



# October Nature Fest Woos Wildlife

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# Carmichael Times

Volume 34 • Issue 39

Serving Carmichael and Sacramento County since 1981

September 25, 2014

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## Satisfaction Delivered at Park Concert



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## Scarlett Johanssen in "Chef" Couch Theater



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# Alumni Celebrate 100 Years of Arden Middle School



Arden Middle School alumni staff posed with a 1914 Model T Ford for the recent centennial celebrations. At the wheel was Bonnie Reynolds, who was school secretary for 36 years. Former student Bill and (current teacher) Beth Finkbeiner supplied the car.

Story and Photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - A school that began with 20 kids under an oak tree on Watt Avenue is among San Juan School District's most venerable facilities. More than 200 Arden Middle School supporters recently marked its 100-year milestone.

The school's birthday event was celebrated with a concert by 30 Arden Middle School alumni musicians. Former students were boosted by three generations of band instructors, under the baton of recently retired teacher (and former Arden pupil) Rick Baker. His predecessor Wayne Reimers (80) joined current band director (and former student) Whitney Disney in the woodwind section. Selections represented many decades: from the 1930s hit In the Mood to a medley of Abba songs and themes from Pirates of the Caribbean.

Among the oldest attendees was nonagenarian teacher Don Homer, who taught

physical education from 1954 to 1988. Tene Pritchard headed girls P.E. classes from '59 to '93; Wayne Reimers instructed in music from '61 to '88; Rocky Rothschilder was a popular sports coach and zoology teacher from '66 to '93. Sam Nakahara conducted woodshop from '66 to '91. A 1949 student, Joseph Myhren, was one of three generations of his family to attend the school. Other 1940s alumni included Carolyn McGregor, Doug McGregor and Gordon McGregor; Karen Breashears, Ken Allen, Gaylord Moulds, Ken Raymond, Chris Peterson and Jacque Wright.

Politician Doug Ose, a volunteer parking lot director after his Congressional terms, was another face from the past.

The earliest Arden classes were for farmers' children. During lessons, their horses grazed beside a school so isolated that the principal's house, known as "the teacherage," was the only home in Arden Park. Accommodating the post-war baby boom, so many new schools were built that by 1970,

the San Juan Unified School District was among the largest in California.

Current student Arden Middle School enrollment is 950. Its \$5.5 million centennial project will add a gymnasium/multi-purpose facility to campus. Another reunion event will dedicate this building by spring of 2015.

The once rural school has gained statewide distinction in science, music, and sports. "But our most important role was to prepare responsible citizens to raise families and support our community," said 36-year school secretary Bonnie Reynolds. "It was great to have current and alumni musicians play together. Many former students took pics of our old year books for brothers and sisters who could not attend. I loved seeing them share stories of their school days."

Alumni or parents who wish to share history regarding Arden Middle School are invited to leave material at the school office at 1640 Watt Avenue. ★

## Home Burglaries on the Rise

CARMICHAEL, CA (MPG) - Attention Residents!

Sheriff's Detectives are looking for help in identifying male juveniles who they believe are responsible for a rash of home burglaries in the Northeast part of Sacramento County since late June until as recently as last weekend.

I received reports that these burglars may have begun their spree in the Wilhaggin-Del Dayo area striking primarily on Friday nights or during the weekend. According to the Sheriff's Department, between the hours of 8 p.m. and 3 a.m. residents are being awakened in response to their front doors being broken or other similar method of forced entry. After obtaining recent private surveillance video from a homeowner, Sheriff Detectives believe the same suspects are responsible for victimizing numerous residents. In the video, two suspects (who appear to be teenagers) can be seen driving up to the home in a dark colored SUV, then attempt to break into the residence by kicking the front door repeatedly.

If anyone recognizes the identity of these suspects, or has information pertaining to this series, please contact the Sheriff's Centralized Investigations Division at 874-5115 or Crime Alert at 443-HELP. Tip information may also be left anonymously at the Sacramento County Sheriff's Department website, www.sacsheriff.com, by texting 274637 (CRIMES) and entering the keyword SSD, or by calling 874-TIPS (8477).

Thank you for your help and cooperation. ★

Source: Susan Peters, Supervisor, Third District



# Women's Empowerment Receives \$10k Grant For Homeless Women's Workforce Development

SACRAMENTO, CA (MPG) - Bank of America has awarded \$10,000 to Women's Empowerment's workforce development programs for women who are homeless, including a new paid job training program. "Bank of America has continued to increase its support of our workforce development programs that ensure women can find steady work that supports their families," said Lisa Culp, executive director, Women's Empowerment. "This is the key to breaking the cycle of homelessness, and we are grateful to Bank of America for partnering with us in this important mission."

Women's Empowerment's eight-week program for women who are homeless, addresses their basic needs

such as health and housing while preparing them to become work-ready. The job-readiness component is mostly taught by volunteers from the community and includes computer literacy training, resume writing, communication skills, mock interviews, dressing for success, and more. They also

meet with an onsite employment specialist to search for jobs.

Once women graduate from Women's Empowerment, they can join the advanced job readiness program that includes paid and unpaid job training programs, certifications, work with employment specialists,

and more. The grant will help Women's Empowerment expand its Get a Job Kit paid job training program that teaches women assembly skills and more while selling kits that help people successfully land jobs. Women's Empowerment is the only non-profit in the Sacramento area

to provide paid job training for women who are homeless so they can support their families during their training.

Women's Empowerment offers the most comprehensive job-readiness program in the Sacramento area designed

Continued on page 2



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# Eagles Dump Raiders 45-18



After the longest first quarter in American football history, the Eagles ended the first half with a total of 38 points to the Raiders' 3, giving the bench some much needed reps as they went into the second half. The Eagles were able to score again in the 3rd quarter, bringing them to 45 where the Raiders continued to struggle scoring only 18 points total in the game.

Story and photos by Ben Barber

**SACRAMENTO REGION, CA (MPG)** - The El Camino Eagles wrapped up their fourth game of the season last Friday night versus the River City Raiders. Coming off a big win versus Valley High School the week before, the Eagles came home for their second game of the season on their brand new field. The Eagles came strong right out of the gate, scoring their first touchdown on only the second offensive play, a rush of 40 yards by Said Webster. The defense was then able to hold the Raiders to a three and out series

where the offense again took over and controlled the ball for seven plays before kicker Kevin Loheit was able to crush a field goal in from the nine yard line. Maleek Stewart of the Eagles had a total of 8 carries for 158 yards averaging 19.8 yards a carry, a feat that can hardly go unnoticed without a nod to the offensive line which kept quarterback Kamani Elam from getting sacked the entire game. After the longest first quarter in American football history, the Eagles ended the first half with a total of 38 points to the Raiders' 3, giving the bench some much needed reps as they went into

the second half. The Eagles were able to score again in the 3rd quarter, bringing them to 45 where the Raiders continued to struggle scoring only 18 points total in the game. Next week the Eagles travel to American Canyon High School which looks to break out of their 2-2 record against an El Camino team that continues to gain steam. They then travel to Vista Del Lago, a formidable opponent which they met in the playoffs back in 2012. If the Eagles can hold their ground on the road these next two weeks, their hopes for the playoffs could become a reality. ★



QB Kamani Elam throws for a 59 yard TD Pass

## Women's Empowerment Receives \$10k Grant For Homeless Women's Workforce Development

Continued from Page 1

specifically for women who are homeless and their children. The 2014 Organization of the Year has graduated 1,177 homeless women and their 2,552 children. Last year, 81 percent of graduates found

homes and 90 percent found jobs or enrolled in school or training. The program combines self-esteem courses, job training, health classes, and support services to help homeless women across diverse ages, races, and cultures.

Women's Empowerment is funded solely through private donations from the community. For more information and to donate online, visit [www.womens-empowerment.org](http://www.womens-empowerment.org). ★  
Source: Kristin Thébaud Communications



# Magical Mayhem at Park Program

Story and photos by Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** - Carmichael conjurer Dale Lorzo is flexing all ten fingers in preparation for two new performances. Named Sacramento Outstanding Magician of 2014, the sleight-of-hand artist will produce seven fellow magicians for the annual "Mysteries of Magic" show at Mission Oaks Community Center on Saturday, October 11. A highlight will be a performance by 12-year-old prestidigitating prodigy, Miles Tresser—the youngest illusionist to take the Sacramento title of Stage Magician of the Year. Lorzo and his assistant Miss Elaine will also star in a Swanston Community Center



Award winning conjurer Dale Lorzo and his assistant Miss Elaine are among a magical line up for Mission Oaks Park District shows on October 11 and 30.

"Spooktaacular" Halloween event on Thursday, October 30. Fright-night activities include crafts, games, food, and candy for children. Costumes are encouraged; parents may attend. This free program is an outreach for the

Sheriff's Community Impact Program. Activities begin at 6 p.m. The October 11 "Magical Mysteries" show is at Mission Oaks Community Center at 7 p.m. This event splits proceeds between the Sacramento Society of Magicians and Mission Oaks Community Center programs. Admission is \$5. Mission Oaks Community Center is located at 4701 Gibbons Drive; Swanston Community Center is at 2350 Northrop Avenue. Both shows are hosted by the Mission Oaks Recreation and Park District. For information, visit [www.MORPD.com](http://www.MORPD.com) or call Dale Lorzo at (916) 481-2595. ★

## Satisfaction Delivered at Park Concert



**CARMICHAEL, CA (MPG)** - Mick Jagger look-alike Rudi Columbini (center) fronted The Unauthorized Rolling Stones at a recent Gibbons Park concert in Carmichael. The event was the last of three performances in the Mission Oaks Park District's 2014 concert season. Previous concerts at the district's Ashton Park featured Aftershock, the Rio Americano High School band and El Camino High's pep band. All performances were free to the public. Learn more about Mission Oak Park District activities at [www.morpd.com](http://www.morpd.com). ★



### Announcements & Events

#### CARMICHAEL'S 105TH FOUNDERS DAY CELEBRATION



Saturday, September 27, at Carmichel Park

8am-11:30am - Pancake Breakfast  
10am-3pm - Classic Car Show, Vendors, Food, Music & Children's Activities  
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#### PARK REC & EAT IT: FOOD TRUCK EVENT

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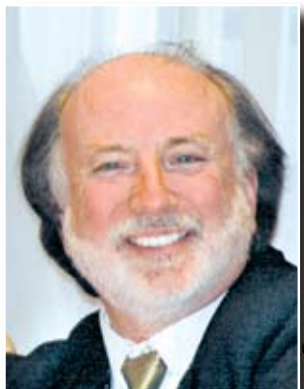
Food Trucks/Music/Vendors/Activities for Kids



For registration & other information call the District at (916) 485-5322 or visit our web page at [www.carmichaelpark.com](http://www.carmichaelpark.com).

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# Fair Dealing at Storage Fundraiser



Dressed for a hayride, Be Money Smart owners Don and Marie Hall (standing left and right) joined Armor Mini Storage owner and fundraiser host Carole Elbert (center). Event volunteers pictured included entertainer Jimmy Rivers, Janessa Lucero and Michael Murr-Conley. Photo by Susan Maxwell Skinner

By Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** - Be Money Smart USA's new venture, a program that helps veterans start their own businesses, got a recent funding boost with a county fair themed gala. The event was hosted by the Armor Mini Storage facility on Auburn Boulevard.

Visitors enjoyed a barn dance, carnival contests, and a tri-tip barbecue. Some guests endured brief incarcerations in the "county jail"—a storage unit repurposed as a prison cell. Bail was negotiable.

A success story for founding eight farmers markets in Carmichael and other suburbs, the Be Money Smart USA non-profit was launched in 2008 to help high-schoolers develop business skills through running these weekly markets. Owners Don and Marie

Hall were named business people of the year 2014 by the Carmichael Chamber of Commerce. Their new Veterans Build Your Own Micro Business Academy aims to help service people transition from military to civilian life. Enrollees will learn to own and manage their own businesses by partnering with farmers market merchants.

Fundraiser sponsors included Wagner Plumbing, Assemblyman Ken Cooley, Carmichael Rotary, Armor Mini Storage, Carroll Webb (Edward Jones financial advisor), and Bauer's Car Wash of Citrus Heights. The Carmichael Chamber of Commerce promoted the event.

Sponsorships for the Be Money Smart USA veterans' program are available, and donations are welcomed. To learn more, visit [www.bemoneysmartusa.org](http://www.bemoneysmartusa.org). ★



BeMoneySmartUSA (Front row from left) Lauren Wanell, Eva Gallagher, Janessa Lucero, Marie Hall, Reilly Nycum, Chris Navarro. (Back) Zack Bertsch, Christine McKenzie, Austin Hall, Sam Lichman, Destin Moyer, Alexandra Nassr, Don Hall, Emily Lipson, Autumn Hall, Michael Murr-Conley. Photo by Jennifer Travato

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Patrons enjoying the fundraiser. Photo by Jennifer Travato

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# Fair Oaks EcoHousing Receives Planning Approval for New Neighborhood

By Marty Maskall

**FAIR OAKS, CA (MPG)** - Fair Oaks EcoHousing received unanimous approval from the Fair Oaks Community Planning Council (CPAC) on September 3, 2014, by a vote of six to zero. Following Design Review by Sacramento County in September, the project will be reviewed by the Sacramento County Planning Commission. Move-in dates are projected for summer 2016.

Local residents submitted their planning application to Sacramento County on July 21st to request approval of their design for a new environmentally friendly neighborhood on New York Avenue in Fair Oaks. A group of nine families have been working with architect and international cohousing expert, Charles Durrett, on the design of their community.

The 30 new homes will range in size from two-bedroom flats to four-bedroom townhomes, along with extensive community facilities and garden areas. The new community is unique in that it is being initiated by a group of local families that seek to live in a more socially and environmentally sustainable neighborhood than what traditional developers have been building in the Sacramento Suburbs.

Fair Oaks EcoHousing was inspired by other cohousing neighborhoods that have built around the country over the last two decades, including Southside Park in downtown Sacramento, Nevada City Cohousing, and Wolf Creek Lodge, a recently completed community designed for active adults in Grass Valley.



Cohousing neighborhoods are composed of privately-owned homes clustered around shared open space and extensive common facilities. The Club House typically includes a dining room, kitchen, workshop space, children's playroom, guest rooms, and lounge. It is the heart of the neighborhood for a variety of other activities. Cars are parked on the periphery of the site, making the neighborhood more pedestrian-friendly and kid-safe. Future residents are involved in the design and development so that it reflects their needs and priorities, creating a truly custom neighborhood. Photo courtesy of Fair Oaks Ecohousing

## What are cohousing neighborhoods?

Cohousing neighborhoods are composed of privately-owned homes clustered around shared open space and extensive common facilities. The Club House typically includes a dining room, kitchen, workshop space, children's playroom, guest rooms, and lounge. It is the heart of the neighborhood for a variety of other activities. Cars are parked on the periphery of the site,



View of entry to Fair Oaks EcoHousing. Photo courtesy of Fair Oaks Ecohousing

making the neighborhood more pedestrian-friendly and kid-safe. Future residents are involved in the design and development so that it reflects their needs and priorities, creating a truly custom neighborhood.

Environmental sustainability is a core value in these neighborhoods with smaller homes, green building attributes, and renewable energy systems made possible by combined efforts and shared resources. On-site activities and companionship enable

residents to socialize close to home and reduce their need to drive as much for day-to-day activities. The Fair Oaks property offers close proximity to the American River Parkway and its miles of bike paths, as well as Fair Oaks Village, Banister Park, the Sacramento Waldorf School, and the Rudolph Steiner College. Cohousing provides social, environmental, and economic benefits for a more sustainable lifestyle.

## Local Residents initiate their own Neighborhood

Fair Oaks resident Marty Maskall has been looking to create such a community since she first saw Southside Park in downtown Sacramento. Marty says, "I have lived in this area for 23 years and I want to stay here, but I'm tired of the isolation and maintenance of my single-family home. I love the multigenerational nature of these communities." Carmichael resident Ivan Greene has been looking for a friendly neighborhood with substantial gardening space. Ivan says, "As a single person, I want to connect with my neighbors. I'm excited about the large garden and orchard area." Sacramento residents Linda and Frank Tanforan are looking to downsize and move into a safe and convenient neighborhood. Linda says, "I want to spend my retirement years in a friendly community with people of all ages."

The current members are looking forward to meeting people interested in cohousing and in sustainable living. Interested parties are invited to attend one of the regular site tours of the property. For more information, visit [www.fairoaksecohousing.org](http://www.fairoaksecohousing.org). ★

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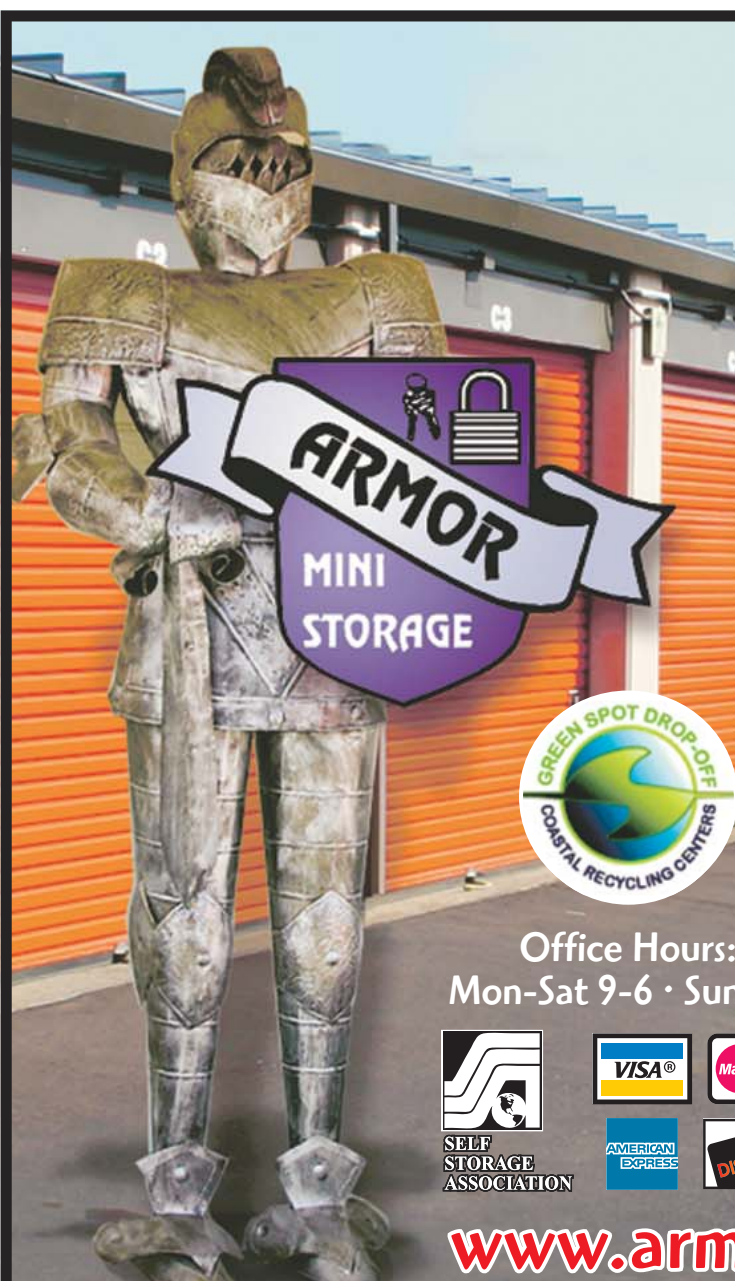
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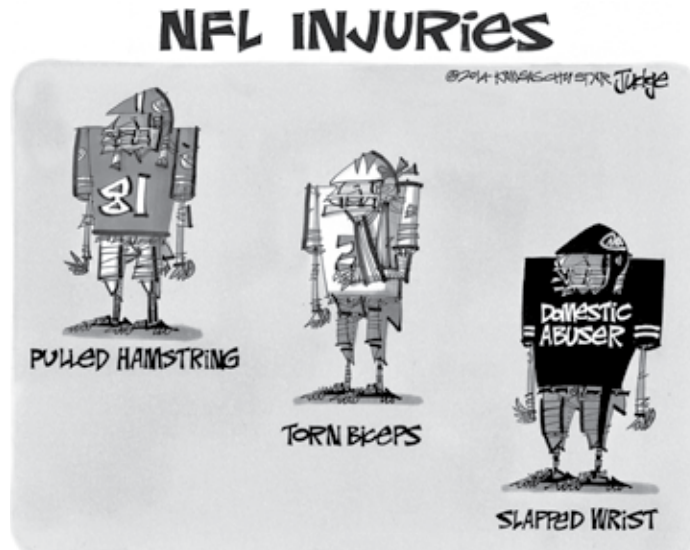


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THE RICH LOWRY COLUMN  
By Rich Lowry

**Obama's Foreign Policy Collapse**

President Barack Obama's stated goal in the fight against the Islamic State, aka ISIS, is to reduce it to a "manageable problem."

What this means, he hasn't spelled out in great specificity. Presumably fewer beheadings. A slower pace of Western recruiting. Fewer genocidal threats against embattled minorities. A downgrading of the caliphate to a mini-state, or merely a large swath of territory in Syria and Iraq.

The evil of ISIS has stirred nearly everyone around President Obama to ringing statements of resolve. Vice President Joe Biden says, "We will follow them to the gates of hell." The president himself? He says it will be "degraded to the point where it is no longer the kind of

factor that we've seen it being over the last several months."

Put to the rhythms of Winston Churchill's famous call to arms in Parliament in June 1940, the Obama posture is, "We shall degrade you, we shall lessen you as a factor, we shall make you manageable, we shall hope that the attention of this great continental nation ... turns to something else soon."

What we have been witnessing the past few weeks is the intellectual collapse of Obama's foreign policy, accompanied by its rapid political unraveling. When Al Franken is ripping you for lacking a strategy against ISIS in Syria, you have a problem.

The hoary hawkish cliches about the stakes in Iraq -- repeated over and over again by Sens. John McCain and Lindsey Graham through the years -- have proved correct. In 2007, McCain argued that if we failed in Iraq, "these people will try to follow us home and the region will erupt to a point where we may have to come back or we will be combating what is now, to a large degree, al-Qaida."

And so it is that seven years later, we are bombing Iraq as we battle an offshoot of al-Qaida amid fears that the terrorists will attack us here at home.

It is not that the latest events in Iraq and Syria necessarily vindicate a rigorously

McCainite foreign policy. You can believe ISIS must be defeated and still think that the Iraq War was a mistake and McCain and his allies are too recklessly interventionist. But events have vindicated the surge that devastated the forerunner of ISIS and demonstrated the folly of Obama's total pullout from Iraq.

The political worm has turned so completely that even Sen. Rand Paul of Kentucky, the strictest of noninterventionists, now supports war in Iraq and Syria.

The most prominent figure who is out of step with this new zeitgeist is President Obama. He explained recently that things aren't as bad as they seem because social media is amplifying events. He has gone from blaming Bush to blaming Instagram. It's another evasion by a president who wants to avoid speaking too forthrightly about the threat of ISIS, lest he commit himself to the forceful action necessary to defeat it.

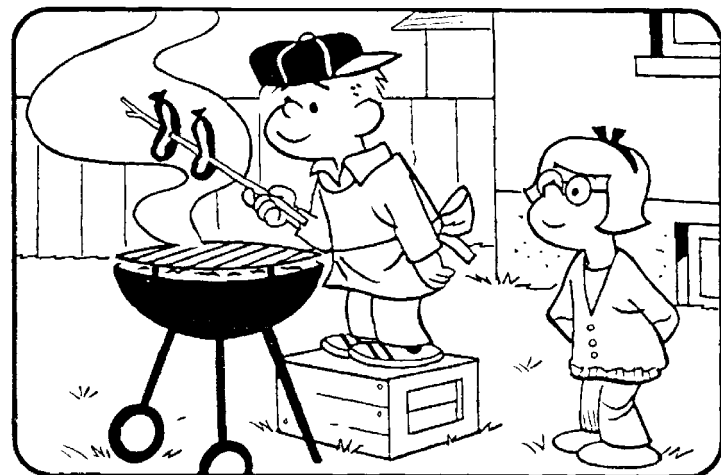
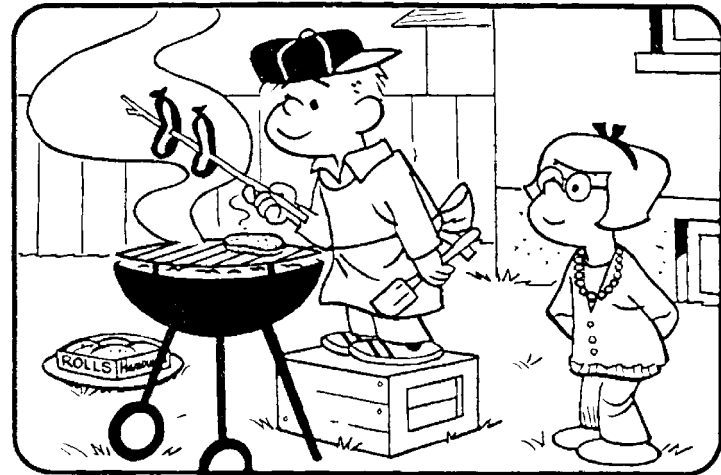
When the only tool you have is a hammer, President Obama has said of President Bush's alleged approach to the world, every problem looks like a nail. By the same token, when the only tool you have is retreat, every problem looks "manageable."

Rich Lowry is editor of the National Review.

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**HOCUS-FOCUS**

BY HENRY BOLTINOFF



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.

DIFFERENCES: 1. Rolls are missing. 2. Hamburger is missing. 3. Apron is shorter. 4. Spatula is missing. 5. Hairdo is different. 6. Beads are missing.

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# FEED YOUR WILD SIDE

## Discover why everyone is going wild for Wild Blueberries

### FAMILY FEATURES

If you love to cook, discover the wild advantage and fill your freezer with Wild Blueberries. Packed with more intense blueberry flavor and two times the antioxidants of regular blueberries, Wild Blueberries are wildly different from the cultivated blueberries you find in the fresh produce section. Don't be fooled by their small size, these berries pack more flavor and antioxidant power into their tiny blue bodies than any other blueberry on this big blue planet. This makes them the blueberry of choice for anyone interested in cooking, baking, making smoothies and more.

Here are three delicious recipes from three talented food bloggers with a shared love for tiny, potent Wild Blueberries and a passion for developing innovative, healthy and tasty twists on the classics everyone loves. Our suggestion is to try them all and feed your wild side.

For more delicious recipes, visit [www.wildblueberries.com](http://www.wildblueberries.com).

### Gluten-Free Orange Pancakes with Wild Blueberry-Orange Sauce

Recipe by Katie Heddleston, *Healthy Heddleston*, [katieheddleston.com](http://katieheddleston.com)

Yield: 12 to 15 thin pancakes, depending on size

#### Wild Blueberry-orange sauce:

- 1/2 cup frozen Wild Blueberries
- 1 tablespoon freshly squeezed orange juice
- 1/2 teaspoon orange zest
- 1 teaspoon granulated sugar (or honey)

#### Orange pancakes

- 1/2 cup plus 2 tablespoons gluten-free flour
- 1 tablespoon granulated sugar (or honey)
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup freshly squeezed orange juice
- 1/4 cup milk
- 1 egg
- 1/2 teaspoon orange zest
- 1 tablespoon melted butter or margarine

First make sauce. In small sauce pan, combine all ingredients and place on low heat while preparing pancakes. Stir occasionally. Smash Wild Blueberries to desired consistency.

To make pancakes, combine all dry ingredients in a medium mixing bowl. Then add in wet ingredients. Whisk everything together until well combined; batter will be thin. On griddle or electric skillet preheat to medium heat. Make sure pan is hot before scooping batter. Using 1/4-cup scoop, pour batter (but not whole scoopful into pancake shapes on griddle). Batter is thin so not much is needed for each pancake. Wait until pancake bubbles before flipping. Flip and cook other side. Continue process until all batter is used. Pour sauce over pancakes while warm.

Note: Only one orange is needed for fresh juice and zest for both pancakes and sauce.



### A Healthy Choice

A growing body of research is establishing Wild Blueberries as a potential ally to protect against cancer, heart disease and Alzheimer's disease — so it's no surprise that more and more people are picking Wild Blueberries than ever before.

### Wild Blueberry, Coconut and Ginger Smoothie

Recipe by Rachael Hartley, *An Avocado A Day*, [anavocadoaday.blogspot.com](http://anavocadoaday.blogspot.com)

Yield: 1 serving

- 1 cup frozen Wild Blueberries
- 1 cup 2 percent plain yogurt
- 1/4 cup light coconut milk
- 2 tablespoons unsweetened, shredded coconut
- 1/2 teaspoon grated fresh ginger

Place all ingredients in blender and blend until smooth. Serve immediately.



### A Tasty and Easy Option

Convenience and freshness are frozen right in. Wild Blueberries are individually quick-frozen within 24 hours of harvest, locking in their intense blueberry flavor, nutrition and antioxidant power. Find them in your grocer's freezer in convenient re-sealable bags and make sure you get the wild ones.



### Wild Blueberry Polenta with Grilled Onions and Sausage

Recipe by Mireya Merritt, *My Healthy Eating Habits*, [myhealthyeatinghabits.com](http://myhealthyeatinghabits.com)

Yield: 4 servings

#### Onions:

- 1 1/2 large onions, cut in half and thinly sliced, about 4 cups
- 1 1/2 tablespoons olive oil

#### Polenta:

- 4 cups water
- 1 teaspoon salt
- 1 cup yellow cornmeal
- 1 3/4 cups frozen Wild Blueberries

#### Sausage:

- 2 teaspoons olive oil
- 4 sausages, prepared according to package instructions

Saute onions in 1 1/2 tablespoons olive oil until lightly caramelized, about 25 minutes. About 15 minutes before onions are ready, heat water in 4-quart saucepan until comes to a boil. Add salt and slowly whisk in cornmeal. Stir frequently until the polenta thickens up and texture is smooth. Carefully stir in frozen blueberries, trying not to break them. Cook one minute and then turn off the heat, cover the pot and allow polenta to rest 1 to 2 minutes.

To serve, place large spoonful of Wild Blueberry polenta on plate, top with grilled onions and then place one sausage, sliced or whole, on top of onions. Serve with sliced oranges or garden salad.

# Sacramento Region Continues Impressive Water Use Reductions in August

## 14 Agencies Cut Water Use by 20 Percent or More

**SACRAMENTO REGION, CA (MPG)** - Customers at 14 Sacramento-area agencies (listed below) reduced water use by 20 percent or more in August compared to the same period last year, according to an analysis by the Regional Water Authority (RWA), which represents water providers in Sacramento, Placer, El Dorado, and Yolo counties. The findings come from a review of August water use data submitted to RWA and the State Water Resources Control Board.

"Residents have been spectacular in their water use reductions," said RWA Water Efficiency Program Manager Amy Talbot. "August is typically one of the hottest months of the year, which makes the temptation to ramp up sprinklers hard to resist. But the data shows that residents have made a serious commitment to preserving our limited resources during the severe dry conditions."

Overall, the region averaged a 21 percent reduction in August, and is averaging a 19 percent reduction from January through August 2014, compared to the same timeframe last year, RWA's analysis found.

"As we move into fall and winter, it will be important for residents to continue conserving water," Talbot said. "Even normal or above-average

precipitation is unlikely to erase the effects of three dry years. We're in this for the long haul."

One action that residents can take immediately is to reduce sprinkler times by at least two minutes per zone. "Fall is prime time for overwatering landscapes," Talbot said. "Shorter days and cooler temperatures reduce the water demands of lawn, trees, shrubs and plants, so it's time to dial back sprinklers," Talbot said.

### New Drought Resources Available

The Regional Water Authority has launched a revamped Web site at [BeWaterSmart.info](http://BeWaterSmart.info) to provide additional drought information and tips for reducing water use.

The site includes a new sprinkler scheduling tool that allows visitors to enter information about their landscape (such as plant materials, soil type and sun exposure) and receive a custom watering schedule based upon the weather and local watering restrictions.

Other features include brief videos about low-tech solutions for determining when and how much to water your landscape, as well as how to fortify and maintain your landscape while reducing water use. Both the sprinkler scheduling tool and

the videos were sponsored by the Water Forum, which includes water providers, environmentalists and business leaders who work together to meet the co-equal goals of providing reliable water supplies and preserving the Lower American River.

### Drought Busters

Percent reduction in August 2014 compared to August 2013: 25% California-American Water, 25% El Dorado Irrigation District, 25% Rio Linda/Elverta Community Services District, 24% Orange Vale Water Company, 24% Placer County Water Agency, 24% City of Sacramento, 24% City of West Sacramento, 23% Carmichael Water District, 23% Citrus Heights Water District, 23% Fair Oaks Water District, 23% San Juan Water District, 21% City of Roseville, 20% Elk Grove Water District, and 20% Sacramento Suburban Water District. ★

*About the Regional Water Authority: RWA is a joint powers authority representing two dozen water providers and affiliates in the greater Sacramento area. Its primary mission is to help its members protect and enhance the reliability, availability, affordability and quality of water resources.*

*Source: Christine Kohn, in-communications.biz*

# Sacramento County DA Reports



## Recent cases of interest

### CASE: Delina Williams (09/19/14)

**PROSECUTOR: Deputy District Attorney Sheri Greco, Homicide Unit**

District Attorney Jan Scully announced today that the Honorable Raoul Thorbourne sentenced Delina Williams to 26 years to life in prison. On July 11, 2014, a jury convicted Williams for the first-degree murder of 27-year-old Jessica Brock. The jury also found true that Williams personally used a knife.

On October 24, 2011, Williams stabbed Ms. Brock to death in her apartment. Williams took Ms. Brock's vehicle and attempted to use her credit card to buy gas. When Ms. Brock's body was discovered in her apartment more than a week later, she had in excess of 50 stab wounds to her head, neck, chest and back.

### CASE: Elpidio Tellez (09/18/14)

**PROSECUTOR: Deputy District Attorney Eric Kindall, Homicide Unit**

District Attorney Jan Scully announced that Elpidio Tellez was convicted by jury of second degree murder and a gun use allegation. Tellez was also convicted of being a felon in possession of a gun with a prior and buying or receiving stolen property.

On November 7, 2012, Tellez shot and killed Jessie Nunez outside of the Monte Carlo nightclub on 15th and S Street. After witnesses described a suspicious car driving away from the scene, a Sacramento police officer found the car abandoned a few blocks from the nightclub. The Sacramento Police Department began an immediate search by helicopter and K9 officer. Tellez was arrested outside of the search perimeter on an outstanding warrant and was later connected to the crime.

Tellez faces a potential maximum sentence of 40 years to life in prison. Sentencing is set for November 21, 2014 at 9:00 a.m. in Department 17 before the Honorable Ernest Sawtelle.

### CASE: Jeffrey Cook (09/18/14)

Today, in Sacramento Superior Court case 13HC00724, District Attorney Jan Scully filed a motion to vacate the granting of a Habeas Corpus petition on convicted cop killer Jeffrey Cook who murdered Officer Ronald Chelius in 1979.

On November 8, 2013, Governor Jerry Brown overturned the decision of a parole board granting a parole date to Mr. Cook. In response, Jeffrey Cook filed a Writ of Habeas Corpus in Sacramento Superior Court, which was granted on July 3, 2014. District Attorney Scully and the victim's son were not notified that Mr. Cook had filed the writ or that the Court had taken it under consideration. Today's motion was filed on the grounds the Court failed to notify the District Attorney of the writ as is required by Penal Code section 1475, and the District Attorney was not given any opportunity to notify the victim's son pursuant to Marsy's Law of the hearing on the Habeas Corpus petition.

Mr. Cook was released on parole on September 16, 2014, pursuant to the granting of the Habeas Corpus petition.

The District Attorney's motion to vacate is scheduled to be heard on October 24, 2014 at 9:00 a.m. in Department 40 of the Sacramento Superior Court.

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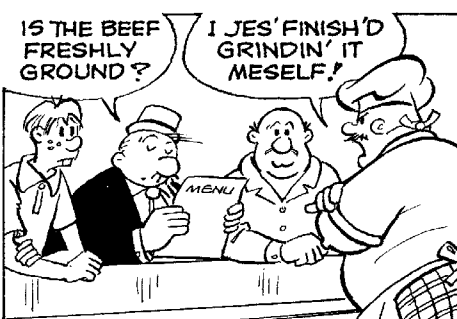
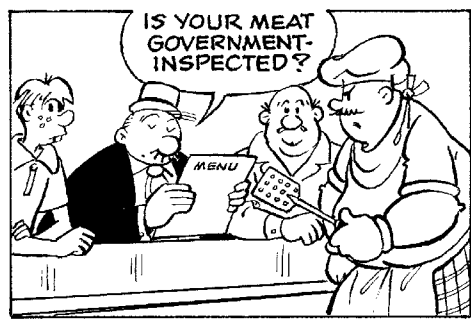
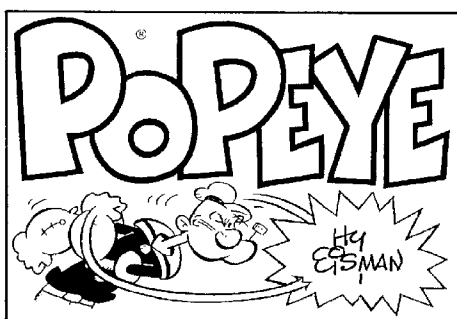
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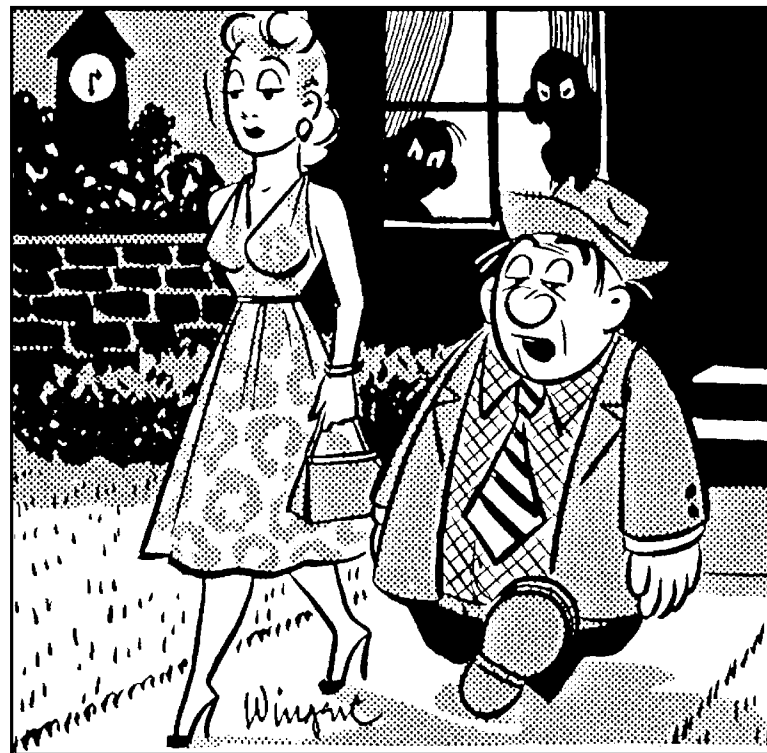
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**Just Like Cats & Dogs** by Dave T. Phipps

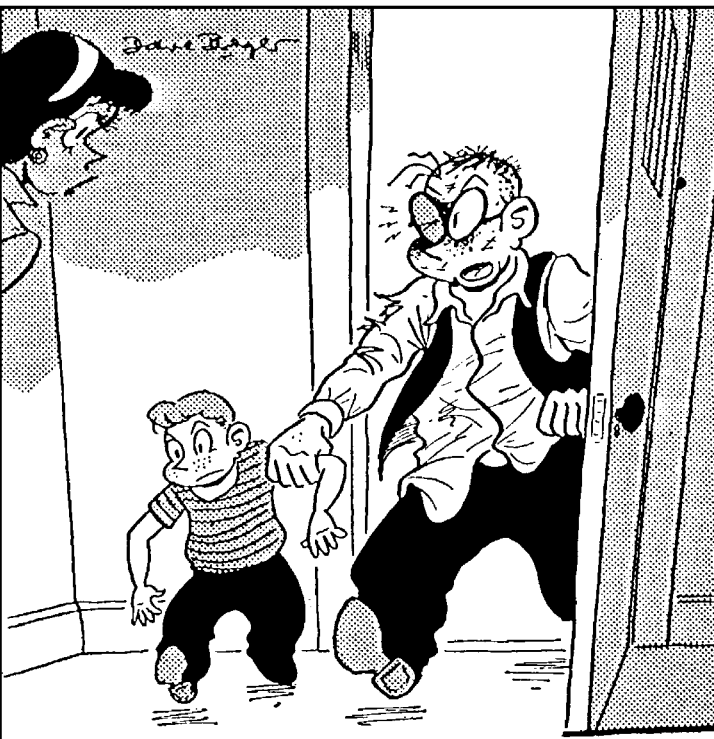


**HUBERT - - By Dick Wingert**



"They certainly took their good old sweet time getting rid of us."

**MISTER BREGER** By Dave Breger



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**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

**"Visions 2014" 15th Annual Juried Photography Show**  
October 28 - November 15, 2014  
Online Entry Deadline September 27, 2014

**Club Meetings:** Wash Inc. meets monthly on the second Monday alternating afternoon and evening meetings. 1:30 pm on odd months and 7 pm on even months.

**NCA All media, all styles.** NCA meets the second Wednesday of each month at 7:00 p.m.

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## Salome's Stars

**ARIES (March 21 to April 19)** Travel plans could be interrupted by the re-emergence of a workplace problem that was never quite fully resolved. Deal with it at once, and then take off on that well-deserved trip.

**TAURUS (April 20 to May 20)** Aspects favor cultural activities for sensuous Bovines. Attend a concert or an art show. Better yet, create something yourself (a poem, perhaps?), and dedicate it to someone special.

**GEMINI (May 21 to June 20)** Respect any doubts you might now be feeling about a new situation. They could be reflecting your inner awareness that some essential information might be missing. Check it out.

**CANCER (June 21 to July 22)** It's important to start the new month with as clean a slate as possible. Either complete all those unfinished tasks or pass them on to others who would be more than happy to take them on.

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

**LEO (July 23 to August 22)** This is a good time to cut down on expenses and tame that urge to splurge. Applying some financial discipline now could help the Big Cat ride out a possible monetary crunch later on.

**VIRGO (August 23 to September 22)** Money matters are dominant this week. Recheck your accounts and make sure they're up-to-date. Also, pay more attention to personal issues before they become major problems.

**LIBRA (September 23 to October 22)** You might be tempted to employ the same tactics as your adversary, but that could backfire. Better to use the same balanced approach that has worked for you before and could again.

**SCORPIO (October 23 to November 21)** A changing workplace environment could stir up confusion as well as apprehension. Best to ignore the rumors and get the facts. You could find that the changes bring positive elements.

**SAGITTARIUS (November 22 to December 21)** Communication is easier this week with people ready and eager to hear what you have to say. Also, check for possible technical problems before you start your new project.

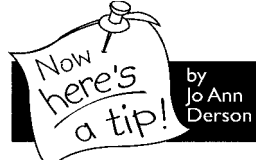
**CAPRICORN (December 22 to January 19)** Aspects favor change for the usually traditional Goat. Opening your mind to possibilities you had ignored could lead you to make decisions you once considered improbable.

**AQUARIUS (January 20 to February 18)** Making personal as well as professional adjustments to changing conditions might be easier with more information explaining the "hows" and "whys" of the situations in question.

**PISCES (February 19 to March 20)** With a growing tide of positive reactions to buoy your confidence, this could be the right time to put the finishing touches to your new project and get it well and truly launched.

**BORN THIS WEEK:** You have a gift for setting an example of quiet, calm reasoning in the midst of chaotic conditions.

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• "Wax drippings from candles can be scraped off of most hard surfaces with the side of a credit card." — T.E. in Kansas

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## COUCH THEATER DVD PREVIEW

COUCH THEATER -- DVD PREVIEW  
By Sam Struckhoff

**EDITOR'S NOTE:** DVDs reviewed in this column will be available in stores the week of September 29, 2014.

### PICKS OF THE WEEK



Scarlett Johansson in "Chef"

**"Transformers: Age of Extinction" (PG-13)** -- Michael Bay returns to the bang-bang-kaboom style of filmmaking with this fourth installment of the toy-inspired blockbuster series. Mark Wahlberg (Shia Labeouf is nowhere to be seen) plays a hardworking inventor in rural Texas. He finds a truck that is more than meets the eye. He also has a very pretty teenage daughter who is fond of jean shorts (Nicola Peltz). Did I mention that Optimus Prime charges into battle mounted on a robot T-Rex and wielding a giant sword?

Since it's the fourth movie in a series about explosions, you'd think there would be little left to say. Bay didn't think so: This one clocks in at almost three hours of run time. Most folks don't have the fortitude and focus to hang with the Autobots for that long.

**"Chef" (R)** -- Carl Casper (Jon Favreau) wants to bring real flavor into the menu at the upper-crust Los Angeles restaurant where he's a chef. His stubborn and suffocating boss (Dustin Hoffman) won't let the creative juices flow. After a conflict that boils over onto Twitter, Carl calls it quits with the restaurant. Upset, unemployed and reviled in LA, he takes his friend (John Leguizamo) back to Miami with him to start all over at the street-level: selling fresh fare from a junky old food truck.

The movie pours on the heart and humor, garnishes it with a good soundtrack, and serves it up with an appealing cast: Sofia Vergara, Scarlett Johansson, plus appearances by Oliver Platt and Robert Downey Jr. Some have complained that the final product is too sweet, but it's a refreshing and invigorating meal nonetheless, especially for those of us who just really like food.

**"Are You Here" (R)** -- A smarmy, easygoing local weatherman, Steve (Owen Wilson), is a bit of a jerk but a very loyal friend. His best bud, Ben (Zach Galifianakis), has real psychological issues, and Steve's always there for him. When Ben's father dies, he leaves the bulk of his estate to Ben, much to the chagrin of his uptight sister (Amy Poehler). Ben has to prove to the courts that he has the mental toughness to keep his inheritance, and everybody else has to face who they really are. This is the second movie from Matthew Weiner, the creator of TV's acclaimed "Mad Men." Unfortunately, this film lacks the sensibilities and allure that make Weiner's TV endeavor so sharp.

**"Third Person" (R)** -- Liam Neeson stars as a wounded and somber author trying to deal with his problems through layers of fiction. He's just one of a crowd of big names playing sad characters with vaguely intersecting lives. Olivia Wilde plays his wild young love interest, Kim Basinger plays his cynical ex-wife, and then there's Mila Kunis and James Franco in separate storylines in different cities. Some thematic threads (sort of) connect the characters, but it's not enough to make you think or feel anything special about what's going on. You get the feeling that with all the melodrama scattered through the script, the movie was too depressed to get its act together.

### TV RELEASES

- "The Mentalist: Season 6"
- "24: Live Another Day"
- "NYPD Blue: Season 7"
- "Mike & Molly: The Complete Fourth Season"
- "My Little Pony: The Complete Series"
- "Dean Martin Celebrity Roasts: Complete Collection"

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## Strange BUT TRUE

By Samantha Weaver

• It was French Emperor Napoleon Bonaparte who made the following sage observation: "Never interrupt your enemy when he is making a mistake."

• Given the notoriety Las Vegas enjoys as a place for quick weddings, you might be surprised to learn that, technically, it is illegal in that city for a mustachioed man to kiss a woman.

• In 1923, a man named Frank Hayes earned the distinction of becoming the first (and so far only) person to win a horse race posthumously. Hayes was actually a trainer rather than a jockey, and he was riding a 20-1 underdog named Sweet Kiss. It seems that Hayes suffered a heart attack in the midst of the race, but his body stayed in the saddle while Sweet Kiss beat the odds to cross the finish line first. For the rest of her life, the horse he rode was nicknamed "Sweet Kiss of Death."

• In his spare time, Jim Cummings, a successful voice actor, calls sick children in hospital wards and talks to them as some of his most famous characters, including Winnie the Pooh and Tigger.

• Some state names have come to the English language through roundabout routes. Take Alaska, for example. The state name comes from the Aleut word "alaxsxaq," which in turn comes from the Russian meaning "the object toward which the action of the sea is directed."

• Those who study such things say that even fish can have distinct personalities. Within a single species, scientists have observed that some fish are quite adventurous, willing to go to great lengths to obtain food or a mate, while others are much more timid, eschewing daring feats altogether.

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### Old farming proverbs

Expect rain when sheep turn into the wind, oxen sniff the air, and swine are restless. If the bull leads the cows to pasture, expect rain; if the cows precede the bull, the weather will be uncertain.

Bats flying late in the evening indicates fair weather.

If the mole digs its hole 2½ feet deep, expect severe weather; if two feet deep, not so severe; if one foot deep, a mild winter.

Source: www.almanac.com

### Birding BITS

BY Cindy Brook

**Peanuts in the Shell**  
Nothing brings birds into your yard like raw or roasted, unsalted peanuts in the shell. Birds simply love them. And these are not just the bigger birds like blue jays, crows and woodpeckers. I've seen smaller birds like wrens, titmice and cardinals carry these gems off as well.

E-mail: birdingbits@cfjrr.com  
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- CLUES**
- ACROSS**
1. PayPal money
  6. "La" precursor
  9. Japanese restaurant staple
  13. Spasm of pain
  14. Romanian money
  15. Where one reaction is oxidation and reverse is reduction
  16. Portend a good or bad outcome
  17. Ash container
  18. Anoint
  19. \*Clyde's crime partner
  21. Ubiquitous protein
  23. \*Do it to create a tunnel like John Henry
  24. Discarded cards in cribbage
  25. Diminish
  28. Jessica of "Dark Angel"
  30. Last in octad
  35. "Frog and \_\_\_ Are Friends"
  37. Used to row
  39. "And Then \_\_\_ Were None"
  40. \*Paul Bunyan did it to his axe?
  41. Double-reed instruments
  43. Enthusiasm
  44. Montezuma, e.g.
  46. Eurozone money
  47. Arabic for commander
  48. Nervous system component
  50. First king of Israelites
  52. \*Br'er Rabbit is more this than Br'er Fox
  53. Sommelier's domain
  55. Additionally
  57. Drag one's feet
  61. \*Halloween prowlers
  64. Collectible in a cabinet
  65. Court
  67. Brownish gray
  69. Resembling wings
  70. "To \_\_\_ is human ..."
  71. Encourage
  72. \*Br'er rabbit fought with a sticky one of these
  73. Levi's competitor
  74. What the defense does?
- DOWN**
1. Pilot's announcement, acr.
  2. Fish of the carp family
  3. Mythological ship
  4. "The hills are alive with the \_\_\_ of music..."
  5. Lifting injury
  6. Swerve
  7. "\_\_\_ the land of the free ..."
  8. \_\_\_ eclipse
  9. Waiter's handout
  10. Footnote word
  11. Musical composition for one, pl.
  12. Friends of #29 Down
  15. \*Br'er trickster
  20. Icy hut
  22. Rest in state
  24. Paint the town red
  25. \*Revolutionary Allen
  26. Drunkard's downfall
  27. African language
  29. \*Blue Ox
  31. Clarified butter
  32. Steers
  33. Hiker's path
  34. \*Steel-driving man
  36. Hunted ruminant
  38. Evening in Italy
  42. \*Where "Uncle Remus" tales took place
  45. \*Pecos Bill, e.g.
  49. Goose egg
  51. Plunderer
  54. Handrail post
  56. "August: \_\_\_ County"
  57. Healing sign
  58. Maui dance
  59. Kuwaiti, e.g.
  60. Boggy
  61. \*Blood's partner in Halloween tales
  62. Yanks
  63. Dalmatian mark
  66. Bonanza find
  68. Lt.'s inferior, in the Navy

**CROSSWORD**

1	2	3	4	5	6	7	8	9	10	11	12	
13					14			15				
16					17			18				
	19			20		21	22					
		23			24							
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57	58	59	60					61		62	63	
64						65	66			67		68
69						70				71		
72						73				74		

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

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

For Solutions See Page 11

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**FICTITIOUS BUSINESS NAME STATEMENTS**

**FICTITIOUS BUSINESS NAME STATEMENT**  
FBNF2014-06952. Thomas Langtry, 3701 62nd Street, Sacramento, CA 95820 is doing business under the Fictitious Business Name "luditeonline.com, luditeonline.org, luditeonline.net, luditeonline.mobi, luditeonline.biz, luditeonline.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.  
LUDDITE 140827 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.  
STOP 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 95630. Filed with the Clerk of Sacramento County on August 22, 2014. Publish: September 11, 18, 25 and October 2, 2014.  
SACRAMENTO 140829 10-02-14

**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.  
ILOVEMY 140903 10-02-14

**FICTITIOUS BUSINESS NAME STATEMENT**  
FBNF2014-06236. Monica J. Rivas, 4420 Sonja Court, Placerville, CA 95667 is doing business under the Fictitious Business Name "L and M Property Management" at 4420 Sonja Court, Placerville, CA 95667. Filed with the Clerk of Sacramento County on July 29, 2014. Publish: September 11, 18, 25 and October 2, 2014.  
LANDM 140905 10-02-14

**FICTITIOUS BUSINESS NAME STATEMENT**  
FBNF2014-06852. Harinder Singh and Gurpreet Kaur Ralia, 8258 Pinefield Drive, Antelope, CA 95843 are doing business under the Fictitious Business Name "Tera Tera Auto Body Repair" at 9648 Kiefer Boulevard, Suite M, Sacramento, CA 95827. Filed with the Clerk of Sacramento County on August 20, 2014. Publish: September 18, 25, October 2 and 9, 2014.  
TERA 140908 10-09-14

**FICTITIOUS BUSINESS NAME STATEMENT**  
FBNF2014-06853. Harinder Singh and Gurpreet Kaur Ralia, 8258 Pinefield Drive, Antelope, CA 95843 is doing business under the Fictitious Business Name "Tera Tera Auto Sales" at 8551 Thys Court, Suite C, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on August 20, 2014. Publish: September 18, 25, October 2 and 9, 2014.  
TERA#2 140908 10-09-14

**FICTITIOUS BUSINESS NAME STATEMENT**  
FBNF2014-07248. Colt Upton, 11829 Windham Way, Rancho Cordova, CA 95742 and Luke Benton, 2033 Hoopa Road, West Sacramento, CA 95691 are doing business under the Fictitious Business Name "All Makes Automotive" at 11357 B Pyrites Way, Suite 2, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County on September 8, 2014. Publish: September 18, 25, October 2 and 9, 2014.  
ALLMAKES 140909 10-09-14

**FICTITIOUS BUSINESS NAME STATEMENT**  
FBNF2014-07230. Michael Paulmarie, 3600 Data Drive #156, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name "Creative Awareness Collective, CAC Music Group" at 3600 Data Drive #156, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County on September 5, 2014. Publish: September 18, 25, October 2 and 9, 2014.  
CAC 140910 10-09-14

**FICTITIOUS BUSINESS NAME STATEMENT**  
FBNF2014-07310. Eva Holland, 2555 Newcastle Road, Newcastle, CA 95658 and Chris Minnick, 2216 T Street #7, Sacramento, CA 95816 is doing business under the Fictitious Business Name "WatThis?" at 2220 K Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County on September 9, 2014. Publish: September 18, 25, October 2 and 9, 2014.  
WATZTHIS? 140910 10-09-14

**FICTITIOUS BUSINESS NAME STATEMENT**  
FBNF2014-06941. Julie Humphrey, 7844 Beaure Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "RJH Consulting" at 7844 Beaure 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 Mikayelian, 4502 Whitney Avenue, Sacramento, CA 95821 is doing 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

**FICTITIOUS BUSINESS NAME STATEMENT**  
FBNF2014-07479. Jason Bolton, 3542 Mulholland Way, Sacramento, CA 95821 is doing business under the Fictitious Business Name "JB Installation" at 3542 Mulholland Way, Sacramento, CA 95821. Filed with the Clerk of Sacramento County on September 16, 2014. Publish: September 25, October 2, 9 and 16, 2014.  
JBINSTALL 140916 10-16-14

**FICTITIOUS BUSINESS NAME STATEMENT**  
FBNF2014-07408. Timur Djuraev, 200 East Ranch Road, Sacramento, CA 95825 is doing business under the Fictitious Business Name "Myshofer" at 200 East Ranch Road, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on September 12, 2014. Publish: September 25, October 2, 9 and 16, 2014.  
MYSHOFER 140915 10-16-14

**FICTITIOUS BUSINESS NAME STATEMENT**  
FBNF2014-07431. Gina Quinn, 9650 Beachwood Drive, Orangevale, CA 95662 is doing business under the Fictitious Business Name "Play While Your Away Pet Sitting" at 9650 Beachwood Drive, Orangevale, CA 95662. Filed with the Clerk of Sacramento County on September 15, 2014. Publish: September 25, October 2, 9 and 16, 2014.  
PLAY 140916 10-16-14

**FICTITIOUS BUSINESS NAME STATEMENT**  
FBNF2014-07450. Frank Benjamin Emkey, 3430 Ardenale Lane Apt. A, Sacramento, CA 95825 is doing business under the Fictitious Business Name "Franks Home Improvements" at 3430 Ardenale Lane Apt. A, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on September 15, 2014. Publish: September 25, October 2, 9 and 16, 2014.  
FRANKS 140916 10-16-14

**FICTITIOUS BUSINESS NAME STATEMENT**  
FBNF2014-07465. Duke Doulphus, 9745 Old Placerville Road #7, Sacramento, CA 95827 is doing business under the Fictitious Business Name "Better Janitorial" at 9745 Old Placerville Road #7, Sacramento, CA 95827. Filed with the Clerk of Sacramento County on September 16, 2014. Publish: September 25, October 2, 9 and 16, 2014.  
BETTER 140917 10-16-14

**FICTITIOUS BUSINESS NAME STATEMENT**  
FBNF2014-07511. Adeola Adedayo, 2116 Heger Way, Elk Grove, CA 95758 is doing business under the Fictitious Business Name "Devic Adult Residential Care" at 1530 Arcade Boulevard, Sacramento, CA 95815. Filed with the Clerk of Sacramento County on September 16, 2014. Publish: September 25, October 2, 9 and 16, 2014.  
DEVIC 140917 10-16-14

**FICTITIOUS BUSINESS NAME STATEMENT**  
FBNF2014-07556. Aaron Cocjin, 800 J Street, Unit 615, Sacramento, CA 95814 is doing business under the Fictitious Business Name "The Cocjin Group" at 800 J Street, Unit 615, Sacramento, CA 95814. Filed with the Clerk of Sacramento County on September 17, 2014. Publish: September 25, October 2, 9 and 16, 2014.  
COCJIN 140918 10-16-14

**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 "Treescape Garden", located at 7666 Zephyr Hills Way, Antelope, CA 95843. Treescape 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.  
TREESCAPE 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.  
IDENTITY 140829 10-02-14

**STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME**  
FBNF2013-08315  
The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Professional Realty", located at 4120 Manzanita Avenue, Carmichael, CA 95608. Bryan and Rana Church, 493 Williams Street, Folsom, CA 95630. The Fictitious Business Name Statement referred to above was filed on October 18, 2013 in the County of Sacramento. Publish: September 25, October 2, 9 and 16, 2014.  
PROFESSIONAL 140917 10-9-14

**ORDER TO SHOW CAUSE CHANGE OF NAME**

**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

**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**  
#34-2014-00168744  
WHEREAS, Darragn Sean Ryan has filed a petition with this court for a decree changing the names of Darragn Sean Ryan to Darragn Sean Ryan. 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  
RYAN 140910 10-09-14

**COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME**  
#34-2014-00168233  
WHEREAS, FNU Dham Singh & FNU Rajwinder Kaur, have filed a petition with this court for a decree changing the names of FNU Dham Singh to Dham Singh Dhillon, FNU Rajwinder Kaur to Rajwinder 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**  
#34-2014-00168741  
WHEREAS, Lyuboc Solovyeva and Viktor Solovyev have filed a petition with this court for a decree changing the names of Ruf Solovyeva to Ruth Solovyeva. 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  
KOUR 140827 09-25-14

**COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME**  
#34-2014-00168741  
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 11, 18, 25 and October 2, 2014  
GONZALEZ 140912 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 11, 18, 25 and October 2, 2014  
GONZALEZ 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 11, 18, 25 and October 2, 2014  
PITTS 140912 10-09-14

**COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME**  
#34-2014-00168792  
WHEREAS, Victoria Elizabeth Eddy has filed a petition with this court for a decree changing the names of Victoria Elizabeth Eddy to Victoria Elisabetta Cineslini. 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: 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**  
#34-2014-00168756  
WHEREAS, Ryan 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  
HUETTER 140905 10-02-14

**COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME**  
#34-2014-00168239  
WHEREAS, Rachael Ronke Omole has filed a petition with this court for a decree changing the name(s) of Rachael Ronke Omole to Ronke Rachael Omole. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on November 5, 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 27, 2014  
Raymond M. Cadei, Judge of the Superior Court  
Publish: September 25, October 2, 9 and 16, 2014  
HER 140915 10-16-14

**COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME**  
#34-2014-00168239  
WHEREAS, Rachael Ronke Omole has filed a petition with this court for a decree changing the name(s) of Rachael Ronke Omole to Ronke Rachael Omole. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on November 5, 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 27, 2014  
Raymond M. Cadei, Judge of the Superior Court  
Publish: September 25, October 2, 9 and 16, 2014  
OMOLE 140916 10-16-14

**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 Darragn Sean Ryan. 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 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 Darragn Sean Ryan. 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 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 Darragn Sean Ryan. 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 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 Darragn Sean Ryan. 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 18, 25, October 2 and 9, 2014  
LUU 140905 10-09-14

**COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME**  
#34-2014-00168747  
WHEREAS, Linson Kunthrayil Puthen Veetil Varghese has filed a petition with this court for a decree changing the names of Linson Kunthrayil Puthen Veetil 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 17, 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**  
#34-2014-00168743  
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 Solovyeva to Ruth Solovyeva. 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  
KOUR 140827 09-25-14

**COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME**  
#34-2014-00168774  
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 11, 18, 25 and October 2, 2014  
GONZALEZ 140912 10-09-14

**COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME**  
#34-2014-00168774  
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 11, 18, 25 and October 2, 2014  
GONZALEZ 140912 10-09-14

**COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME**  
#34-2014-00168774  
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 11, 18, 25 and October 2, 2014  
GONZALEZ 140912 10-09-14

**COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME**  
#34-2014-00168774  
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 11, 18, 25 and October 2, 2014  
GONZALEZ 140912 10-09-14

**COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME**  
#34-2014-00168774  
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 11, 18, 25 and October 2, 2014  
GONZALEZ 140912 10-09-14

**COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME**  
#34-2014-00168774  
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 11, 18, 25 and October 2, 2014  
GONZALEZ 140912 10-09-14

**COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME**

# First Set of Vehicle Regulation Permits Required for Autonomous Vehicle Testing

**SACRAMENTO, CA (MPG)** - The California Department of Motor Vehicles (DMV) announced that the regulations governing how manufacturers can test autonomous vehicles on California roads went into effect today, September 16, 2014.

The regulations set rules for autonomous vehicle testing, insurance, registration, and reporting by manufacturers.

Today's regulations only address manufacturer testing requirements; they do not address rules for operation of autonomous vehicles by the public. Rules governing public operation of autonomous vehicles are currently being developed by DMV.

"Autonomous vehicles are the future of transportation. The potential safety and mobility benefits are enormous," said

Jean Shiimoto, DMV Director. "Testing on public roads is one step to developing this technology, and the DMV is excited in facilitating the advancement of autonomous vehicles in California."

DMV developed the autonomous vehicle testing regulations as mandated by Senate Bill 1298 (Vehicle Code Section 38750). Under the new

regulations, vehicle manufacturers must obtain a testing permit from the DMV and comply with permit requirements when testing autonomous vehicles on California roads. DMV requirements for manufacturer testing include: Manufacturer must register the test vehicle with DMV; Manufacturer must have completed previous autonomous vehicle testing under controlled

conditions; Manufacturer uses qualified test drivers who complete a training program and obey all provisions of the Vehicle Code; Manufacturer test drivers sit in the driver seat and are capable of immediately taking control of the vehicle; Manufacturer reports to DMV any accident involving a test vehicle or any situation where the autonomous technology disengages during

operation; Manufacturer maintains \$5 million insurance or surety bond.

The adopted testing regulations, along with other information about the Autonomous Vehicle Tester Program, are also available on the DMV website: <http://www.dmv.ca.gov/vr/autonomous/auto.htm>.

Source: DMV Public Affairs

## Sunday Sept. 28th

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<b>SATURDAY</b>	<b>Sacramento Midtown Farmers Market</b> 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.
<b>SATURDAY</b>	<b>Sunrise Mall Farmers Market</b> 6190 Sunrise Boulevard, Citrus Heights (behind Sears located in SE Parking Lot). Open every Saturday from 8 am to 1 pm - all year round.
<b>SATURDAY</b>	<b>Historic Folsom Farmers Market</b> 915 Sutter Street, Historic Folsom Public Plaza, Folsom. Every Saturday from 8 am to 1 pm - all year round
<b>THURSDAY</b>	<b>UC Davis Health System Farmers Market</b> 45th and Y Street (UC Davis Campus). Seasonal - Opens 4/24. 3 pm - 7:30 pm
<b>WEDNESDAY</b>	<b>Fair Oaks Farmers Market NEW LOCATION, LOTS OF PARKING!</b> 8101 Sunset Ave. (New Life Church). Seasonal - Opens 4/16. 3 pm - 7:00 pm
<b>WEDNESDAY</b>	<b>VA Mather Farmers Market</b> 10535 Hospital Way (VA Hospital). Seasonal - Open Now. 9 am - 1 pm

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# Eskaton Educates Senior Community on How to "Stand Tall, Don't Fall"

**CARMICHAEL, CA (MPG)** - Sitting in Carmichael Park on any given day you may see a child fall. Mom will rush over, brush the child off, kiss the boo boo and send him back out to the jungle gym. On the sidewalk you might see his grandmother moving slowly with the help of a walker, trying her hardest not to trip and fall. If she does fall, there is no easy way to bounce back like the child.

According to statistics, within the last year an older adult you know has fallen. In fact, for every three people over 65 years old, one of them has taken a tumble - whether they told you about it or not. In Carmichael, nearly 11,000 people are over the age of 65 and 3,363 of them live alone. That means roughly 3,600 people will take a spill this year, and about 1,200 might not have anyone there to pick them up. Falls are the leading cause of death for people over 65.

Personal Emergency Response Systems (PERS), also known as medical alert devices, if worn properly, can help minimize the consequences of a fall. Quicker access to help increases the likelihood of continued independence. But the best way to maintain independence is to know what services are available and how and when to take advantage of them.

"Stand tall, don't fall," was Eskaton's motto this year



**Certified instructor Linda Ernest leads Tai Chi for Arthritis at Eskaton Village Carmichael as a demonstration on how to improve balance and reduce fall risk. September 23 was National Fall Prevention Awareness day observed by Eskaton and other senior service organizations across the country. (From left to right: Alice Lucas, Linda Ernest, Joellen and Steve Veirs)**

for National Fall Awareness Prevention day on September 23. Along with fall prevention coalitions across the United States and the National Council on Aging, Eskaton worked to get the word out that falls are NOT necessarily a normal part of aging. Exercise like Tai Chi, which promotes balance, can help condition older adults' bodies and reduce their fall risk. Environmental factors, such as improving lighting and removing clutter, can also reduce the risk of a fall. Keeping the mind sharp and eliminating the worry of falling may also help prevent falls. According to Dr. Ernesto Quinto, Eskaton's Community Medical Partner, the fear of falling is a

main contributor to falls because it can limit a senior's activity, which has a negative impact on the person's physical condition.

Encouraging older folks to stay physically active can be a great prescription for avoiding painful injuries associated with falls. Fall prevention education is the key to reducing falls, injuries and even deaths associated with a fall. If you are worried about a loved one's safety, pick up a fall prevention checklist at any Eskaton community or call 1-866-eskaton for a list of resources. For more information about fall prevention, visit [stop-falls.org](http://stop-falls.org). ★



## Dare to Live Without Limits

*Simplify Your Life*

by Bryan Golden



When life gets too complex it becomes overwhelming. There are many easy ways to simplify your life. Try at least one of them. You'll be glad you did.

Keep things in perspective. It's easy to become distracted worrying about things that although annoying, have little or no impact on the big picture. Before devoting time and energy to any issue, first determine if it really matters. If it doesn't, let it go. For significant matters, take action instead of worrying.

Eliminate draining activities. Any non-essential activity that causes stress, drains your energy, or interferes with other accomplishments should be eliminated. Focus your energy on activities that move you closer toward your goals.

Just say no. It's OK to decline invitations for activities you don't want to be involved with or do not have time for. You can be polite and courteous when turning down a request, without having to use the word "no." Respond with something like, "Thank you so much for asking. I'm glad you thought of me. Unfortunately I won't be able to participate due to a prior commitment."

Get rid of things you don't need. The amount of stuff you have seems to expand to fill empty space. Clutter gets in the way and takes up lots of space. Purge those items you don't need or use. Avoid accumulating

things in the first place; it's a lot easier than getting rid of stuff later.

Take care of yourself. You never have to feel guilty about attending to your own needs. Ensure that both your body and your mind are looked after. Managing your life is much simpler when you feel your needs are being taken care of.

Take breaks. Breaks are essential for keeping your mind and body healthy and happy. There's no set time requirement for an effective break. What's important is that you feel better after taking a break than before it.

Have fun. Fun is an essential component to happiness. Especially when you have to spend time with activities you don't enjoy that much, it's important to make sure you regularly plan, and allow time for having fun.

Be spontaneous. Mix things up. Act on a whim. Seek out new and different experiences. This keeps you from getting stuck in a rut. It also makes life more interesting by expanding your horizons. You will also have more opportunities to develop a fresh perspective.

Be vigilant with your time. Your time is too precious to squander. Procrastination is a huge time waster. A simple to do list is a big asset. Each day, write down the three most important things you need to do.

Next, number them in priority from one to three. Then cover items two and three. Spend your time on item one. This approach will boost your productivity.

Appreciate what you have. Be thankful for all of the good things in your life. Becoming despondent over what you feel is lacking prevents you from attaining your goals. Those people who are thankful for what they have always have more than they need.

Maintain a sense of wonder. Children have a sense of wonder about their world. Everything is amazing. Get back in touch with this childhood emotion. There are very few, if any, things that are not awe inspiring. From our own bodies, to nature, to technology, to the universe, we are surrounded by wonder.

Take action to simplify your life. All of the techniques listed above work when you use them.

Start with one or apply them all. There are no negative side effects. ★

**NOW AVAILABLE:** "Dare to Live Without Limits," the book. Visit [www.BryanGolden.com](http://www.BryanGolden.com) or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at [bryan@colum-nist.com](mailto:bryan@colum-nist.com) or write him c/o this paper. © 2009 Bryan Golden.

# Community Invited to Mira Loma Upgrade Project Forum

**SACRAMENTO COUNTY, CA (MPG)** - Mira Loma High School has an exciting opportunity to upgrade and modernize its campus with a signature project funded by Measure N. The San Juan Unified School District is seeking your input and feedback about what kind of project would best suit Mira Loma and its community.

district's vision of bringing all schools up to 21st century standards by approving Measure N, a \$350 million facilities bond, in 2012. District leaders have identified \$2.6 billion in school improvement needs, and Measure N will help the District begin addressing those needs.

**How you can help**  
We are asking for the community's participation so that everyone can share their ideas about how Mira Loma High School will spend its allocation for a signature project. Please come prepared to share and discuss ideas in small group settings after a short presentation.

**Signature projects**  
San Juan Unified is dedicating a significant portion of Measure N to build signature projects at each of the district's comprehensive high schools. Project ideas throughout the district have included classroom wings, football fields with all-weather tracks, science buildings and performing arts centers.

**Childcare and translators**  
San Juan Unified will make childcare and translators available as needed. Please contact Ruth Meyer at (916) 979-8281 as soon as possible if you need these services. ★  
Source: [www.sanjuan.edu](http://www.sanjuan.edu)

**Measure N Signature Project Forum**  
Mira Loma High School,  
4000 Edison Ave.  
Tuesday, Sept. 30, 2014  
6:30 p.m. to 8:30 p.m.

**Background**  
The San Juan Unified community pledged its support to the

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# October 5th Nature Fest Woos Wildlife



Archimedes the owl is an esteemed teacher despite his interrupted education. The raptor and other wild animals will visit the Effie Yeaw Nature Center for an October 5 open day. Archimedes' handler is Kelsey Weinroth.

Story and photo by Susan Skinner

**CARMICHAEL, CA (MPG)** - Archimedes the owl, Spirit the bald eagle, an elk named Tule, and a lynx with the moniker of Mukluk, will journey to Carmichael's Effie Yeaw Nature Center on Sunday, October 5th.

Their sagas, along with those of bats, snakes, Radar the raccoon, and various raptors, will enlighten visitors during the Nature Center's annual Nature Fest event. The celebrity presenter will be Gabe Kerschner, a regular guest of NBC's Tonight Show. Kerschner runs Wild Things Inc., an animal sanctuary in Placer County. He and 60 species of rescued animals offer school programs geared to educate and entertain.

Nature Fest supporters will view a regional cast of Kerschner's menagerie: an elk, a rattlesnake, a raccoon, and a lynx. The bald eagle is Alaskan, and with a 6.5 wingspan, it is larger than those normally found in California.

The 2014 Nature Fest will be a homecoming for another wild ambassador; Kerschner's great horned owl was rescued six years ago at American River College. "He broke a wing falling from a nest in the oaks on campus," says the naturalist. "We figured he must be an extra wise owl; he went to college. So we called him Archimedes." Kerschner's talks promote serious issues, but punch lines fly thick and fast. "A laugh keeps interest going," he says. "You want people to experience a full range of emotions; it makes learning memorable."

Out of town critters are not the only educators billed for the 2014 Nature Fest. Effie Yeaw resident birds will interact with visitors. As a bracing Game of Thrones touch, West Coast Falconry handlers will send raptors flying over the heads of seated crowds.

The Ancil Hoffman Park facility is also a resource for Native American studies. Nature Fest demonstrations will include fine basketry and abalone pendant-making. Children's crafts and walks through the 80-acre wildlife preserve are supervised activities during the Nature Fest event. Food will be available for purchase.

The fundraiser runs from 10 a.m. to 3 p.m. Admission is \$5 for visitors aged 13 and up, and free for children. For more information, visit [www.sacnaturefest.com](http://www.sacnaturefest.com) or call (916) 489-4918.

# TEDMED 2014: 'The time for thinkers has come'

By Eric Nelson

Well over a century before anyone had ever heard of TEDMED, an annual confab of movers and shakers deeply interested in making the world a better, healthier place to live, religious reformer and health care maverick Mary Baker Eddy proclaimed, "The time for thinkers has come." Thankfully that time is still here and continues to generate ever more exciting advancements in human understanding, particularly within the field of health.

Certainly there was a lot of thinking going on at this year's conference, held last week in both San Francisco and Washington, D.C. The program included sessions ranging from "Turn it Upside Down," where speakers addressed insights that flip-flop beliefs and question standard operating procedures in health and medicine, to "Don't You Dare Talk About This," which tackled issues that people are reluctant to discuss publicly or even acknowledge as problems.

But something else that came up often, if indirectly, is what Eddy once referred to as "the cold conventionality of materialism," a now outdated, even burdensome mode of thinking that she saw as "crumbling away."

It's interesting that she would have made this observation when



The most exciting thing about this conference was that it included so many people (upward of 100,000 in 100 countries, if you count those watching via live streaming) who are willing to think out-of-the-box about a subject that impacts every one of us - not just doctors and scientists but techno-geeks, artists, musicians and business leaders as well, all of whom recognize that the ideas that have the greatest impact on health and medicine aren't confined to any one field of endeavor or period of history.

she did, a time when, according to renowned mind-body physician Dr. Larry Dossey, the prevailing view was that health and illness were entirely physical in nature. In fact, says Dossey, it wasn't until after World War II that "Physicians began to realize, based on scientific evidence, that disease has a 'psychosomatic' aspect: that emotions and feelings can influence the body's functions."

Eddy's own research took this idea even further, convincing her that it wasn't so much the human consciousness or brain but a singular divine Mind that ultimately governs every aspect of our health - mental, emotional, physical and otherwise.

Sounds like she would have fit right in with all those free-thinking, free-wheeling TEDMED folks, whether or not they agree with her conclusions.

Which brings us back to the contributions of Mary Baker Eddy, an experimenter in homeopathy and a church pastor who was bold enough and far-seeing enough to dig deeper into what she was learning and put to the test the idea that a better understanding of the all-encompassing divine Principle she called God is sufficient to restore and maintain our health.

Even if this is something not many are willing to admit, it is at least worth thinking about. ★

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.



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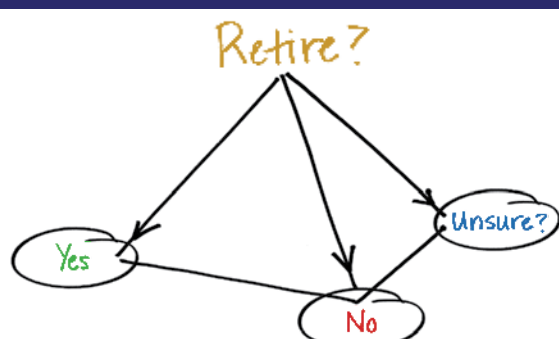
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