sheila LaPolla



FAIR OAKS, CA, (MPG) - The Veterans of Foreign Wars (VFW) Post 6158 and the American Legion Post 383, as well as the 3046 or VFWPost6158.org.★ VFW Auxiliary Post 6158, will be hosting a joint ceremony on

September 27, 2014, honoring our POW and MIA heroes. Admission and parking are free.

The POW/MIA Recognition Day will be held at the VFW hall, 8990 Kruitof Way, Fair Oaks. The celebration starts with a VFW breakfast at 8:00 a.m. (\$5 donation) BBQ lunch (\$5 donation) and dinner at 4:00 p.m. (\$8 donation). All proceeds are to help local veterans.

The formal POW/MIA ceremony starts at 2:00 pm.

Former POWs and family members of MIAs will be present. They will be transported by limousines to the celebration, escorted by the American Legion Riders motorcycle group and greeted with a flag line and the community. After the presentation of colors, the Five Hat Ceremony representing the five branches of the United States military will be performed.

The celebration will be in conjunction with an American Legion Riders Post 383 Hi/Lo Run. There will be prizes, live music, dancing and special displays! Come join us for a special tribute to our POW and MIA heroes and a day of family fun.

For more information, call (916) 715-



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Mercy San Juan Medical Center Named First Comprehensive Stroke Center in Sacramento

CARMICHAEL, CA (MPG) - Dignity Health's Mercy San Juan Medical Center has been recognized by The Joint Commission and the American Heart Association/American Stroke Association as meeting The Joint Commission's standards for Comprehensive Stroke Center Certification, which means it is part of an elite group of providers focused on complex stroke care. Mercy San Juan Medical Center is the only California facility north of the Bay Area with this designation.

"Mercy San Juan Medical Center is proud to be the first health care provider in the Sacramento area to make the highest level of stroke care available to the patients who need it," said Mercy San Juan Medical Center's president, Brian K. Ivie. "Patients now have access to advanced stroke care without having to travel out of the area. I am exceptionally proud to present this much-needed resource to the many communities Dignity Health serves "

The certification reflects Mercy San Juan's investments in the latest diagnostic technologies and imaging equipment and recognizes the hospital's ability to receive and treat the most complex stroke cases. Mercy San Juan treated nearly 750 stroke patients in the 12 months ending in March 2014.

As a Certified Comprehensive Stroke Center, Mercy San Juan Medical Center is recognized for providing the highest level of stroke care and stroke treatment available, including participation in clinical research trials, vascular neurosurgery

services, the use of neuro-interventional radiology and the existence of a dedicated neurointensive care unit. Mercy San Juan's new Comprehensive Stroke Center is part of the Dignity Health Neurological Institute of Northern California, which is comprised of five Primary Stroke Centers in the Greater Sacramento Service Area and more than 26 telestroke sites across California. Dignity Health Neurological Institute is the regional leader in comprehensive stroke care, treating the highest volume of neurovascular patients in the greater Sacramento region. The Institute's comprehensive stroke program is led by a coordinated stroke intervention team that includes specialist physicians and nurses, neuropyschologists and therapists, who are available 24/7, to treat the most complex of stroke cases.

"By achieving this advanced certification, Mercy San Juan Medical Center has thoroughly demonstrated the greatest level of commitment to the care of its patients with a complex stroke condition," says Mark R. Chassin, M.D., FACP, M.P.P., M.P.H., president, The Joint Commission. "Certification is a voluntary process and The Joint Commission commends Mercy San Juan Medical Center for successfully undertaking this challenge to elevate the standard of its care for the community it serves.'

"Mercy San Juan Medical Center is committed to providing our patients with the highest quality stroke care based on current scientific research to ensure continuous improvement in care," said Ivie. "Comprehensive Stroke Center Certification has given us the opportunity to highlight the exceptional stroke care we provide for our patients, and improved care overall for the benefit of our community."

Comprehensive Stroke Center Certification was developed in collaboration with the American Heart Association/American Stroke Association and derived from the Brain Attack Coalition's "Recommendations for Comprehensive Stroke Centers," (Stroke, 2005), and "Metrics for Measuring Quality of Care in Comprehensive Stroke Centers," (Stroke, 2011), and on recommendations from a multidisciplinary advisory panel of experts in complex stroke care.

"The American Heart Association/American Stroke Association congratulates Mercy San Juan Medical Center on its Comprehensive Stroke Center Certification," commented Mark J. Alberts, M.D., FAHA, American Heart Association/ American Stroke Association spokesperson and incoming Vice-Chair of Neurology and Neurotherapeutics at UT Southwestern Medical Center. "Comprehensive Stroke Centers offer a high level of care for patients with the most severe and challenging types of strokes and cerebrovascular disease."

For more information on The Joint Commission and American Heart Association's Advanced Certification for Comprehensive Stroke Center visit http://www. jointcommission.org/ or www. heart.org/myhospital. ★ Source: Dignity Health Metro Fire Selects Mark Wells New Chief

SACRAMENTO COUNTY, CA (MPG) - The Sacramento Metropolitan Fire District (Metro Fire) Board of Directors announced on September 6th their selection of Deputy Chief Mark Wells to be the next Fire Chief. The announcement was made during a special meeting of the Board.

"The Board of Directors is very excited to work with Chief Wells to lead Metro Fire into the future," stated Board President Randy Orzalli. "We are confident that Chief Wells' vision, experience and expertise will ensure Metro Fire remains amongst the most progressive and innovative in the state. Continued strong leadership from the Fire Chief is critical, as we seek to deliver the best possible public safety service within our limited resources."

Last month, Fire Chief Kurt Henke announced his plans to retire in October after 33 years in the fire service. Subsequent to Henke's announcement, the Metro Fire Board of Directors approved a recommendation from its Executive Committee

SACRAMENTO COUNTY, CA (MPG) to conduct an internal search - The Sacramento Metropolitan Fire District (Metro Fire) Board of Directors announced on

Chief Wells' fire service career started with the Citrus Heights Fire District in 1987. His career has progressed through the ranks of Firefighter, Captain, Battalion Chief, Assistant Chief, and he served as the Deputy Chief of Administration since 2011. During the course of his career, Chief Wells served in the Emergency Planning, Special Operations Division as the coordinator for the Hazardous Materials Response Team and Technical Rescue Team. Chief Wells served with the Federal Emergency Management Agency (FEMA), California Task Force 7, Urban Search and Rescue (USAR) Team with deployments as a Taskforce Leader, Safety Officer and Rescue Specialist. Additionally, Chief Wells served as the Metro Fire Terrorism Liaison Officer/ Coordinator. Chief Wells has a Master's Degree in Security Affairs, Homeland Defense



Deputy Chief Mark Wells has been selected to be the next Metro Fire Chief.

and Security from the Naval Postgraduate School, in addition to a Bachelor of Science Degree in Health and Safety Studies from California State University, Sacramento and an Associate's Degree in Fire Technology from American River College. As the Deputy Chief of Administration, Chief Wells had oversight of the Human Resources Division, Finance Division and the Information Technology Division.

Source: Sacramento Metropolitan Fire District

Runner Tells DMV to Stop Overcharging Tax

SACRAMENTO, CA (MPG) - George Runner has called upon California's Department of Motor Vehicles to stop overcharging California consumers when they pay tax on their vehicle purchases.

Runner said, "It's outrageous that the State of California expects private citizens to do things right that government is doing wrong."

In a letter to DMV Director Jean Shiomoto, Runner writes: "I find it difficult to understand why your agency would knowingly continue to mischarge taxpayers when the Board of Equalization has developed an extremely accurate tool for determining tax rates at specific locations."

The Board's online tax rate lookup tool, launched in late 2013, enables taxpayers to find a sales tax rate for a specific address.

In his letter, Runner explains that DMV's problem appears to stem from continued reliance on postal zip codes to determine tax rates. Since a single zip code can include areas with differing tax rates, zip codes are not a reliable way to determine tax.

Runner estimates that in his district alone more than 2.5 million Californians live in zip codes that have more than one tax rate.

Unlike most transactions, the tax rate for a vehicle sale is based on the location provided to DMV by the registered owner, not where the sale took place.

In response to Runner's letter, DMV staff contacted Runner's office indicating a desire to address Runner's concerns but

warning a solution could be years away.

Runner said, "I am happy to assist taxpayers overcharged by DMV in obtaining refunds, but they should not be overcharged in the first place. I don't want to hear excuses. I want to see change."

Runner says he will be pursuing additional outreach to taxpayers in his district to alert them to the possibility that they are paying too much tax.

Elected in November 2010, George Runner represents more than nine million Californians as a member of the State Board of Equalization. For more information, visit www.boe.ca.gov/ Runner.

Source: The office of George Runner

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Sacramento County: Back in the Black

SACRAMENTO COUNTY, CA (MPG) - Sacramento County ended the 2013-14 Fiscal Year \$44 million in the black, recording its third consecutive year of financial improvement. The \$3.7 billion 2014-15 Adopted Budget will be presented to the Board of Supervisors September 9th.

In June during Budget Hearings. the Board prioritized key safety net services including emergency shelter operations, mental health services, homeless outreach and navigation, public health nursing, child abuse prevention, senior financial abuse investigation and prevention, and a myriad of other programs and services for the County's most vulnerable residents.

Also, with last year's numbers totaled, and projected revenues assessed, additional funds are being recommended for public safety services including the Sheriff's Department, Probation, District Attorney, Code Enforcement, Regional Parks, and Animal Care and Regulation.

"Improving economic conditions and additional revenues combined with our fiscal prudence

and restraint will allow us to focus neighborhoods; and Additional on priorities that serve and protect the public," said Bradley J. Hudson, County Executive Officer. "Having the funds to finance key programs, increase reserves, and retire debt allow us to plan for stability and continuous improvement in the coming years."

Critical County activities recommended for additional funds include \$5 million to the Sheriff's budget, \$650,000 to the Probation Department and \$850,000 to the District Attorney's Office will address shortfalls identified at June budget hearings; Repayment of \$12.9 million in internal borrowing; Additional Animal Care staff to improve call response and service; Additional staff and fire risk reduction programs in Regional Parks, including the American River Parkway; Community Development projects including enhanced road maintenance, street sweeping, and graffiti removal services, new Code Enforcement Officers and a Community Prosecutor to address problem properties, illegal dumping, and improve the quality of life in unincorporated

reserves and contingency funds.

While services are being augmented, the budget acknowledges the fiscal challenges of future years that include increased debt service cost, negotiated salary and benefit obligations, deferred maintenance of County facilities, and \$48.4 million in internal borrowing that remains to be paid Hudson added. The increase in available funds is attributable to controlling costs and an uptick in various revenue sources.

To view all of the budget documents, visit the Annual Budgets website: www.ofm.saccounty.net/ Pages/AnnualBudgets.aspx.

The Board of Supervisors will begin the Budget Hearings at the Sacramento County Administration Building (700 H Street) on September 9th at 2 p.m. The public may attend the hearings and be heard regarding any item of the budget. For additional information, contact the County Executive's Office at (916) 874-5833.

Source: Sacramento County

Sac County Supervisors Approve 2014-15 Budget

Continued from Page 1

problem properties, illegal dumping, and improve the quality of life in unincorporated neighborhoods; and, additional reserves and contingency funds.

"I'm happy to report that, while we are augmenting crucial services that are important to county, we are being very mindful of the challenges that the county will face in coming years. These include increased debt service cost, negotiated salary and benefit obligations, deferred maintenance of county facilities, and unpaid internal borrowing,'

residents and businesses of our said Board of Supervisors Chair Jimmie Yee.

To view all of the budget documents, visit http:// www.ofm.saccounty.net/Pages/ AnnualBudgets.aspx. Source: Sacramento County



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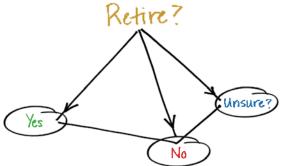
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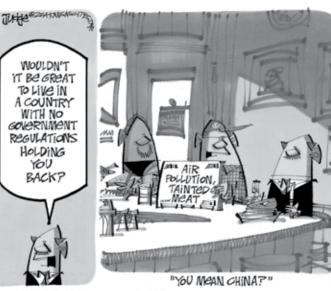
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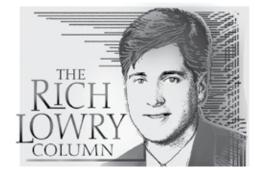




"Have no fear, little fish," said the Cat in the Hat. "These Things are good Things." And he gave them a pat. "They are tame. Oh, so tame! They have come here to play. They will give you some fun on this wet, wet, wet day."







THE RICH LOWRY COLUMN *By Rich Lowry*

The Real Rape Culture

There are no words for the horror of Rotherham.

More than 1,400 young girls have been raped and brutally exploited in the northern England town of roughly 250,000 over the past 16 years, while nearly everyone in authority did all he or she could to look the other way.

A newly released independent investigation says: "It is hard to describe the appalling nature of the abuse that child victims suffered. They were raped by multiple perpetrators, trafficked to other towns and cities in the north of England, abducted, beaten and intimidated."

In other words, the local government tolerated sexual violence on a vast scale. Why? In part, because the criminals who committed these sickening acts were Muslims from the local Pakistani community, and noticing their depravity was considered insensitive at best, racist at worst.

The victims were white and overwhelmingly from broken homes. They were groomed by young men who would ply them with cigarettes, alcohol and drugs, and, after initiating a sexual relationship, force them to have sex with other men and make violent threats to keep them subservient.

The New York Times interviewed a girl who was first gang-raped at age 13. Thereafter, it became a regular occurrence. To keep her in line, her torturers threatened to rape her mother and firebomb her house. Once, they carried out a mock execution with a gun clapped to her head.

Even though reports were reaching social workers of the crimes in Rotherham as far back as the 1990s, nothing of consequence was done for more than a decade. The police were pigheaded and clueless, and the fear of being called "racist" paralyzed the very social workers and local officials who were supposed to protect the girls.

In a BBC documentary, the author of a 2002 report to the Rotherham council on the scandal said her work was quashed. When she noted that the perpetrators were from the Pakistani community, a colleague told her "you must never refer to that again -- you must never refer to Asian men." She was sent to diversity

training and, by her account, nearly fired. The reports kept coming every few years, to no effect.

It should be taken as a given that a rapist is a rapist, no matter what his religion or ethnicity. But British multiculturalism isn't so simpleminded. The member of Parliament who represented Rotherham admitted that as a "liberal leftie" he didn't want "to rock the multicultural community boat."

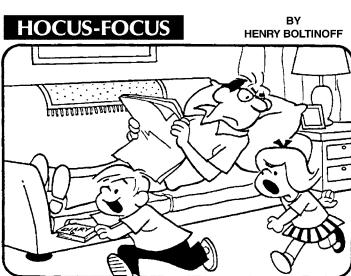
And so the rapists did their vile worst, protected by the appalling assumption that violating and exploiting young girls is just another ethnic folkway that tolerant people have to learn to accept, or at least to ignore.

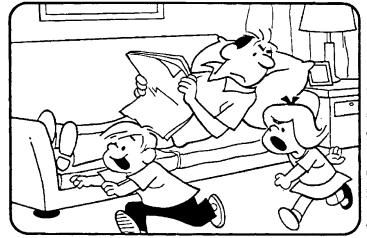
In this country, there is a feminist cottage industry in identifying nearly everything as part of "rape culture." In Rotherham, there was a terrifyingly real and endemic rape culture. Yet it hasn't prompted feminist hand-wringing about how multiculturalism effectively empowered a criminal patriarchy. It has barely caused a peep.

It is the wrong perpetrators, wrong victims, wrong narrative. Which is why so many young, innocent lives were allowed to be ruined in the first place. There are no words.

Rich Lowry is editor of the National Review.

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CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.

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- Fiber: An essential part of a healthy diet, fiber aids the body with food digestion. It has also been linked to maintaining a healthy weight, as well as a lowered risk

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The edible skin and soft bones give Alaska canned pink salmon four times the omega-3s EPA and DHA, twelve times the vitamin D as many popular canned meats and fish, 25 percent of adult RDA for calcium and nearly the daily reference amount for selenium. Stir them in and enjoy. Buy any brand — look for Alaska on the lid or label. For more information, visit www.wildalaskaseafood.com.



High-Quality Plant-Based Protein

Having a simple, but nutritious on-the-go snack can sure come in handy. All-natural and certified gluten-free, SOYJOY snack bars are baked with pieces of real fruit and non-genetically modified ground whole soybeans. The protein in soybeans provides all nine essential amino acids, making them a source of high-quality, complete protein. Available in seven flavors, at only 130–140 calories, SOYJOY is easy, tasty and wholesome — perfect for any snack occasion. For more information, visit www.soyjoy.com. essential for regular function and to defend against certain diseases and conditions. The next time you visit the grocery store, stock up on some of these delicious foods.



A Powerhouse of Nutrients and Fiber

California Figs are supercharged with flavor and nutrition. A natural powerhouse of essential nutrients and fiber, Blue Ribbon Orchard Choice and Sun-Maid Figs are a healthy, versatile recipe ingredient and tasty, convenient snack. Fat-, cholesterol-, sodium- and gluten-free, these non-genetically modified Mission and Golden figs are sweet, chewy and available all year round. A handful of five little figs provides five grams of fiber and 20 percent of the daily value for fiber. Enjoy the taste of good health with California Figs. For more information, visit www.valleyfig.com.



Packed with Potassium

Not only are potatoes delicious and versatile, but they also pack a nutritional punch. One medium potato has 110 calories and is free of fat, sodium, cholesterol and gluten. Potatoes provide more potassium than a banana and almost half of the recommended daily value of vitamin C. They're also a good source of vitamins and minerals like B6, iron and fiber, which can aid in weight loss and lower cholesterol. For more information, visit www.eatwisconsinpotatoes.com.

of diabetes and heart disease.

- **Protein:** The human body requires protein to build and maintain skin, muscles and bones.
- **Potassium:** A diet lacking this important mineral may increase the risk of high blood pressure, cancer, stroke and infertility.
- Omega-3s: These essential fatty acids are necessary for many body functions and can also reduce the risk of arthritis, decrease the symptoms of ADHD and lower levels of depression.
- Vitamin C: As an antioxidant, vitamin C can reduce the risk of heart disease, arthritis and cancer. It is also a popular remedy for the common cold.



Creamy and Calcium Rich

With a rich, creamy taste and a wide variety of uses, Blue Diamond's Almond Breeze Almondmilk is a super food staple in kitchens everywhere. Almond Breeze can be enjoyed alone, over cereal, in smoothies and in cooked dishes — making it as versatile as it is delicious. Almondmilk is low in calories and high in calcium — plus, it is gluten and cholesterol-free. The unsweetened version of Almond Breeze Original provides a touch of the almond's natural sweetness, but eliminates added sugar. For more information, visit www.AlmondBreeze.com.

www.CarmichaelTimes.com

Regional Metro Business Expo Coming September 25th



The Regional Business Metro Expo will bring together the brightest business leaders from the most dynamic companies throughout Sacramento and the adjoining counties. The success of the Regional Business Metro Expo with McClellan Park will be followed by a networking mixer at the end of the day.

Presented by Sacramento Metro Chamber and McClellan Business Park

MCCLELLAN, CA (MPG) - On Thursday, Sept 25, McClellan Park is partnering with Sacramento Metro Chamber to bring the Regional Business Metro Expo. This includes a comprehensive trade show, incredible networking, and the most important marketing oppurtunities for every company in attendance. Both guests and vendors will find an exciting array of business at the Regional Business Metro Expo with McClellan Park starting 9 a.m. to 6 p.m.

The Regional Business Metro Expo with McClellan Park will feature workshops and discussion topics ranging from contract opportunities through the Department of General Services, speed networking tips and tricks, and the economic forecast for 2015. The Regional Business Metro Expo is an exciting one day business to business,

and business to consumer event. It gives the busy small business owner a chance to see and experience the wide range of services and products available to them all in one place with just one visit. This exciting day will showcase some of Sacramento's leading business people and networking opportunities in one spectacular day at McClellan Park. A range of interactive events and activities will also be available.

The Regional Business Metro Expo will bring together the brightest business leaders from the most dynamic companies throughout Sacramento and the adjoining counties. The success of the Regional Business Metro Expo with McClellan Park will be followed by a networking mixer at the end of the day.

Event sponsors include Title Sponsor, The Sacramento Bee; Business Executive Sponsor, California Department of General Services; and Presenting Sponsors, AT&T and Siemens. Other Sponsors include SMUD, Regional Transit, Comstock's, Comcast, News10, and Sierra. Admission is free and open to the public. The Regional Business Metro Expo is located at 5411 Luce Avenue in the McClellan Conference Center.

About McClellan Park:

The County of Sacramento selected McClellan Business Park, LLC, in 1999 to acquire and redevelop McClellan Air Force Base. McClellan Air Force Base was renamed McClellan Business Park (McClellan Park) in 2001. McClellan Park boasts a fully-operational airport, fullservice hotel, fitness facility, rail system, office, industrial, retail and dormitories. The project consists of 3,000 acres with approximately 8.5 million square feet of useable buildings and 500 acres of developable land and is fully entitled for over 16 million square feet of commercial, retail, office and residential buildings.

For additional information, please visit McClellan Business Park's website at http:// www.mcclellanpark.com. ★

Source: McClellan Park

Stand Tall, Don't Fall — September 23 *Eskaton participates in National Fall Awareness Day*

CARMICHAEL, CA (MPG) - To raise awareness that falls are not a normal part of aging and often can be prevented, Eskaton will participate in National Fall Prevention Awareness Day on September 23, 2014. According to the National Council on Aging, every 15 seconds an older adult is seen in an emergency department for a fall-related injury. The harsh reality is that falls are not just painful, they can result in expensive medical bills, months of recovery, and sometimes even death. In keeping with its mission to enhance the quality of life of older adults through innovative health, housing and social services,Eskaton will reach out to the community with education and events to help prevent falls

e for older adults.

Several communities throughout the area will sponsor Tai Chi classes to demonstrate how exercise can improve balance. These classes are free and open to the public.

- Eskaton Lodge Gold River, 9 am at 11390 Coloma Road, Gold River, 916-852-7900
- The Parkview, 10 am at 100 Valley Avenue, Pleasanton, 925-461-3042
- Eskaton Village Carmichael, 10 am at 3939 Walnut Avenue, Carmichael, 916-974-2000

• Eskaton FountainWood Lodge, 1 pm at 8773 Oak Avenue, Orangevale, 916-988-2200

• Eskaton Monroe Lodge, 3 pm at 3225 Freeport Boulevard, Sacramento, 916-441-1015

Visit an Eskaton community to pick up a fall prevention checklist. To find the closest community to you, visit http:// www.eskaton.org/locations or call 1-866-eskaton.

The US Congress declared National Fall Prevention Awareness Day in 2013. For more information from the National Council on Aging, the California Coalition, and the Stop Falls Network, please visit www.stopfalls.org or www.ncoa.org.

Source: Eskaton

Sacramento County DA Reports A recent case of interest



CASE: Anton Johnson (09/11/14)

PROSECUTOR: Deputy District Attorney Andrew Smith, Homicide Unit

District Attorney Jan Scully announced today that Anton Johnson pled guilty to the first-degree murder, rape and torture of Rebecca Layson.

On the evening of February 11, 2010, Johnson and a group of teenagers went to Van Maren Park in Citrus Heights to hang out and drink alcohol. Ms. Layson was also there, but did not know Johnson. As the evening wore on, all of the individuals left the park except for Ms. Layson, her boyfriend, Tyler Espinosa, and Johnson. Espinosa became sick from drinking too much alcohol. Ms. Layson, who was not drinking, texted her friend that she was going to walk Espinosa home. At some point while Espinosa was incapacitated, Johnson forcibly raped and then tortured and killed her.

Ms. Layson's father reported her missing that night. Early the next morning, officers found her body in the park hidden in bushes. DNA evidence on Ms. Layson's body and blood on Johnson linked him to the crime.

Johnson will receive the maximum potential sentence of 32 years to life plus 8 years in prison. Sentencing is set for October 3, 2014 at 1:35 p.m. in Department 62 before the Honorable Helena Gweon.



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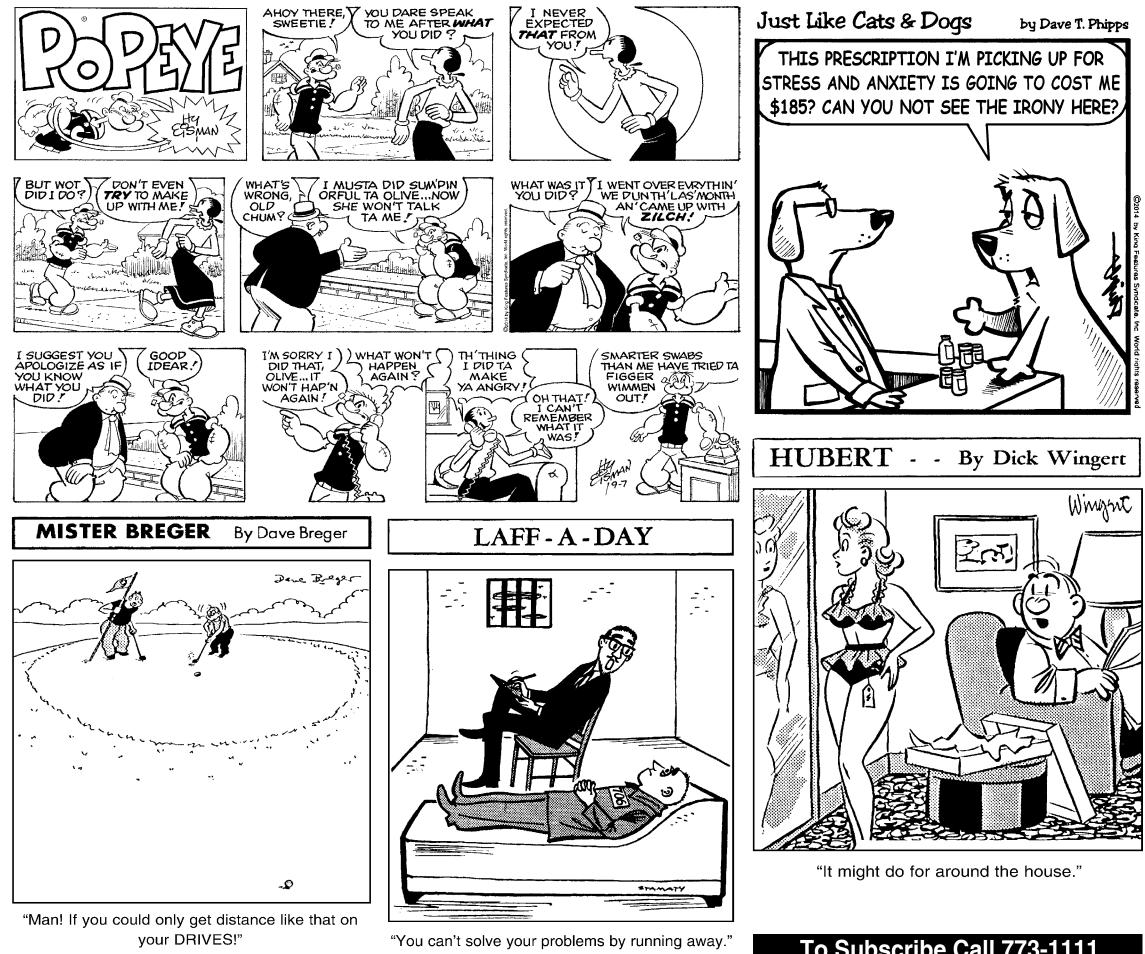
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Current and Upcoming Events

WASH, Inc. "Go With the Flow" Annual Open Watercolor Exhibit

Art Classes Schedule Rhonda Egan Adult Oil Fall Classes Wed., 12:45 to 3:15 pm

beginning Sept. 3 & Oct 15

Beverly Fields Fall Series of Classes

begins September 13, 2014

Gloria Wooley Acrylic Classes begin

September 9th

Victoria Brooks Fall Series

begins soon!

Jay Bishop Tuesday night and

Thursday morning are ongoing.

Call or see website for more information

NCA Board Members and Volunteers Exhibit Art

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ARIES (March 21 to April 19) An offer to help with a stalled project should reassure you that you have a workable plan in spite of the problems in getting it up and running. The week's end brings more positive news.

TAURUS (April 20 to May 20) A past problem about a workplace situation re-emerges early in the week. Talking things out helps ease tensions by midweek, but some hurt feelings could linger a few more days.

GEMINI (May 21 to June 20) Optimistic aspects dominate your efforts. However, expect to confront some criticism, some of which might be valid, so keep an open mind. But overall, it's your views that will count.

CANCER (June 21 to July 22) Social interaction with new people, especially on the job, could be a bit strained in the early part of the week. But the awkwardness passes as you get to know each other better.

Got Local News? Call 773-1111

LEO (July 23 to August 22) Expect news about a follow-up to a workplace change that could make a difference in your career path. Meanwhile, new friends widen the circle for all you Social Lions who love to party.

VIRGO (August 23 to September 22) Enjoy your well-earned plaudits for a job well done. But be aware that some people might not share your colleagues' admiration, and you might have to work harder to win them over.

LIBRA (*September 23 to October 22*) It's a good week to recheck your probably already overlong "to do" list and decide what to keep and what to discard. Lose the clutter and focus your energy on what's really important.

SCORPIO (October 23 to November 21) This is a good time to take a new perspective on what you've been offered. Expanding your view could help to uncover any plusses or minuses that weren't apparent at first.

SAGITTARIUS (November 22 to December 21) Applying the usual methods to this week's unique challenges might not work too well. Instead, use your creativity to find a way to resolve any impasse that develops. CAPRICORN (December 22 to January 19) So what if fate throws some obstacles in your path this week? Just keep in mind that the sure-footed and resolute Goat can get past any barrier by focusing on the goals up ahead.

AQUARIUS (January 20 to February 18) This week calls for better communication with people in both your private life and the workplace. Start by asking questions, and then pay close attention to the answers.

PISCES (February 19 to March 20) Potentially beneficial workplace changes could be closer than you realize. Make sure you know what's going on so that you're not left high and dry when the good things happen.

BORN THIS WEEK: You're not timid about pushing to have your aims realized once you've set your mind to accomplishing your goals.

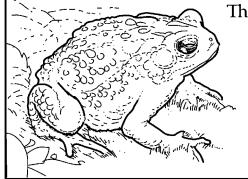
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By Samantha Weaver • In 2012, at a hospital in Ireland, twin girls set a Guinness World Record when they were born 87 days apart and they confounded medical experts' gloomy prognosis by both surviving. © 2014 King Features Synd., Inc.



The American Toad



sometimes growing to 4 or 5 inches. They are usually brown, brick-red or olivecolored, with patterns of lighter colors, brown spots and bumps on their bodies. They are found just about anywhere there is moisture and good cover.

These chubby amphibians can be large,

They are mostly active at night, eating insects, spiders, worms, snails, and slugs – just about anything that fits in their mouths. They lash out with long sticky tongues to grab prey.

> - Brenda Weaver Source: www.fcps.edu



COUCH THEATER --DVD PREVIEWS By Sam Struckhoff

EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of September 22, 2014.

PICKS OF THE WEEK



Zac Efron in "Neighbors"

"Neighbors" (R) -- A young couple with a bouncing baby daughter (Seth Rogen and Rose Byrne) lose their suburban serenity when a rowdy fraternity -- led by maniacal, shirtless party-boy Zac Efron -takes over the house next door. At first, the hip mom and dad try to be cool and party with the frat boys, but then quickly realize that they can't possibly keep up with the non-stop party machine. Logical forms of mediation soon fly out the window, pitting the parents against the partiers in an escalating prank-war.

Rogen fits perfectly into his role, as audiences have seen him transition from shiftless slacker to reformed-but-still-casual adulthood. Byrne is the real surprise in the film, displaying comedic chops not seen since "Bridesmaids." There are flashes of clever humor, but most of the gags are the shocking and gross-out kind.

"The Rover" (R) -- Bandits steal a man's car, leaving him stranded in a scorching wasteland. The victim, Eric (Guy Pearce), now has a bandit leader's younger brother (Robert Pattinson) and a plan to get his car back. It's 10 years after the collapse of society, and the Australian outback isn't a good place to wander around ... and an

even worse place to make friends.

Director David Michod plays his cards close to the vest. Details about the fall of society are scarce, leaving a lot of that storytelling to the barren setting and the desperation on the faces of the characters. Pattinson delivers a strong performance as a lost, dimwitted young man carrying a lot of loss behind his eyes.

"The Signal" (PG-13) -- Three college kids on a road trip to California receive a message from NOMAD, a mysterious hacker who challenges them to come find him. Nic, Jonah and Hailey (Brenton Thwaites, Beau Knapp, Olivia Cooke) follow the trail to a dusty cornerofNevada, and then everything changes. The trio is separated, and Nic wakes up in a strange facility where he is interrogated by a deadpan man in a hazmat suit (Laurence Fishburne). From there, it's a slowly unraveling mystery with sciencefiction elements creeping into the picture. The final twists may not be enough for some audiences, but it's an interesting flick for a

"Very Good Girls" (R) -- The friendship of two teen girls is tested by romantic rivalry when they become interested in the same boy. Lilly (Dakota Fanning) and Gerri (Elizabeth Olsen) are determined to lose their virginity the summer before they start college, but not in an "American Pie" kind of way

low-budget, sci-fi headscratcher.

-- this movie takes the pledge a bit more seriously. Enter David (Robert Boyd Holbrook), an icecream-vending blond with a knack for photography. A love triangle forms, and feelings get hurt. This drama probably won't feel authentic to younger audiences, and may just bore more mature crowds.

.TV RELEASES

"Modern Family: Season 5" "Scandal: Season 3" "Daniel Boone: The Complete Series" "How I Met Your Mother: The Complete Series" "Nashville: Season 2" "Reign: Season 1" "Brooklyn Nine-Nine: Season 1

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• Use cola to marinate your meat! The acids in the soda pop make meat nice and tender before cooking, and sugar actually can give you a nice caramel flavor on the outside, too. You can use a cola bath for meat on the grill or search cookbooks or Internet sites for great slow-cooker recipes.

• "If your cat regularly has issues with hair balls, try giving it a teaspoon of olive oil a day. Mine loves it and will lick it right off a saucer, but you could drizzle it over food too. It's better than butter, because it has good fats, not bad." — Y.E. in Missouri

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Carmichael Times Page 11

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(MPG 07-31-14)

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Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380–September 18, 1969

FICTITIOUS BUSINESS NAME STATEMENTS FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06108. Malcolm T. O'Neal, Sr., 8604 Cassieri Circle, Sacramento, CA 95825 is doing business under the Fictitious Business Name "The MaltronicNetwork916" at 8604 Cassieri Circle, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on July 24, 2014. Publish: August 28 and September 4, 11 and 18, 2014

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06502. Chamkaur Sahota, 8126 Great House Way, Antelope, CA 95843 is doing business under the Fictitious Business Name "Yogurt City" at 4400 Elverta Road, Suite 110, Antelope, CA 95843. Filed with the Clerk of Sacramento County on August 7, 2014. Publish: August 28 and September 4, 11 and 18, 2014

YOGURT	140818	09-18-14
FICTITIOUS	BUSINESS	NAME STATEMENT
FBNF2014-06	720. Ekasso	o, Inc., 5617 Omni
Drive, Sacran	nento, CA 958	341 is doing business
under the F	Fictitious Busi	ness Name "Budget
Blinds of Rar	ncho Cordova"	at 5617 Omni Drive,
Sacramento,	CA 95841.	Filed with the Clerk
of Sacramer	ito County o	n August 15, 2014.
Publish: Augu	ist 28 and Sep	otember 4, 11 and 18,
2014		
BUDGET	140816	09-18-14

5050121	110010			
FICTITIOUS	BUSINESS	NAME	STATE	MENT
FBNF2014-06	580. Larry	G. Ec	lwards,	2316
Villanova Cire	cle #3, Sacra	amento,	CA 958	325 is
doing busines	s under the Fi	ctitious E	Business	Name
"Old School	Auto Detailir	ng"at 2	2440 Gle	endale
Lane #B, Sa	cramento, CA	95825.	Filed wi	ith the
Clerk of Sacra	amento Coun	ty on Au	gust 11,	2014.
Publish: Augu	ust 28 and Se	ptember	4, 11 a	nd 18,
2014				

OLDSCHOOL 140818 09-18-14 FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06332. Automatic Transmission Rebuild Center, 4758 Auburn Boulevard, Sacramento, CA 95841 is doing business under the Fictitious Business Name "All Transmission & Fleet Service" at 4758 Auburn Boulevard, Sacramento, CA 95841, Filed with the Clerk of Sacramento County on July 31, 2014. Publish: August 28 and September 4, 11 and 18, 2014 ALLTRANS 140819 09-18-14

	110010		00 10 11
FICTITIOUS	BUSINESS	NAME ST	FATEMENT
FBNF2014-06	488. Jeff N	1olinari, 60	01 Ogden
Nash Way,	Sacramento,	CA 9584	2 is doing
business und	der the Ficti	tious Busin	ess Name
"L.P.P.S. Co	." at 6001	Ogden N	lash Way,
Sacramento,	CA 95842 .	Filed with	the Clerk
of Sacramer	to County	on August	7, 2014.
Publish: Augu	ist 28 and Se	ptember 4,	11 and 18,
2014			
LPPS	140819		09-18-14

|--|

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06440. Christopher Martinez, 6101 Fountaindale Way, Carmichael, CA 95608 and Marlene Martinez, 3704 Ardmore Road, Sacramento, CA 95821 are doing business under the Fictitious Business Name "Martinez Properties" at 6101 Fountaindale Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on August 5, 2014. Publish: August 28 and September 4, 11 and 18, 2014

MARTINEZ	140819	09-18-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06104. Greg Garrett and Ryan Boley, 4253 Worthington Drive, North Highlands, CA 95660 are doing business under the Fictitious Business Name "Game Gods Entertainment" at 4253 Worthington Drive, North Highlands, CA 95660. Filed

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06899. Camon Lee, 1730 U Street, Sacramento, CA 95818 is doing business under the Fictitious Business Name "Silver Sake" at 4949 Marconi Avenue, Suite D, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on August 22, 2014. Publish: September 11, 18, 25 and October 2, 2014 SILVER 140902 10-02-14 FICTITIOUS BUSINESS NAME STATEMENT

FBNF2014-06320. Association of Gardeners, 2260 East Bidwell Street #2070, Folsom, CA 95630 is doing business under the Fictitious Business Name "ILoveMyGardener.com" at 2260 East Bidwell Street #2070, Folsom, CA 95630, Filed with the Clerk of Sacramento County on July 31, 2014. Publish: September 11, 18, 25 and October 2, 2014

2014 ILOVEMY	140903	10-02-14
FBNF2014-062 Sonja Court, business unde "L and M Prop Court, Placerv Clerk of Sacra Publish: Septer 2014	36. Monica J Placerville, CA er the Fictitious perty Managemer rille, CA 95667. Imento County o mber 11, 18, 25	95667 is doing Business Name tt" at 4420 Sonja Filed with the n July 29, 2014. and October 2,
LANDM	140905	10-02-14
FBNF2014-068 Gurpreet Kau Antelope, CA the Fictitious E Body Repair" M, Sacramento of Sacramento	52. Harinder r Ratia, 8258 95843 are doing Business Name at 9648 Kiefer b, CA 95827. File	Pinefield Drive, business under "Tera Tera Auto Boulevard, Suite ed with the Clerk ugust 20, 2014.
FBNF2014-068 Kaur Ratia, 82 95843 is doing b Name "Tera Te Suite C, Sacra Clerk of Sacrar	53. Harinder Sin 258 Pinefield Driv usinessunderthe era Auto Sales" at amento, CA 9582	E STATEMENT gh and Gurpreet re, Antelope, CA Fictitious Business 8551 Thys Court, 8. Filed with the August 20, 2014. ber 2 and 9, 2014 10-09-14
FBNF2014-072 Way, Rancho C 2033 Hoopa Ro doing business "All Makes Aut Suite 2, Rancho Clerk of Sacram	48. Colt Upton, ordova, CA 95742 ad, West Sacrame under the Fictitiou omotive" at 1135 o Cordova, CA 950	E STATEMENT 11829 Windham and Luke Benton, onto, CA 95691 are is Business Name 7 B Pyrites Way, 670. Filed with the eptember 8, 2014. ber 2 and 9, 2014 10-09-14
FBNF2014-072 Data Drive #1 is doing busine Names "Creat Music Group" a Cordova, CA Sacramento C	30. Michael F 56, Rancho Cor ess under the F tive Awareness at 3600 Data Dri 95670. Filed w County on Sept	IE STATEMENT Paulmarie, 3600 dova, CA 95670 ictitious Business Collective, CAC ve #156, Rancho ith the Clerk of ember 5, 2014. per 2 and 9, 2014 10-09-14
FBNF2014-073 Road, Newca Minnick, 2216 95816 is doin Business Nam Sacramento, C	10. Eva Holland, astle, CA 956 T Street #7, ng business und e "WatzThis?" a	Sacramento, CA ler the Fictitious t 2220 K Street, with the Clerk

ORDER TO SHOW CAUSE CHANGE OF NAME

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00159573

WHEREAS, Andrew A. Weil (SBM: 288191), Nagley, Meredith & Miller, Inc., Attorney for Tiffanie Ann Rupchock, has filed a petition with this court for a decree changing the names of Brandon Lemonte Terry to Brandon Lemonte Rupchock.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on October 1, 2014, 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: July 29, 2014

David I. Brown, Judge of the Superior Court Publish: August 28, September 4, 11 and 18, 2014 RUPCHOCK 140819 09-18-14

> COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00167530

WHEREAS, Janice Susan McCormick, has filed a petition with this court for a decree changing the name of Janice Susan McCormick to Little Feather McCormick. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on October 16, 2014, 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: August 11, 2014 Raymond M. Cadei, Judge of the Superior Court

Publish: August 28, September 4, 11 and 18, 2014 MCCORMICK 140820 09-18-14

> COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2014-00167935

WHEREAS, Maria Lupe Mayorga, has filed a petition with this court for a decree changing the name of Maria Lupe Mayorga to Maria Guadalupe Mayorga.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on October 28, 2014, 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: August 20, 2014 David I. Brown, Judge of the Superior Court Publish: August 28, September 4, 11 and 18, 2014 MAYORGA 140820 09-18-14

> COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00167915

WHEREAS, Tracy N. Williams, has filed a petition with this court for a decree changing the name of Kahlil Ameer Ahmad Williams to Kahlil Daijshon Williams.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on October 24, 2014, 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: August 20, 2014

Raymond M. Cadei, Judge of the Superior Court Publish: August 28, September 4, 11 and 18, 2014 WILLIAMS 140820 09-18-14

> COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2014-00167932 WHEREAS Irene Christine Sanchez and Angel Manuel Salcedo Jr., have filed a petition with this court for a decree changing the name of Amiliano COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00168203

WHEREAS, Hanna Bukhavets, has filed a petition with this court for a decree changing the names of Alex Jason Galushkin to Alex Jason Bukhavets and Emily Nicole Galushkin to Emily Nicole Bukhavets.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on October 31, 2014, 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: August 27, 2014 David I. Brown, Judge of the Superior Court Publish: September 4, 11, 18 and 25, 2014 BUKHAVETS 140827 09-25-14

> COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00168233

WHEREAS, FNU Dharm Singh & FNU Rajwinder Kaur, have filed a petition with this court for a decree changing the names of FNU Dharm Singh to Dharm Singh Dhillon, FNU Rajwinder Kaur to Raiwinder Kaur Dhillon, FNU Charanpreet Singh to Charanpreet Singh Dhillon and FNU Karanpreet Kaur to Karanpreet Kaur Dhillon.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on November 5, 2014, 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: August 27, 2014 David I. Brown, Judge of the Superior Court

Publish: September 4, 11, 18 and 25, 2014 SINGHKAUR 140827 09-25-14

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00168228

WHEREAS, FNU Bhavneet Kaur has filed a petition with this court for a decree changing the name of FNU Bhavneet Kaur to Bhavneet Kaur Dhillon.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on November 5, 2014, 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: August 27, 2014

David I. Brown, Judge of the Superior Court Publish: September 4, 11, 18 and 25, 2014 KAUR 140827 09-25-14

> COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2014-00168219 WHEREAS, Jasmin Vargas-Farias and Julio

Cesar Mendoza have filed a petition with this court for a decree changing the names of Julio Alexander Mendoza to Tyler Alexander Alessi and Genesis Quetzalli Mendoza to Genesis Quetzalli Alessi.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on November 4, 2014, 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: August 27, 2014

David I. Brown, Judge of the Superior Court Publish: September 4, 11, 18 and 25, 2014 VARGASFARIAS140828 9-25-14

> COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00168451

WHEREAS, Elysssia Ynez Godinez and Brian Charles Gurlin have filed a petition with this

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00168247

WHEREAS, Johny Thanh Luuand Minh T. Lehave filed a petition with this court for a decree changing the names of Phat Nguyen Luu to Jimmy Luu.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on November 7, 2014, 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: August 26, 2014 David I. Brown, Judge of the Superior Court

Publish: September 18, 25, October 2 and 9, 2014 LUU 140905 10-09-14

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00168744

WHEREAS, Darragn Sean Ryan has filed a petition with this court for a decree changing the names of Darragn Sean Ryan to Darragh Sean Ryan.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on November 18, 2014, 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: September 10, 2014

Raymond M. Cadei, Judge of the Superior Court Publish: September 18, 25, October 2 and 9, 2014 RYAN 140910 10-09-14

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00168747

WHEREAS, Linson Kunthrayil Puthen Veettil Varghesehasfiledapetitionwiththiscourtforadecree changing the names of Linson Kunthrayil Puthen Veettil Varghese to Linson Kunthrayil Varghese.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on November 18, 2014, 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 September 10 2014

Raymond M. Cadei, Judge of the Superior Court Publish: September 18, 25, October 2 and 9, 2014 VARGHESE 140910 10-09-14

> COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00168473

WHEREAS, Shaunte' Marie DuBray has filed a petition with this court for a decree changing the names of Jackson Aaron Sherek to Jaxon Aaron Sherek-DuBray. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on November 12, 2014, 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: September 3, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: September 18, 25, October 2 and 9, 2014 DUBRAY 140910 10-09-14

> COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00168741

WHEREAS, Lyuboc Solovyeva and Viktor Solovyev have filed a petition with this court for a decree changing the names of Ruf Solovveva to Ruth Solovveva. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on November 17, 2014, in Department 54,

Legal Advertising P.O. Box 14

Carmichael, CA 95609

SUMMONS (FAMILY LAW)

SUPERIOR COURT OF CALIFORNIA COUNTY OF CONTRA COSTA SUMMONS (FAMILY LAW) CASE #D14-02840 NOTICE TO RESPONDENT: PEYMAN DEHGHANI

You are being sued.

PETITIONER'S NAME IS: BASHIN KARIMIYAN

You have been sued. You have 30 Calendar Days after this Summons and Petition are served on you to file a typewritten Response (form FL-120 or FL-123) at the court and have a copy served on the petitioner. A letter, phone call or court appearance will not protect you.

If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. For legal advice, contact a lawyer

immediately. Get help finding a lawyer at the California Courts Online Self-Help Center (www. courts.ca.gov/selfhelp), at the California Legal Services web site (www.lawhelpca.org), or by contacting your local County Bar Association.

The name and address of the court are: Superior Court of California, County of Contra Costas, 751 Main Street, P.O. Box 911, Martinez, CA 94553.

The name, address, and telephone number of petitioner's attorney, or petitioner without an attorney, are: Denise's Family Law and Divorce Documents Assistance, 1215 Pine Street, Martinez, CA 94553 CCC REG. L.D.A. 099. Rashin Karimiyan, 649 Main Street #125, Martinez, CA 94553 (916)412-4915. Clerk, by S. Kricken, Deputy

Dated: June 16, 2014. Publish: September 11, 18, 25 and October 2, 2014

KARIMIYAN 140830 10/2/14

PUBLIC HEARING NOTICE PARAMOUNT COLLEGIATE ACADEMY PETITION

PLEASE TAKE NOTICE that on September 23, 2014, at a regularly scheduled meeting of the Governing Board of the San Juan Unified School District, the Governing Board will conduct a Public Hearing beginning at 6:30 pm regarding Paramount Collegiate Academy's Petition to operate a 6th - 12th grade Charter School within the San Juan Unified School District. The meeting will be held in the District board room located at 3738 Walnut Avenue, Carmichael, California. Anyone requesting more information can contact Pupil Personnel Services at (916)971-7220.

Published in the Carmichael Times on September 11 and 18, 2014



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with the Clerk of Sacramento County on July 23, 2014. Publish: August 28 and September 4, 11 and 18, 2014

GAMEGODS 140821 09-18-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06952. Thomas Langtry, 3701 62nd Street, Sacramento, CA 95820 is doing business under the Fictitious Business "ludditeonline.com, ludditeonline.org, Names ludditeonline.net, ludditeonline.mobi, ludditeonline. biz, ludditeonline.info" at 3701 62nd Street, Sacramento, CA 95820. Filed with the Clerk of Sacramento County on August 26, 2014. Publish: September 4, 11, 18 and 25, 2014 140827 LUDDITE 09-25-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06475. Jodie Collins Jr., 6921 Greenhaven Drive, Sacramento, CA 95831 is doing business under the Fictitious Business Name "Renewed Life Christian Center of Sacramento County" at 6921 Greenhaven Drive, Sacramento, CA 95831. Filed with the Clerk of Sacramento County on August 6, 2014. Publish: September 4, 11, 18 and 25, 2014 RENEWED 140807 09-25-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06880. South Fork Holdings, 11375 Sunrise Park Drive, Suite 500, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name "Retech" at 11375 Sunrise Park Drive, Suite 500, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on August 21, 2014. Publish: September 4, 11, 18 and 25, 2014 RETECH 140828 09-25-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06893. Morgan Jones, 3140 Mountain View Avenue, Sacramento, CA 95821 is doing business under the Fictitious Business Name "Stop Waiting For Friday" at 808 R Street, Sacramento, CA 95811. Filed with the Clerk of Sacramento County on August 22, 2014. Publish: September 11, 18, 25 and October 2, 2014 STOF 140829

10-02-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06915. Shojae Sangani, 2012 Sander Street, Woodland, CA 95776 is doing business under the Fictitious Business Name "Sacramento Pet Boarding and Resort" at 6844 Franklin Boulevard, Sacramento, CA 95823, Filed with the Clerk of Sacramento County on August 22, 2014. Publish: September 11, 18, 25 and October 2, SACRAMENTO 140829 10-02-14

GOT LOCAL **NEWS**? Call 773-1111

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06941. Julie Humphrey, 7844 Beaupre Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "RJH Consulting" at 7844 Beaupre Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on August 26, 2014. Publish: September 18, 25, October 2 and 9, 2014 RJH 140910 10-09-14 FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-07364. Mikayel Mikayelyan, 4502 Whitney Avenue, Sacramento, CA 95821 is doing

of Sacramento County on September 9, 2014.

Publish: September 18, 25, October 2 and 9, 2014

10-09-14

140910

WATZTHIS?

business under the Fictitious Business Name "Fairn-Fast Mobile Mechanic" at 4502 Whitney Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County on September 10, 2014. Publish: September 18, 25, October 2 and 9, 2014 FAIRNFAST 140912 10-09-14

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FBNF2014-06030

The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Treescake Garden", located at 7666 Zephyr Hills Way, Antelope, CA 95843. Treescake Factory, Inc., 17666 Zephyr Hills Way, Antelope, CA 95843. The Fictitious Business Name Statement referred to above was filed on July 21, 2014 in the County of Sacramento. Publish: September 4, 11, 18 and 25, 2014 TREESCAKE 140829 09-25-14

> STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FBNF2012-08276

The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Identity", located at 2600 J Street, Sacramento, CA 95816. Morgan Jones. 3140 Mountain View Avenue. Sacramento. CA 95821. The Fictitious Business Name Statement referred to above was filed on October 10, 2012 in the County of Sacramento. Publish: September 11, 18, 25 and October 2, 2014



Manuel Salcedo to Angel Manuel Salcedo III.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on October 28, 2014, 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: August 20. 2014

Raymond M. Cadei, Judge of the Superior Court Publish: August 28, September 4, 11 and 18, 2014 140820 SALCEDO 09-18-14

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00167901

WHEREAS, Veronica Joyce Wright, has filed a petition with this court for a decree changing the name of Veronica Joyce Wright to Veronica Joyce Johnson.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on October 24, 2014, 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: August 20, 2014

David I. Brown, Judge of the Superior Court Publish: August 28, September 4, 11 and 18, 2014 140822 JOHNSON 09-18-14

> COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00167948

WHEREAS, Jazzmine Agrescy and Leo San Juan, have filed a petition with this court for a decree changing the name of Vincent Gabriel Rivera to Vincent Alexander San Juan.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on October 30, 2014, 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: August 20, 2014 Raymond M. Cadei, Judge of the Superior Court

Publish: September 4, 11, 18 and 25, 2014 AGRESCY 140826 09-25-14 court for a decree changing the names of Brian Charles Gurlin Jr. to Javden Joziah Godinez.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on November 10, 2014, 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: September 3, 2014 David I. Brown, Judge of the Superior Court Publish: September 11, 18, 25 and October 2, 2014 GODINEZ 10-02-14

140904 COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00167926

WHEREAS, Victoria Elizabeth Eddy has filed a petition with this court for a decree changing the names of Victoria Elizabeth Eddy to Victtoria Elisabetta Cassinelli. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on October 27, 2014, 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: August 20, 2014

David I. Brown, Judge of the Superior Court Publish: September 11, 18, 25 and October 2, 2014 EDDY 140904 10-02-14

> COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00167556

WHEREAS. Rvan Huetter has filed a petition with this court for a decree changing the names of Ryan Huetter to Ariana Huetter. IT IS ORDERED that all persons interested in

the above entitled matter appear before this court at 9:00 a.m. on October 20, 2014, 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: August 13, 2014

Raymond M. Cadei, Judge of the Superior Court Publish: September 11, 18, 25 and October 2, 2014



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: September 10, 2014 Raymond M. Cadei, Judge of the Superior Court

Publish: September 18, 25, October 2 and 9, 2014 SOLOVYEVA 140911 10-09-14 COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00168776 WHEREAS, Anne Gonzales has filed a petition with this court for a decree changing the names of Anne Marie Gonzales to Abby Marie Gonzales.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on November 20, 2014, 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: September 10, 2014 David I. Brown, Judge of the Superior Court Publish: September 18, 25, October 2 and 9, 2014

GONZALES 140912 10-09-14 COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00168774 WHEREAS, Miranda Chelsey Johansen and De'Andre Marcel Pitts have filed a petition with this court for a decree changing the names of Ava Marie Johansen to Ava Marie Pitts and Joseph Marcel Johansen to De'Andre Joseph Pitts. IT IS ORDERED that all persons interested in

the above entitled matter appear before this court at 2:00 p.m. on November 20, 2014, 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: September 10, 2014 David I. Brown, Judge of the Superior Court Publish: September 18, 25, October 2 and 9, 2014

140912 10-09-14 PITTS

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Back To School: Better Grades Don't Require Abuse of Prescription Drugs

By Eric Nelson

It used to be all you needed to do well on your high school calculus test was a disciplined study plan, a good night's sleep and a hearty breakfast. Nowadays you might need to add a dose or two of Adderall or Ritalin as well. Or so it would seem

The pressure to get good grades in order to be accepted by the best colleges and universities, combined with an often crushing load of extracurricular activities, has convinced an increasing number of high school students that the only way to stay ahead is through the use - and frequent abuse - of prescription drugs. "It's throughout all the private

a New York psychologist who treats kids from affluent neighborhoods like the Upper East Side, in an interview with the New York Times. "It's not as if there is one school where this is the culture. This is the culture."

Adding to the problem is the fact that these drugs are all perfectly legal, although not always obtained by legitimate means. Some students will pretend to be suffering from classic symptoms of ADHD (Attention Deficit Hyperactivity Disorder) simply to be given a prescription that they will then use themselves or sell to others. Although these medications are designed to relax someone with this condition, those without the disorder

schools here," said DeAnsin Parker, find that it gives them the energy they need to study for hours on end and maintain focus during difficult tests.

Although one of the students quoted in The New York Times article didn't think ingesting these so-called academic steroids was any different from taking vitamins, the practice can lead to depression, mood swings and even long-term addiction to other drugs, both legal and illegal.

Unfortunately, asking these children to "just say no" is simply not enough to get them to change course, especially when the apparent reward outweighs whatever risk is involved.

Perhaps a more effective approach would be for parents and educators to instill and encourage a more balanced understanding of success, and a stronger, more spiritually based, sense of purpose and identity. "Seek ye first the kingdom of God and his righteousness," said a wellknown teacher from the ancient Middle East, "and all these things shall be added unto you."

Presumably "all these things" would include decent grades and a good education.

Mary Baker Eddy, a theologian and educator herself, described the upside of such spiritual pursuits in even more specific and contemporary terms. Referring to what she called "the laws of God" - including what she understood to be God's unconditional and unrelenting love for each and every one of his sons and daughters – Eddy said: "Business men and cultured scholars have found that [an understanding of these laws] enhances their endurance and mental powers, enlarges their perception of character, gives them acuteness and comprehensiveness and an ability to exceed their ordinary capacity. The human mind, imbued with this spiritual understanding, becomes more elastic, is capable of greater endurance, escapes somewhat from itself, and requires less repose. [It] develops the latent abilities and possibilities of man. It extends the atmosphere of thought, giving mortals access to broader and higher realms. It raises the thinker into his native

air of insight and perspicacity." Endurance. Acuteness and comprehensiveness. Insight and perspicacity. These are just what every student desires and requires in order to be successful, both in school and throughout their lives, and what every one of us has the capacity to inspire and support.★

Eric Nelson's columns on the link between consciousness and health appear regularly in a number of local and national online publications. He also serves as the media and legislative spokesperson for Christian Science in Northern California. Follow him on Twitter @norcalcs.



9th Annual Fair Oaks Chicken Festival Saturday, Sept. 20th

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Carmichael Park Farmers Market

5750 Grant Avenue, Carmichael (Corner of Grant & Fair Oaks Boulevard under the trees in the Park). Every Sunday from 9 am to 2 pm - all year round.

Sacramento Midtown Farmers Market

2020 J Street (Between the STANF Native American Health and Bioware buildings). Every Saturday from 8 am to 1 pm - all year round, rain or shine.

Sunrise Mall Farmers Market 6190 Sunrise Boulevard, Citrus Heights (behind Sears located in SE Parking Lot). Open every Saturday from 8 am to 1 pm - all year round.

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VA Mather Farmers Market 10535 Hospital Way (VA Hospital). Seasonal - Open Now. 9 am - 1 pm

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Dancing Makes You Smarter, and it's Fun

You have probably heard about this concept. Here is one of the many studies on the subject.

The 21-year study of senior citizens, 75 and older, was led by the Albert Einstein College of Medicine in New York City, funded by the National Institute on Aging and published in the New England Journal of Medicine. Their method for objectively measuring mental acuity in aging was to monitor rates of dementia, including Alzheimer's disease.

The study wanted to see if any physical or cognitive recreational activities influenced mental acuity. They discovered that some activities had a significant beneficial effect. Other activities had none.

They studied cognitive activities such as reading books, writing for pleasure, doing crossword puzzles, playing cards and playing musical instruments. And they studied physical activities like playing tennis or golf, swimming, bicycling, dancing, walking for exercise and doing housework

One of the surprises of the

the physical activities appeared to offer any protection against dementia. There can be cardiovascular benefits of course, but the focus of this study was the mind.

There was one important exception: the only physical activity to offer protection against dementia was frequent dancing.

Reading – 35% reduced risk of dementia

Bicycling and swimming -0%

Doing crossword puzzles at least *four days a week* -47%

Playing golf – 0%

Dancing frequently – 76%. That was the greatest risk reduction of any activity studied, cognitive or physical. *

That's a pretty impressive statistic. "BUT," you might answer. "I don't know how to dance. And I don't want to look like a fool trying." The answer to that is, "If you can walk, you can dance." Dancing is just walking to music. But it is so much more than that. It is friendship. It is very calming and exhilarating at the same

SACRAMENTO COUNTY, CA (MPG) - study was that almost none of time. It is laughing and thinking about fun things rather than problems and worry. It is community and belonging. It is not taking yourself so seriously.

> "But HOW could I learn to dance?" As luck would have it, there is a new class starting this fall, called Introduction to Folk Dancing. (Folk, as you know, means just regular people.) It is for people who have never danced before or who want to brush up on their skills. It is through the Arcade Parks and Recreation Department and takes place at the Hamilton Street Park at the corner of Myrtle and Hamilton Street. It runs every Tuesday, 7:30-9 p.m. There is lots of free parking and a good wood floor that is easy on the knees and hips. For more information, email Barbara Malakoff, barbikoff@mac.com or call her at (916) 296-8636. The first class was September 9, but you can start any time. Give it a try! There will be lots of smart people there! \star

*For more about this study, go to http://socialdance.stanford. edu/syllabi/smarter.htm.

Source: Barbara Malakoff

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YOU CAN BEAT CANCER

Dr. Carl Helvie is the longest known survivor of lung cancer. He is an experienced Nurse Practitioner and Nationally acclaimed author of "You Can Beat Cancer" using Alternative/ Integrative Interventions. He hosts "The Holistic Health Show." According to the good Doctor, a new study has presented data that "Taking small amounts of aspirin over long periods of time reduces the risk of colon cancer and certain other cancers in people 50-65. It has been found that taking aspirin for at least five years also limits mortality, along with reducing the risk of cancer. He shared his insightful journey through the terror of cancer diagnosis and how he persevered to conquer it on my **POPPOFF** Radio Show.

So I asked him if he could give me his top ten tips to prevent/treat cancer.

1) USE THE HOLISTIC APPROACH. This involves a combination of physical, spiritual, and social support activities.

POPPOFF! with Mary Jane Popp

2) BUILD YOUR IMMUNE SYSTEM. He prefers host defense made of 17 types of organic mushrooms, but other possibilities are colostrums or Beta 1.3d Glucan.

3) EAT ORGANIC. That includes a diet of fruit, vegetables, grains and nuts with no simple carbohydrates or protein (except AG/pro or other protein substitute) during treatment of cancer. Add minimal amounts of protein mainly from fish and poultry later in cancer treatment and after recovery.

4) MAINTAIN ALKALINITY **IN BODY.** He prefers using 2 organic lemons squeezed in water with some Stevia each morning, but other use X20 from Xooma in water to drink throughout the day, or add an alkalizing filter to your water tap.

5) USE SOOMETHING TO KILL CANCER CELLS WHEN PRESENT. He prefers laetrile and apricot kernels that require additional supplements such as pancreatic enzymes and zinc to facilitate the process. Others prefer high dose vitamin C, poly MVA, insulin Potentiation therapy, and other natural, alternative interventions.

6) USE SUPPLEMENTS **DAILY.** For example, vitamin D has been shown to assist in killing cancer cells and preventing cancerous cells from converting to cancer cells.

7) GET PHYSICAL. Exercise daily to prevent and assist in recovery from cancer.

8) U S E SPIRITUAL **INTERVENTIONS.** Try prayer, meditation, serving others, and strengthening spiritual attributes of patience, forgiveness, and gratitude. Faith, optimism, and spirituality have been shown through research to have a powerful effect on recovery and longevity.

9) MENTAL INTER-**VENTIONS.** Affirmation and visualization have been shown to facilitate recovery from cancer when used in conjunction with other modalities.

10) MAINTAIN A SUPPORT SYSTEM. Friends, family, and a higher source known to him as God to facilitate recovery from stress is a part of the cancer process, other diseases, and daily living.

Dr. Helvie has done research for some 60 years. He also served as a nursing consultant in Russia and taught at the University of Applied Sciences in Frankfurt, Germany. He is also the recipient of the 1999 Distinguished Career in Public Health Award from the American Public Health Association. His best-selling book, "You Can Beat Cancer" is available at all the regular places and you can check out his website at www. beatcancer.net. Taking matters in your own hands gives you the power over your own life. Stay well my friends!

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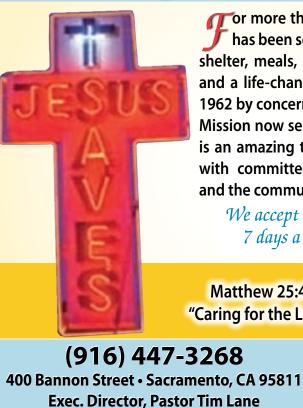
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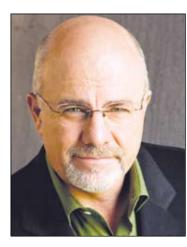
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We need help with our budget

Dear Dave.

My husband and I have been living on a budget for a few months, and for some reason there seems to be leaks in our budget. It's just a few dollars here and there, but added together it makes a huge dent. Can you give us some advice? - Joy

Dear Joy.

This kind of thing happens a lot in household budgeting, especially to folks who are new to the game. Here are some ideas to help stretch your dollars and plug those leaks.

Use the cash-only method, especially when shopping for groceries. Take only the amount you have budgeted, and don't use your debit card or a check. Also, use coupons only for items you would

Dave Says

stock up on items you use often when there is a big sale. These little things will add up.

Try eating out only on special occasions, drink water as your beverage and don't be afraid to use coupons in restaurants, either. When it comes to buying clothes, make a habit of checking out the sale rack first. You can shop at thrift and consignment stores, and sell the clothes you don't wear anymore.

With entertainment, use dollar-off and buy-one-get-one-free coupons whenever you can. See a matinee or a second-run movie, and if you're going somewhere with a bunch of people, call ahead and ask for a group discount. You'll be amazed at how much money these tactics will save! - Dave

Avoid interest on loan? Dear Dave.

In an attempt to improve my bad credit I recently bought a new car which I financed at 17.9 percent for 72 months. If I make the minimum payment of \$468 a month, I'll end up paying about \$13,000 in interest alone. Is there a formula I can use to

buy anyway. In addition, you can avoid paying all this interest? - Marcus

Dear Marcus,

There sure is. Sell the stinking car!

Your credit rating and interest rate are lousy because you haven't paid your bills. And you haven't paid your bills because you've been buying a bunch of crap you couldn't afford - like this new car at \$468 a month.

Listen, you could have more than \$5,500 in just 12 months if you just saved up all those car payments. That would get you a good little used vehicle that wouldn't be an anchor around your neck for the next six years.

Stop believing the lie, Marcus. Going into debt doesn't improve vour life. - Dave

* Dave Ramsey is America's trusted voice on money and business. He has authored five New York Times best-selling books. The Dave Ramsev Show is heard by more than 8 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

SPOTLIGHT ON BUSINESS Senior **Computer School (50 +)**

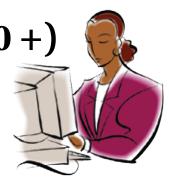
Non Profit, All Volunteer Organization teaches to use the computer in a relaxed, even-paced atmosphere.

Are you a Senior Citizen (50+)? Do vou have a Microsoft Windows computer and want to learn how to use it?

Senior Computer School offers computer classes exclusively for Seniors. Core courses include Computer Fundamentals, Word Processing, Internet, and Excel. Each of these classes is six 2 ½ hour sessions, which meet either in the morning or afternoon on MWF or TTH.

The cost for these core courses is \$30 total for all 6 sessions. The cost includes lessons/manuals. Additional one or two 21/2 hour session workshops are offered for \$5 per workshop.

Workshop titles include: Digital Cameras, Computer Maintenance, E Bay, Greeting Cards, Downloading, Windows 7, Storage and Backup Files, Flash Drives, etc, and Database.



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.



Courses Offered:

(6 2 ½ hr Sessions) Computer Fundamentals I, Word Processing, Internet, Excel, Graphics

Also Workshops: (1 or 2 2¹/₂ hr Sessions) Digital Camera, Computer Maintenance, Greeting Cards, Downloading, Organize and Edit Digital Camera Photographs, I Pads etc.

Workshops \$5 for each session. Everyone is welcome.

For more information on how to become a Senior Computer School volunteer or to enroll for classes, contact the Sacramento Computer School Learning center at (916) 485-9572 or email to student2917@hotmail.com



2350 Northrop Ave., Sacramento, CA 95825

www.morpd.com





Memorial Parks Mortuaries & Crematory







www.EastLawn.com



FREE LUNCHEON &

20 MINUTE PRESENTATION

"THE PRIVILEGE OF PLANNING"

This is not a sales seminar. It is a community educational presentation that focuses on the importance of advance funeral planning and all of the options available, including Veteran's benefits, cremation and burial choices as well as key consumer advice. In addition to lunch, each attendee will receive a FREE Emergency Planning Guide.

> Friday, October 10 11:30 am to 12:30 pm

EAST LAWN MEMORIAL PARK & CREMATORY 4300 Folsom Boulevard • Sacramento RSVP Required: 916.732.2000

> Wednesday, October 22 (Spanish & English) 11:30 am to 12:30 pm

ANDREWS & GREILICH FUNERAL HOME 3939 Fruitridge Road • Sacramento RSVP Required: 916.732.2026

Thursday, September 18 Thursday, October 31 Dinner 6:30 pm 11:30 am to 12:30 pm

> SIERRA HILLS MEMORIAL PARK & EAST LAWN MORTUARY 5757 Greenback Lane • Sacramento RSVP Required: 916.732.2020

Friday, September 19 Thursday, November 13 11:30 am to 12:30 pm

ELK GROVE MEMORIAL PARK & MORTUARY 9189 E. Stockton Boulevard • Elk Grove RSVP Required: 916.732.2031

Reservations Required, please RSVP to the location of your choice, or to Lisa West at LisaW@EastLawn.com

Seating is limited to 30 attendees per seminar





Are You Looking for Full-Time Work?

BACK TO WORK 50+ at **Sacramento Works Job Centers** can help you learn new networking strategies, target your job search, get job leads, enroll in shortterm training and find resources that can help you stay strong while you are looking for your next job.

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The Exciting New World of Implant Supported Dentures



• Has the Security of a Fixed Bridge! • Easier to Maintain Good Oral Hygiene

There are millions of people in the U.S. who are edentulous (meaning without teeth) who struggle daily with dentures. A majority suffer from discomfort as a result of loose or illfitting dentures. Many prosthetic wearers simply withdraw from any type of social engagement as a result of having to wear their dentures.

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.



Now there is a solution to these issues, Implants with "Snap On" Dentures!



2 Implants With Attachments to a Denture \$1500 Off

Whether you are new to dentures or have worn them for years, a snap on denture is a great solution to uncomfortable chewing and slippery painful dentures. There are several types of snap on dentures available, including snap on partials. We make your denture or partial fit and function in harmony with the space available in your mouth, and give custom attention to the delicate fabrication of your snap on denture.

A snap on denture gets some support from the implants that it snaps onto. Unlike conventional dentures that rest on the gums, a snap on denture is anchored to multiple implant snaps and is therefore much more stable and comfortable.

Two or more implant snaps can be used on the upper and/or lower jaw. The more snaps that are placed, the more stable the denture will be. Much like a four legged chair would be more stable than a three or two legged chair, the use of denture snaps keep the denture stable, secure and comfortable. These snaps are designed with different levels of retention, customized to the needs of the patient. When the snaps wear out, replacing them is a simple and inexpensive procedure.

If you already wear a conventional denture or partial denture, we can sometimes use your denture to accommodate the snaps to fit on your new dental implants.

If you are interested in learning more about improving your quality of life with an implant retained snap on denture or partial, please contact us for a **FREE CONSULTATION** today!

Carmichael Dental Group

8329 Fair Oaks Blvd., Ste. A Carmichael, CA 95608

(916) 944-1197 www.YourCarmichaelDentist.com