

Mission Oaks Community Center Halloween Dance Sure to Draw a Crowd

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PLUS: St. John the Evangelist Students Collect Treats for Troops

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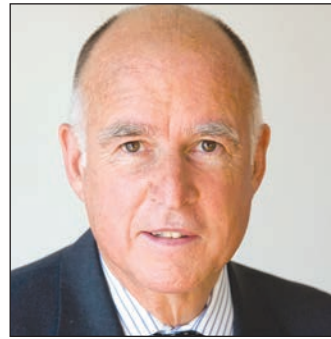
Carmichael Times

Volume 34 • Issue 41

Serving Carmichael and Sacramento County since 1981

October 9, 2014

No Plastic Bags? They Just Can't Stop Telling You What To Do



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Award-Winning Team Produces Anti-Sex Trafficking Film



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Last Post for Carrier 95608 Heroine Hits the Road



Fans last week ambushed Phylis Thomas. After 28 years in service, the Carmichael mail carrier retired recently. Cole Street residents (above) staged a parade in her honor. Inset: Queen for five days, the postal worker was ambushed and crowned by customers she served for 28 years.

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - In her last week as a Post Office mail carrier, Phylis Thomas was renowned as queen for five days.

Her 95608 customers hosted a dinner, a happy hour, and a picnic; co-workers threw a potluck, a flag presentation and a night

out. The five-foot heroine was also paraded up and down Cole Street (Carmichael Colony) in a convertible. "I practiced my wave," confessed Thomas. "People saw me in a party dress after all those years in uniform. I feel overwhelmed by support and love. I never knew a mail carrier could touch so many lives."

Raised in Grass Valley, Thomas began her Government career with a passion to work

outdoors. Her first job was in the engineering department of Tahoe National Forest. She then joined the Postal Service in Citrus Heights and for the last 28 years has served Carmichael. "In my streets, I saw kids in diapers grow up and leave for college," she says. "They would ambush me, waiting for college acceptances. I've attended many birthday parties—and funerals. I've felt like part of dozens of

families. I loved my customers and I took good care of them."

Despite eternal postmen-and-dog clichés, Thomas loves canines and will spend part of her retirement exploring the Sierras with her husband and their two pooches. "I'll play lots of golf," predicts the retiring lady. "I'll do all the fun things I missed in 31 years without a Saturday." ★

County Launches Emergency Notification System

SACRAMENTO COUNTY, CA (MPG)

Sacramento, Placer and Yolo County have partnered with the California Office of Emergency Services in utilizing a state-of-the-art emergency alert system known as Citizen Alert. The system provides information to residents about emergency events quickly and through a variety of communication methods. Residents will only receive alerts that are critical and time-sensitive, including: flooding, levee failures, severe weather, disaster events, unexpected road closures, missing persons, and evacuations of buildings or neighborhoods in specific geographic locations.

The alert system currently includes all listed and unlisted landline telephone numbers in Yolo, Placer, and Sacramento counties that are serviced by AT&T and Verizon.

To ensure emergency notices are received quickly both at work and home, residents are encouraged to log onto the Sacramento Alert Self-Registration Portal and provide phone numbers for both home and work, including land and cell phone numbers, email addresses, TTY device information and instant messaging information preference. All information in the Self Registration Portal will be kept strictly confidential.

Residents from all cities within the County and the unincorporated areas are urged to sign up at www.Sacramento-Alert.org.

The system, which uses Everbridge Alert and Notifications System, was made possible for all three counties by a grant from CAL Office of Emergency Services and supported by CA Department of Water Resources, Flood Operations Center through the Sacramento County Office of Emergency Services. ★

Source: Sergeant Lisa Bowman, Sheriff's Spokesperson



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It's Like Choosing a Wife Join in the Olive Oil Celebration

Story and photo by Susan Maxwell Skinner



CARMICHAEL, CA (MPG) - "Choosing an olive oil is like choosing a wife," advises Sacramento grocer Darrell Corti. "You must be careful with your choice. Unlike a wife though, you can have more than one kind of oil."

In fact, he advises plural purchases. "One oil does not do everything," he explains. "For a good experience, you need at least three kinds: light, medium,

and one of intense fruitiness."

The second-generation purveyor of all things delicious at Corti Bros grocery store is—like many of his wines—subtle and somewhat dry. Yet his life-long efforts persuaded the Italian Government to bestow a cavaliere order (the equivalent of an English knighthood) on Corti for opening the American market to many Italian wine and food producers. In his trademark blue grocer's coat, "Sir Darrell" will be the main attraction during the Italian

Cultural Society's Columbus Day festivities.

The October 12th Olive Oil Celebration is an eight-year tradition cooked up by the society's director, Bill Cerruti. But to the honored guest, olive oil is just the tip of the focaccia. "I'll spend more time talking about family cooking and the need to write down your mother and grandmother's recipes," he says. "For dinner tonight, I'm preparing a recipe from my grandmother's old friend Caterina."

Internationally noted grocer Darrell Corti will discuss Italian food for an October 12th "Olive Oil Celebration" in Carmichael. The event will herald Columbus Day.

Continued on page 2

"I'll be a voice for parents, restore fiscal sense, and hold teachers, administrators and students accountable."

Michael Miller | San Juan Unified SCHOOL BOARD

Parent | Local Business Owner | Former Teacher

St. John the Evangelist Students Collect Treats for Troops



Photo courtesy St. John the Evangelist School.

CARMICHAEL, CA (MPG) - St. John the Evangelist School in Carmichael spent the month of September collecting items such as granola bars, travel size toiletries, instant oatmeal, and candy to be packaged and sent to troops overseas for the holidays. In total, students collected 149 cans of tuna, 82 fruit cups, 362 packages of oatmeal, 66 granola bars, 15 packages of candy, 26 packages of gum, 194 bottles of hand lotion, 195 bars of soap, 121 packs of toothpaste and mouthwash, 72 bottles of hand sanitizer, 48 packages of lip balm, 38 bottles of shampoo,

19 packages of hand wipes, and 11 other toiletries. In addition to collecting all of the various items, students in grades preschool through 8th grade made individual cards expressing their gratitude for service in our armed forces. Students expressed how much it meant to be able to send some holiday cheer to the men and women who sacrifice so much to protect the freedoms we enjoy every day. The items will be packaged and shipped out in individual care packages so that the troops will receive them before the holidays. Thanks to

the suggestion of one of our parents, Melissa Moya, we were able to take on this project as a community and collect items to show our appreciation. It is a reminder to all of us that the simple gestures are the ones that often times mean the most. Contact Details: Tosha Tillotson, Principal 5701 Locust Ave. Carmichael, CA 95608 (916) 481-8845 x216 principal@stjohnnev.com www.stjohnnev.com Source: St. John the Evangelist School

DA Jan Scully & Sheriff Scott Jones Request Board of Supervisors Oppose Proposition 47

SACRAMENTO COUNTY, CA (MPG) - District Attorney Jan Scully and Sheriff Scott Jones will publicly request that the Board of Supervisors adopt their joint resolution opposing Proposition (Prop) 47. Called the "Safe Communities and Schools Act," Prop 47 has qualified for the November 2014 ballot. The initiative claims to make neighborhoods safer, reduce prison and jail populations, make schools safer, reduce government waste, help find jobs and housing for offenders and protect public safety.



District Attorney Jan Scully

Scully and Jones will provide statements on why Prop 47's claims are unfounded and will NOT protect public safety, including:

- It would re-classify a number of straight felony and wobblers offenses to straight misdemeanors, making up to 10,000 felons eligible for resentencing and/or subsequent release from county jails and state prisons.

- Many inmates that would be eligible under this proposition were denied resentencing under three strikes reform because they were found to be a current danger to society.
- Prop 47 only prevents resentencing if the inmate is considered to be a current danger to commit murder or sex offenses; not assault or robbery or other violent offenses.

• The projected reduction to California's prison population and projected savings to fund other programs will likely not be realized; as those actually serving prison sentences for these non-violent offenses in many circumstances have violent prior offenses and should not be resentenced. "Under Public Safety Realignment, many convicted non-violent, non-serious, non-sex offenders are already under county supervision," said Sheriff Jones. "Prop 47 will add to the over-crowding of our jails and provide no reimbursement for the additional costs of housing misdemeanor inmates." Scully states, "I stand in solidarity with Sheriff Jones and all of our local police chiefs in opposing Prop 47. If passed, this dangerous initiative will only increase the burden on our local criminal justice system, further reduce sentences and increase the risk to public safety." Source: Sacramento County District Attorney's Office

October 12th Olive Oil Celebration

Continued from page 1

This boned veal marvel from northern Italy, he explains, is cooked with celery, wine broth, and herbs. "It's delicious," confirms the gourmet. "But if I hadn't written it down, the recipe might have been lost forever."

Darrell Corti's presentation is among cultural presentations scheduled for October 12th. Californian producers will provide olive oils for tasting; "Pasta Queen" Susan Korec will cook sauces for an al fresco meal with wine. The

program begins at 2 p.m. Admission is \$25 per person. The Italian Cultural Center is at 6821 Fair Oaks Boulevard, Carmichael. For more information, visit www.italiancenter.net.

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Contributing Writers: Susan Skinner, Mary Jane Popp, Marlys Johnsen Norris, Tim Reilly, David Dickstein, Dave Ramsey, Dr. E. Kirsten Peters, Kay Burton, Dr. Bob Graykowski, Pastor Rich Reimer, Ronnie McBrayer, David Graulich, Gabriel Scholl
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For San Juan School Board



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Dear Friends,

My experience as a teacher, parent of a current San Juan student, and my work in teacher development and school improvement provides me with a unique set of skills that I would like to apply in this district as we face a pivotal time for this district and all our children. My experience in classrooms as a teacher and a parent volunteer has taught me what it takes to engage students in their learning. My work on San Juan Advisory Boards and School Site Councils has taught me how this district functions. My years of management and oversight of large budgets at the state level has taught what it takes to be a careful steward of public funds. My work and research on school improvement and teacher development has helped me understand what needs to be in place for high quality schools and teachers to flourish and create conditions where students expand their intellect, find their purpose and their passion, and explore their God-given talents. I understand the challenges confronting this district; I want to be part of the solutions. I ask for your vote.

Yours Sincerely,

Mike McKibbin

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- Curriculum and Instruction Committee - 8 years
- Strategic Planning Team

★ **EXPERIENCE WITH BUDGETS**

- Managed 1/4 Billion Dollar Budget over 15 years

★ **EXPERIENCE WITH EDUCATION POLICY & INNOVATION**

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- ★ Effective use of taxpayer funds to maximize resources, and allocate resources as close to the classroom as possible.
- ★ I believe that at the heart of improving schools and helping every student reach their potential is a lively, engaging curricula, and teachers who are engaged in the never ending process of encouraging their students.
- ★ Ensure that all students have access to high quality, technologically advanced materials to prepare them for the 21st century workforce.
- ★ I believe that we can provide better services to our special needs students including more focused services to our students on the autism spectrum, better transitions for students moving into regular classrooms, and better integration of career, social and life skills for all students.
- ★ To have safe and secure schools where every parent and community member feels welcomed, and are willing to contribute their time and their talents to create a community of learners.
- ★ In addition to assuring that all students have the foundational skills that they need, I want assure that our students have opportunities to solve problems and explore their creative talents.

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Mission Oaks Community Center Halloween Dance



CARMICHAEL, CA (MPG) - Mission Oaks ballroom dances draw a regular crowd from all over the greater Sacramento area. The dancers enjoy kicking up their heels to a variety of live music waltz, salsa, tango, polka and more. Coffee and cookies are served during intermission. Special holiday programs include Halloween, New Year's Ball, and Valentines Dance.

Our special 2014 Halloween Dance is 1:15-3:45 p.m., Friday, October 31st. We expect attendance to be 150+.

Source: Mission Oaks Community Center



Photos courtesy Mission Oaks Community Center

Atria El Camino Gardens Hosts Halloween Trick-or-Treat Building Tours

SACRAMENTO, CA (MPG) - El Camino Gardens is delighted to host trick-or-treat building tours throughout their building this Halloween, October 31st, 2014. These are open to

the public, welcoming all children in costume. Tours will be led by the decked out Engage Life Team beginning at 5:30pm and ending at 7:30pm. Enjoy a safe and happy Halloween with

El Camino Gardens this year! Please be sure to bring your trick-or-treat basket or bag.

Source: Atria El Camino Gardens

PackingLight: FREE Travel Program



CARMICHAEL, CA (MPG) - Learn how to pack for months in merely a carry-on sized suitcase. Discover other hints on traveling light with minimum baggage. This demonstration is beneficial due to airline weight maximums for checked luggage and their subsequent monetary penalties for over-packing. The speaker is Jon Holloway from Holloway Travel Outfitters.

Wednesday, October 15th, 10:00 a.m. at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael, (916) 972-0336.

This event is Free and Everyone is welcome!

Source: Mission Oaks Community Center

Atria El Camino Gardens Cooks Up Friendly Competition

SACRAMENTO, CA (MPG) - On Tuesday, November 18th, Atria El Camino Gardens will turn up the heat with the senior living community's Iron Chef®-style competition.

The event is based on the popular Food network® television show, Iron Chef. It will feature the talent of a few of Atria's senior employees, family members who are seasoned chefs and Chef Ray Duey. Duey has been featured and was named a Master Carver on the Food network®.

"The Iron Chef-style competition is a great way to test your mettle, learn new things and show off some of the most talented chefs in the area," said Eric Bressler, Executive Director of Atria El Camino Gardens.

Each team must prepare a full course meal with the secret ingredients presented to them at the show to satisfy the palates of the guest judges, which include a panel of executives, chefs, and local business owners.

Atria residents enjoy the service and menu selections provided by a full-time culinary staff. The community's Art of Atria Dining program features specialty dining, display cooking, holiday dinners and other fun social occasions.

The Iron Chef-style competition at Atria El Camino Gardens will begin at 6:15pm. The senior living community is located at 2426 Garfield Avenue, Carmichael, Ca. 95608. For more information, contact the

community at (916) 488-5722.

Atria Senior Living Group, the nation's fourth largest assisted living owner-operator, provides respectful, quality care that helps more than 13,000 older people live life to the fullest. Atria communities are not nursing homes; rather, they are active communities where seniors can get the care they need to live as independently as possible.

Food network® is a trademark of Television Food network G.P. Cable Program.

Management Co., G.P. Iron Chef® is a trademark of Fuji Television network, Inc.

Source: Atria El Camino Gardens

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THE RICH LOWRY COLUMN

By Rich Lowry

The Media's Absurd NFL Hysteria

During the past few weeks, two sets of initials have dominated the news — ISIL and NFL — and the casual listener would be hard-pressed to decide which is more odious.

It's a wonder that President Barack Obama hasn't pledged to bring NFL Commissioner Roger Goodell to justice.

Such is the weight the press has put on the NFL's punishment of Baltimore Ravens running back Ray Rice for punching his then-fiancee that Denis McDonough, the president's chief of staff, had to weigh in on "Meet the Press": "We all know Ray Rice being suspended indefinitely seems to be exactly the right thing."

On the NFL, the media has lost its collective mind. The coverage of the Rice elevator video managed to combine

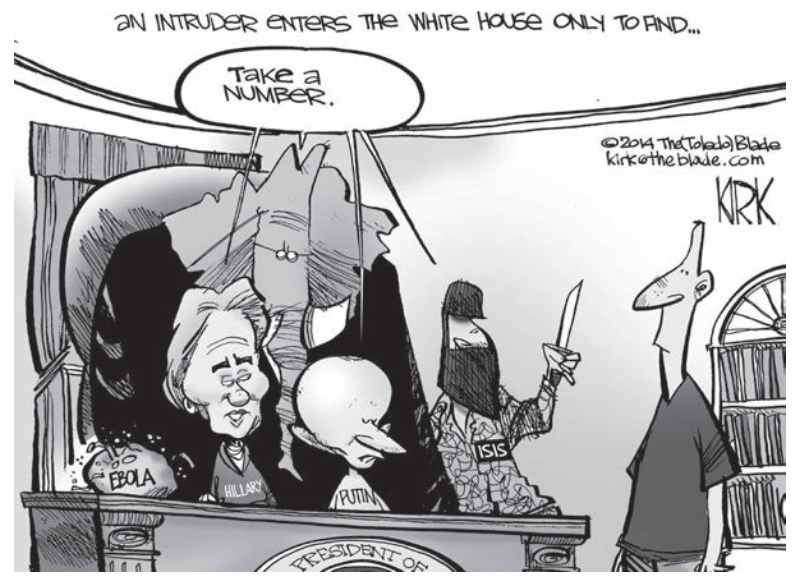
moralistic preening with voyeuristic pandering. Everyone on TV professed to be so outraged by domestic violence that they had to show a clip of a woman getting viciously punched, over and over again (until many of the networks finally recoiled from their own overkill).

At least the NFL gets its ratings by broadcasting images of men hitting other men.

In recent weeks, you'd think that the fate of justice in America depends on how harshly the NFL punishes a few miscreants. Only if Ray Rice and accused child-abuser Adrian Peterson are banished can women and children be safe from violence and abuse.

This is patently absurd. No matter how many sermons we hear to the contrary, the NFL is not the key to fighting domestic violence. Domestic violence declined 63 percent from 1994 to 2012, according to the Justice Department — even though the NFL had a lenient policy toward domestic abusers across this period.

Nor is the NFL the sink of criminality you might assume from the headlines. Benjamin Morris of FiveThirtyEight writes that "arrest rates among NFL players are quite low compared to national averages for men in their age range." (Although domestic violence accounts for a disproportionate share of the arrests for violent crimes.)



It is true that Ray Rice should have gotten more than the initial two-game suspension for his shocking assault, and the NFL needs a clear, certain policy for punishing for such offenses.

Yet no one seems to care how the vortex of outrage affects the victim, Janay, who married Rice after the incident. She gets to see that horrible night replayed everywhere, to hear people bray for the end of her husband's career and to receive lectures from people who presume to know what's best for her and her marriage.

Now, Minnesota Vikings running back Adrian Peterson is the new focus of outrage. Facing child-abuse charges for disciplining his son with a switch, he is taken as a symbol of the noxiousness of all corporal punishment.

This is all so wildly disproportionate that perhaps something more than the usual ax-grinding, ratings-chase and group-think is at work. It may be that these cases are ways to express a deeper discomfort with the NFL, which sacrifices men's bodies and minds for our viewing pleasure every week.

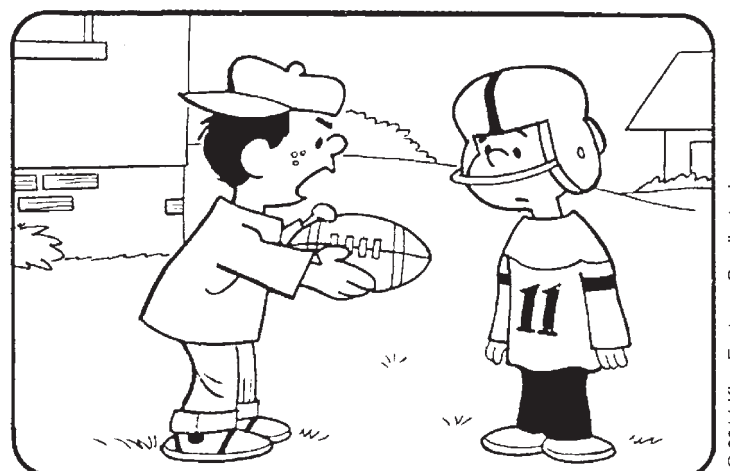
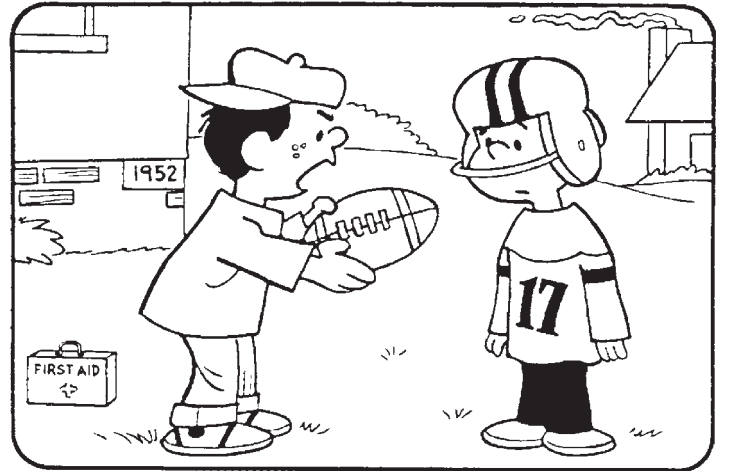
That, of course, is something in which everyone who enjoys football is implicated and isn't such a ready subject for table-thumping condemnations.

Rich Lowry is editor of the National Review.

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HOCUS-FOCUS

BY HENRY BOLTINOFF



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Film Review by David Dickstein

IMAX's Jerusalem: Safe, Yet Stunning



"Jerusalem" takes audiences inside the Old City like no other documentary before. Now playing at Esquire IMAX Theatre in Sacramento. Photo Credit: National Geographic Entertainment.

By David Dickstein

For a documentary about one of the world's most fought over pieces of land, *Jerusalem*, the latest 3-D eye candy being unspooled at Sacramento's Esquire IMAX Theatre, plays it perhaps too safe.

True, in order to get a solid return on investment, films made for giant screens must appeal to the masses in order to run for years, and let's face it — if Jerusalem were to adequately address the strife suffered by citizens due to the ancient city bordering Israel and Palestine, things could get ugly marketing-wise. A hummus-stuffed hot potato would kiss off school field trips, for one thing.

Obligated to at least make passing mention of the continual conflict that's gone on for centuries, the film, produced by National Geographic, doesn't completely shirk on that duty as it crams 5,000 years into 42 minutes. However, the narration by British actor Benedict Cumberbatch tackles war in only ancient historical context. There's no reference to any struggles beyond the biblical, and perhaps out of cost or desire to keep the 13-month-old film as evergreen, the latest uprising in Gaza that directly affects the day-to-day lives of three women followed in the film doesn't even merit a footnote.

Through this trio of young Jerusalemites, each representing

the major religions that make up the fabric of the Old City, audiences get up-close and personal with local Jews, Christians and Muslims. We are invited to their homes and ceremonies, and each woman — Farah Ammouri, a Muslim; Nadia Tadros, Greek Orthodox and Catholic; and Revital Zacharie, whose Judaism has roots in Tunisia and Poland — gives us a personalized tour of the quarter where their people dwell within the walls of a city less than 1 square kilometer in size.

As the young ladies share "their Jerusalem," each admits to not knowing much about the others' cultures. Foreign is the thought of venturing outside their own district, and yet each expresses a longing for wider cultural awareness. That's a nice message, but once again, the film takes the safe route. The only time we see the three in a single shot, they're passing each other on a street, never laying eyes on each other. What a missed opportunity. How awesome it would have been for a tear-jerking final scene of Farah, Nadia and Revital sitting down over Turkish coffee in the heart of Jerusalem for a historical girls chat. Cue the crane shot, fade out.

Contrived as that happy ending might have been, it would be in keeping with the rest of the film. Like a TV reality show that isn't very real, the documentary looks less than genuine at times. Three years spent getting permission from various authorities

don't come without strings, so it would not be surprising if each source demanded it be presented in the best possible light. I'll bet my last shekel that while filming observances of Ramadan, Easter or Yom Kippur director Daniel Ferguson yelled "cut!" because someone didn't appear joyous or solemn enough. And while hearing from two archaeologists gives us a better understanding of Jerusalem's role as a crossroads of civilization, the dig serving as a backdrop looks curiously busy and eventful for the cameras. This isn't the first made-for-IMAX film to employ a bit of staging, by far.

Manufactured shots and political sanitation notwithstanding, Jerusalem is a visual and educational treat, taking us where other travelogues haven't — inside the iconic blue and gold Dome of the Rock, for instance. Whether we're exploring Jerusalem's landmarks, strolling through a crowded marketplace, observing religious festivities in the streets or soaring above the ancient city for a rare aerial view, this cinematic love letter is tremendously ambitious, doing justice to one of the most important and remarkable places on Earth.

If you go: Jerusalem is expected to run through mid-2015 at Esquire IMAX Theatre, 1211 K Street, Sacramento. Times and ticket prices vary; call (916) 443-4629 or visit imax.com/oo/esquire-imax. ★

Governor Brown Signs Legislation to Ban Single-Use Plastic Bags

SACRAMENTO, CA (MPG) - Governor Edmund G. Brown Jr. signed the nation's first statewide ban on single-use plastic bags, SB 270, aligning state law with ordinances passed by a growing number of local governments in California to reduce plastic waste.

"This bill is a step in the right direction — it reduces the torrent of plastic polluting our beaches, parks and even the vast ocean itself," said Governor Brown. "We're the first to ban these bags, and we won't be the last."

The legislation, authored by Senator Alex Padilla (D-Pacoima), prohibits grocery stores and pharmacies from distributing single-use plastic bags after July 2015 and enacts the same ban for convenience stores and liquor stores the following year. It will also provide up to \$2 million in competitive loans — administered by CalRecycle — to businesses transitioning to the manufacture of reusable bags.

Thus far, over 120 local governments in California have passed ordinances banning single-use bags in some fashion, with widespread support from community and environmental groups. SB 270 is supported by many of these same groups, along with local governments, businesses and labor organizations.

"I applaud Governor Brown for signing SB 270 into law. He continues to lead our state forward with a commitment to sustainability. A throw-away society is not sustainable. This new law will greatly reduce the flow of billions of single-use plastic bags that litter our communities and harm our environment each year. Moving from single-use plastic bags to reusable bags is common sense. Governor Brown's signature



Governor Edmund G. Brown Jr.

reflects our commitment to protect the environment and reduce government costs," said Senator Padilla.

"The California coast is a national treasure and a calling card for the world, helping us attract visitors and business from around the globe. Removing the harmful blight of single-use plastic bags, especially along our coastline and waterways, helps ensure the kind of clean and healthy environment we need to have a stronger economy and a brighter future," said Assembly Speaker Toni Atkins.

"SB 270 is a win-win for the environment and for California workers. We are doing away with the scourge of single-use plastic bags and closing the loop on the plastic waste stream, all while maintaining — and growing — California jobs. As we further develop our green economy, SB 270 will be a model for balancing the health of the planet with the preservation of people's livelihoods," said Senate President pro Tem-elect Kevin de León, a joint author of the bill.

"For nearly 10 million Californians, life without plastic

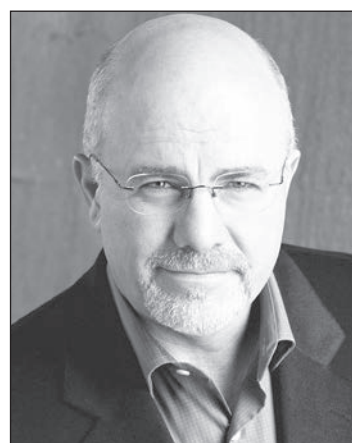
grocery bags is already a reality. Bag bans reduce plastic pollution and waste, lower bag costs at grocery stores, and now we're seeing job growth in California at facilities that produce better alternatives," said Californians Against Waste executive director Mark Murray.

"California is the first state in the U.S. to ban the most ubiquitous consumer item on the planet, in an effort to drive consumers towards sustainable behavior change. Data from the over 127 local plastic bag bans has proven that bans are effective at reducing litter and changing consumer attitudes, and have refuted industry's claims of apocalyptic impacts on jobs and poor communities. A state plastic bag ban saves taxpayers the huge amount of money spent on litter cleanup, and protects the environment," said Clean Seas Coalition and Seventh Generation Advisors director Leslie Tamminen.

"SB 270 is a great victory for all of California. We've seen locally that plastic bag bans lead to cleaner water and healthier wildlife, keeping trash off our beaches and out of our creeks. The success of bag bans in our local communities has empowered state legislators to make the right decision for the health of California's waterways. Governor Brown's signature of this statewide bag ban is an important moment for our state, demonstrating that California is once again willing to take the lead on important environmental issues," said Save the Bay executive director David Lewis.

For full text of the bill, visit: <http://leginfo.ca.gov/bilinfo.html>. ★

Source: The Office of Governor Edmund G. Brown Jr.



Rehabbing to Sell

Dear Dave,

My husband and I recently inherited my parents' home. It's in a small, rural town with little industry, and we've been told that the place would be worth \$85,000 if it's cleaned up, compared to \$75,000 as-is. Should we spend about \$10,000 to really clean it up, replace a few things and make it presentable to sell it faster?

- Terri

Dear Terri,

It's really up to you guys, because both options — whether you're sitting on the house or rehabbing it — are going to take time and emotional energy. From a real estate person's perspective, houses always sell better when they're shined up and looking nice. When a prospective buyer walks in and sees and smells new carpet and fresh paint, they don't have strain their imaginations looking past everything. When

Dave Says

you force potential buyers to look past things, it usually ends up costing you money.

In most cases, if you spend \$10,000 you gain more than what you put into the house. Honestly, I think one of the numbers you've given me is wrong — either the \$85,000, the \$75,000 or the \$10,000 you think it will take to fix up the place. In other words, if you spend \$10,000 on a project like this, you'll usually gain \$20,000 when you're talking about stuff like a thorough cleaning, new carpet and flooring, fresh paint and basics like that. My guess is if the place is worth \$85,000 fixed up it'll probably bring about \$65,000 as-is.

If it's me, I'm going to clean the place and fix it up. I've done hundreds, if not thousands, of these kinds of deals, and I can't stand to try and sell something that's dumpy, grungy and out of shape.

- Dave

Where Does This Money Go?

Dear Dave,

If you have a mortgage that will be paid off in the next two or three years, should you pay extra toward the house or invest that money over and above the

15 percent you recommend putting toward retirement?

- Walt

Dear Walt,

I would pay extra on the house. You know, a magical thing happens when you pay down a house and sell it somewhere down the road. The money comes back. You didn't lose it.

Honestly, you're not doing a bad thing by putting it into retirement either. But you don't know exactly what will happen over the next several years of your life or the life of your investments. You might think you know. You might even have a plan. But the truth is even the best plans don't always work out the way we want.

And if that happens, it sure would be neat to own your home outright!

- Dave

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



GONE GIRL (Rated R)

A Film Review by Tim Riley

No, I haven't read the book. Just about everybody else, it would seem, has devoured Gillian Flynn's thriller novel "Gone Girl" with exceptional passion. My reading preferences tilt primarily to non-fiction, everything from politics and history to sports and culture.

Apparently, I am missing out on the Gillian Flynn phenomenon, and as a result, I am unable to form an opinion as to whether the screenplay is faithful to the book. The educated guess is that the film is, indeed, true to the source material, if for no other reason than Flynn adapted her story for the big screen.

"Gone Girl" is directed by David Fincher, whose resume includes films from "Fight Club" to "The Girl with the Dragon Tattoo." Amusingly, the press notes don't mention his extensive biography, only pointing out that Fincher directs movies, television, commercials and music videos, with the caveat that "he hopes that people like them, but if they don't, it is not for lack of effort."

Lack of effort is not a problem for Fincher's "Gone Girl," nor is it an impediment for the actors, with Ben Affleck and Rosamund Pike, front and center as married couple Nick and Amy Dunne, the latter a semi-celebrity for having been the inspiration for a popular series of children's novels in which she's known as Amazing Amy.

The origin story for Amy and Nick Dunne begins in New York, when their attraction to each other plays out with a sexual intensity that seems a little perverse, as if their acts of passion foretell

Riley Reviews

MULTI-DIMENSIONAL THRILLER "GONE GIRL" SMARTLY SHAPED

trouble ahead at some point. In one of many flashbacks, we see them engaged in a quick tryst in a dark corner of a public library.

The early years of marriage were apparently blissful, with Nick a major magazine writer and Amy gliding along as the sexed-up "cool girl" who never developed her own persona as the result of growing up in the long shadow of her alter-ego, the impossibly perfect "Amazing Amy." And yet, her nebulous identity looms large when the mystery kicks in.

In the present day, Nick and Amy have relocated to his Missouri hometown, drawn to the Midwest for family reasons and due to the economic downturn, which has caused Amy to leverage her trust fund into a highly-mortgaged property in a town for which she has little interest for the long term.

Meanwhile, Nick is teaching at a local college and running a local tavern with his supportive sister Margo (Carrie Coon), a refreshingly opinionated straight-talker who has her brother's back when the going gets tough.

And the going gets tough rather quickly on the occasion of the couple's fifth wedding anniversary, when Nick comes home after a morning walk and visit to his bar. He finds broken furniture and signs of a struggle. His wife is missing and nothing suggests her vanishing is not out of the ordinary.

Two local detectives (Kim Dickens and Patrick Fugit) are on the case, and at first, they treat Nick's concern for his missing wife with fitting belief. After traces of blood are found on the kitchen floor, Nick becomes the prime suspect.

To make matters worse, within a matter of a few days, Amy's disappearance becomes the object of media frenzy and the townsfolk volunteer for search parties

and candlelight vigils. In the public eye, Nick comes across as a husband not sufficiently apprehensive about his missing wife.

The negative power of tabloid journalism comes impressively to the fore when a national TV talk show host (Missy Pyle) endlessly speculates about Nick's culpability in the unexplained departure of an attractive woman who is a sympathetic figure, no doubt as the result of her literary alter-ego's continuing popularity.

On the other hand, Nick's media persona is not pretty. He appears somewhat petulant and resentful, holding back secrets. Moreover, his relationship with Amy's parents is distant and vaguely hostile. Appearing at a vigil in front of a large missing poster with Amy's picture, Nick is more uncomfortable than appropriately distraught.

Public opinion moves swiftly to confirm the suspicion of the police that Nick is the culprit. The two detectives take great interest in Amy's diary, which paints an unflattering picture of Nick's past behavior. The media storm becomes even more intense when Nick has no other choice than to hire high-powered defense attorney Tanner Bolt (Tyler Perry).

Even a sharp lawyer is unable to keep Nick from flailing in the media spotlight. On the other hand, Amy's vanishing becomes a kind of hall of mirrors in which tantalizing and savage secrets lead to more of the same. At this point, it would be impossible to say more about what is happening for fear of disclosing any of the many twists and turns that hold real surprises.

"Gone Girl" offers many questions: Who is Nick? Who is Amy? How did they come to this state of affairs in only five years of marriage? The film has plenty of voice-overs that offer both Nick and Amy the opportunity to put forth their sides of the story.

"Gone Girl" is a riveting multi-dimensional mystery thriller, alternately perverse and disturbing and chilling in the depravity of bloody events that are shocking and astounding. "Gone Girl" is likely to be as appealing to movie audiences as to readers of the best-selling novel. ★

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Walk Your Dog to Support the American River Parkway!

CARMICHAEL, CA (MPG) - On Sunday, October 19, 2014 dress up your dog and join Parkway supporters for the first annual Howlin' on the Parkway, a dog walking event to benefit the American River Parkway Foundation. Registration is \$25 per person in advance or \$40 the day of and begins at 8am at William B. Pond Recreation Area (5700 Arden Way, Carmichael, CA 95608), with the walk starting at 9am.

Howlin' on the Parkway will include a 2.2 mile walk along the American River Parkway's equestrian/hiking trail. Walkers will proceed out from William B. Pond Recreation Area along the decomposed granite shoulder of the bike trail, pause for a water break at the Harrington Way river access point, and then continue onto the equestrian/hiking trails back towards the park.

At the finish line, post-walk festivities will include booths from local pet vendors and an on-leash training demonstration by The Local Bark. Be sure to dress up your dog as there will be a costume contest from 10-11am with prizes donated from



Image courtesy of American River Parkway Foundation

local pet shops. The Squeeze Inn and Heavenly Dog food trucks will also be out at the park with delicious food available for purchase. The Foundation encourages all walkers to remember Parkway rules require that dogs must be kept on a leash no longer than 6 feet at all times and owners must pick up after their dogs.

Be sure to register before Saturday, October 18 to secure your spot for \$25! Day of registration will be available for \$40 per person. Walkers should arrive at 8am to ensure time to register before the walk starts at

9am. We encourage participants to use their Sacramento County Parks annual pass; otherwise parking will be \$5.

Proceeds from Howlin' on the Parkway will be dedicated to the Parkway's equestrian/hiking trails through the Foundation's trail maintenance program. The American River Parkway Foundation is a non-profit organization committed to support the preservation and enjoyment of the American River Parkway by fostering environmental education, stewardship and volunteer opportunities.

The Foundation would like to thank Fulton Avenue Pet Resort, Grateful Dog Daycare, All About Pets, Colleen Watters, The Local Bark, Animal Den Pet Resort, Blue Cross Pet Hospital, Folsom Dog Resort, and Cordova Veterinary Hospital for sponsoring this exciting event.

For more information regarding Howlin', please contact the Foundation office at (916) 486-2773 or visit our website at www.arpf.org. ★ Source: American River Parkway Foundation

Award-Winning Team Produces Anti-Sex Trafficking Film Featuring Local Non-Profit "Courage Worldwide"

SACRAMENTO, CA (MPG) - On Wednesday, October 15, 2014, the Sacramento premiere of *In Plain Sight* will be held at the Crest Theater.

Envisioned and developed by Awaken Media, *In Plain Sight* is a journey to Sacramento and four other U.S. cities to experience hope rising out of the darkness of sexual slavery; stories of freedom emerge as survivors of sexual exploitation share how they were impacted through the work of a sex trafficking after-care home.

The film features Rocklin-based non-profit Courage Worldwide's founder and CEO, Jenny Williamson, and her adopted daughter, survivor and former Courage House resident, Liz Williamson.

"I chose to be featured in the film because I wanted the viewers to know the hope that exists is greater than the darkness of sex trafficking. I wanted to share my story in the film not because of the pain I have gone through but because of the hope that I have experienced," said Liz Williamson.

Directed by award-winning filmmaker David Trotter and produced and narrated by Grammy award-winner Natalie Grant, *In Plain Sight* seeks to raise awareness of the thousands of women and children who are forced, coerced, or deceived into the commercial sex trade each year in the United States. Through the mediums of a documentary film, study guide, and accompanying music album, all those who have contributed to the project hope to open eyes of the average American to what's happening in *In Plain Sight* - the exploitation of thousands of people in their own communities without them even being aware.

"I love that this film can leave an ordinary person feeling that he can make a difference, because



Directed by award-winning filmmaker David Trotter, the film features Rocklin-based non-profit Courage Worldwide's founder and CEO, Jenny Williamson, and her adopted daughter, survivor and former Courage House resident, Liz Williamson. The Sacramento premiere of *In Plain Sight* will be on Wednesday, October 15th at the Crest Theater. Pictured from left: Jenny Williamson, David Trotter, and Liz Williamson. Photo courtesy of Courage Worldwide

it's not about one organization or one leader, it's about a personal response to ending slavery," said Liz Williamson.

This film will feature law enforcement partners, victims' testimonies, and the work of Courage Worldwide and other service providers across the U.S.

"It is an honor to be selected as an organization to be recognized for our work with child victims of sex trafficking. But I hate the fact that our city, Sacramento and this region, continues to be touted across the nation as a destination, a place where the trafficking of children flourishes. We want to change that fact," said Jenny Williamson. "Through this film we want to declare 'Not in My City.'"

Sacramento law enforcement and area prosecutors, who are dedicated to seeing these children recovered and their perpetrators given justice, will be honored for their work at the Sacramento premiere of *In Plain Sight*. In addition, a panel

of law enforcement, survivors and community experts will address premiere guests after the screening.

The Crest Theater is located at 1013 K St., Sacramento. Doors open at 6:30 p.m. for the 7:30 p.m. screening. Tickets are \$10 in advance or \$15 at the door. Tickets are on sale now at tickets.com.

For more information about the film *In Plain Sight*, visit www.inplainsightfilm.com.

Courage Worldwide (CWW) is an international, 501 c(3) non-profit Christian organization that is building homes around the world for children rescued out of sex trafficking. It is their passion and vision to build Courage Houses in every city that needs one so rescued children will have a safe place to call home. They also want to eradicate sex trafficking completely. ★

Source: Courage Worldwide

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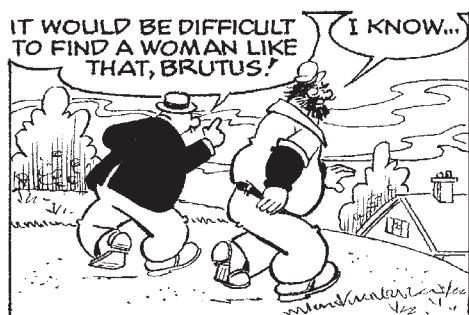
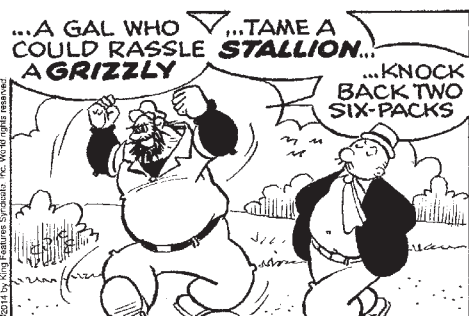
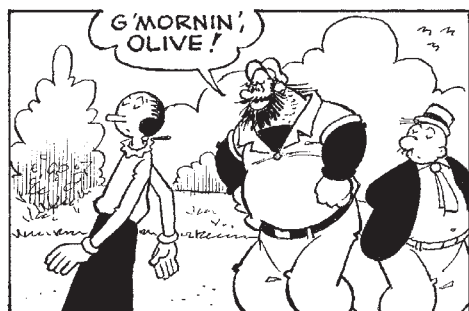
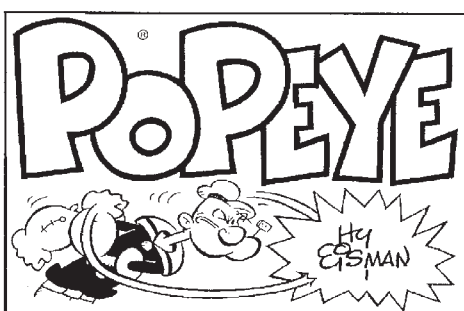
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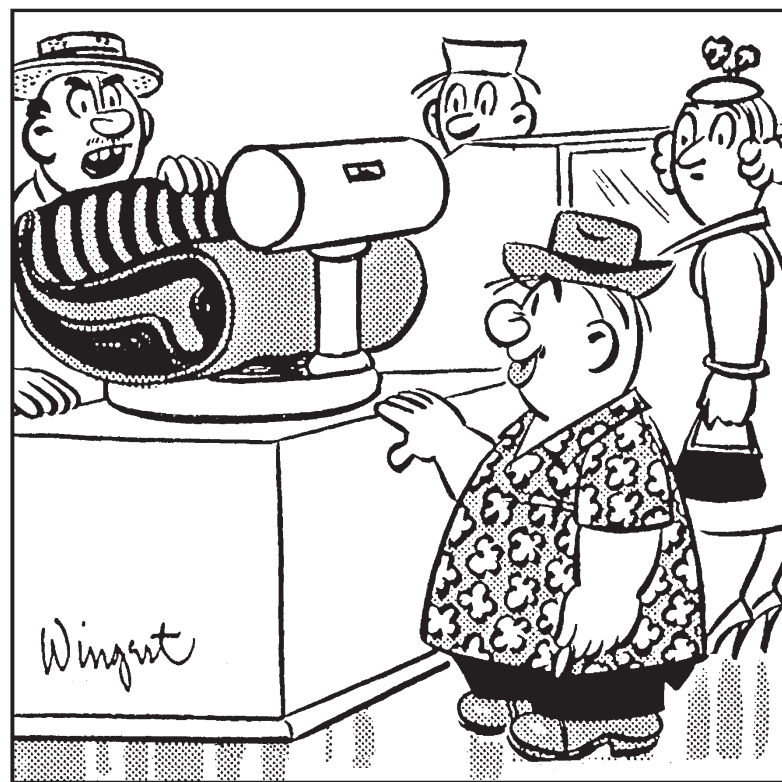
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Just Like Cats & Dogs by Dave T. Phipps

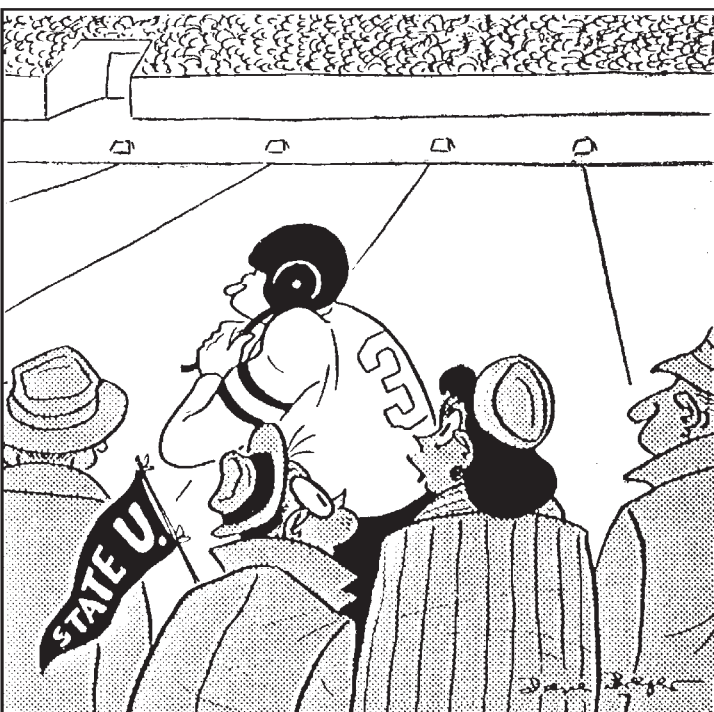


HUBERT - - By Dick Wingert



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2014 Bold Expressions

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Salome's Stars

ARIES (March 21 to April 19)
A changing situation calls for a change in plans. Although you might prefer the schedule you had already worked up, you could do better by agreeing to make the needed adjustments.

TAURUS (April 20 to May 20)
That once seemingly rock-solid proposition you favored might be hiding some serious flaws. Take time to check it more carefully and question anything that seems out of kilter.

GEMINI (May 21 to June 20)
Finish up those lingering tasks so that you can then arrange to spend some time in quiet reflection. This will go a long way in restoring both your physical and spiritual energies.

CANCER (June 21 to July 22)
A family situation could heat up and boil over unless you deal with it as soon as possible. Try to persuade other family members to work with you to help cool things down.

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

LEO (July 23 to August 22)
Cheer up, Kitty Cat! That low feeling will begin to ebb by midweek, and you should be back in the social swirl in time for the weekend. A long-postponed deal could be starting up again.

VIRGO (August 23 to September 22)
Going too fast and too far on too little knowledge could be risky. Best to slow down and check for any gaps in your information. It's what you don't know that could hurt you.

LIBRA (September 23 to October 22)
Trying to make peace among quarreling family members, friends or colleagues can be tough. Expect some resistance, maybe even some expressions of resentment. But stay with it.

SCORPIO (October 23 to November 21)
Changing your mind doesn't have to be a problem once you realize that you might have good and sufficient cause to do so. Make your explanations clear and complete. Good luck.

SAGITTARIUS (November 22 to December 21)
An unkept promise can be irksome and easily raise the Archer's ire. But instead of getting into a confrontation, take time to check why someone you relied on came up short.

CAPRICORN (December 22 to January 19)
A new workplace distraction creates an unnecessary delay. The sooner you deal with it, the better for all concerned. A personal matter also should be attended to as soon as possible.

AQUARIUS (January 20 to February 18)
Once again, the Aquarian's gift for applying both practical and creative methods to resolve a situation makes all the difference. Personal relationships thrive during the weekend.

PISCES (February 19 to March 20)
A relationship appears to be losing its once-strong appeal for reasons that might be different from what you think. An open and honest talk could lead to some surprising revelations.

BORN THIS WEEK: Your life is bound by your belief that character counts more than anything else.

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Now here's a tip!
by Jo Ann Derson

• A great idea for mini ice packs: Freeze ketchup packets you get from takeout food. They are great for icing small bumps or bug bites.

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COUCH THEATER DVD PREVIEW

BY SAM STRUCKHOFF

COUCH THEATER -- DVD PREVIEW
By Sam Struckhoff

EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of October 13, 2014.

PICKS OF THE WEEK



Jennifer Lawrence as Mystique in "X-Men: Days of Future Past"

"X-Men: Days of Future Past" (PG-13) -- In a gray and smoldering future, giant androids called Sentinels are on a mission to exterminate the world's mutants, and they're doing a pretty good job. The remaining X-Men band together for a last-ditch effort: send Wolverine back to the 1970s to stop the Sentinel program from taking off. To do this, he has to break 1970s Magneto out of his super-prison and repair the broken friendship between himself and 1970s Professor X.

The action and special effects are as awesome as you'd expect from bahjillions of dollars and an experienced director in the chair. However, it's the cast that really blows up the screen. Professor X is played by James McAvoy and becomes Patrick Stewart. Magneto is the dreamy Michael Fassbender in the 1970s, and evolves into Sir Ian McKellan when he grows up. Halle Berry, Jennifer Lawrence, Peter Dinklage and many more are left with too much talent and not enough screen time.

"Mr. Peabody & Sherman" (PG) -- Not to be outdone by the X-Men, a

different ensemble of time-traveling buddies made their bid for the box office this summer. Mr. Peabody (Ty Burrell of TV's "Modern Family") is a dog/genius who takes his adopted human son, Sherman (Max Charles), on educational trips to historical turning points in their time machine. After a dispute with a girl in Sherman's class, the duo wind up on a time-spree, encountering everyone from Agamemnon to Washington.

This is one of the better adventures from Dreamworks lately, though it's not a threat to the popularity of "How to Train Your Dragon." The humor is rather snarky and punny -- both titular characters are known for their smarts -- but still accessible to the kiddos and always done with a trace of civility.

"Whitey: United States of America v. James J. Bulger" (R) -- The most notorious criminal of his time was finally brought to court in 2012, raising questions about just who was helping Whitey Bulger get away with so much for so long. Some say he was in step with the FBI, but Bulger insists he's every kind of criminal but a snitch. This documentary examines the trial of Bulger (who was a real-life inspiration from Jack Nicholson's character in "The Departed"), but the details revealed in interviews only raise more questions.

"Beneath the Harvest Sky" (R) -- Two teenagers in a weedy rural town in the top corner of Maine hatch a plan to get out of town while they come of age. Casper (Emory Cohen) gets roped into helping his father's little operation smuggling drugs across the Canadian border, thus jeopardizing his friends and his future. Really, the plot isn't the appeal here. The way the directors handle the pacing and visual storytelling creates an almost palpable atmosphere.

TV RELEASES

- "Murdoch Mysteries, Season 7"
- " Fargo Season One "
- " Penny Dreadful: Season 1 "
- " 2 Broke Girls: Season 3 "
- " The Honorable Woman: Season 1 "

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Good Housekeeping

Raisin Spice Bars

You don't need a mixer to make these toothsome cookies, which are reminiscent of the New England favorite, Hermits.

- 2 cups all-purpose flour
- 2/3 cup packed brown sugar
- 2 teaspoons ground cinnamon
- 1 1/2 teaspoons ground ginger
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 large eggs
- 2/3 cup light (mild) molasses
- 6 tablespoons butter or margarine, melted
- 2 teaspoons vanilla extract
- 3/4 cup dark seedless raisins

1. Preheat oven to 375 F. Grease 13-by-9-inch baking pan.
2. In large bowl, with wooden spoon, stir flour, brown sugar, cinnamon, ginger, baking soda and salt until combined. Stir in eggs, molasses, butter and vanilla just until blended. Stir in raisins. Spread batter evenly in prepared pan.
3. Bake until golden around edges, 18 to 22 minutes. Cool completely in pan on wire rack.
4. When cool, cut lengthwise into 6 strips, then cut each strip crosswise into 4 pieces. Makes 24 bars.

• Each bar: About 135 calories, 4g total fat (2g saturated), 2g protein, 24g carbohydrate, 25mg cholesterol, 115mg sodium.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipefinder/.

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Old proverbs about rainy weather

"A sunshiny shower won't last half an hour."

"Catchy drawer and sticky door, coming rain will pour and pour."

Source: www.almanac.com

"A ring around the sun or moon means rain or snow is coming soon."

"Rain before seven, fine before eleven."

"Red sky at night, shepherds delight.
Red sky in the morning, shepherds take warning."

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FOOD REVIEW
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- ACROSS
- Sir Toby of "Twelfth Night"
 - Mosquito enemy
 - Wide river valley
 - Part of soft palate
 - Grassland
 - Hamelin's child abductor
 - Awful smell
 - Banned insecticide
 - City in Belgium
 - "One, two, _____ coming for you..."
 - "The People Under the _____," 1991
 - Seek damages
 - It's more commonly called a pika
 - Onomatopoeia for collision
 - Young salmon
 - Maneuver for attaining particular goal
 - Show horse type
 - Fireplace smudge
 - Famous march composer
 - Yugoslavian leader during World War II
 - Chef's headgear
 - It will
 - To impede
 - Lowest brass
 - Not made up
 - "_____ Margery Daw"
 - "Like a lot of horror movie scenes"
 - First responders
 - Metal enemy
 - Face twitch, e.g.
 - 1976 prom night thriller
 - "Movie about a cursed videotape"
 - Antique shop item
 - Federal procurement org.
 - Was dishonest with
 - DVD player button
 - "Don't take one if you star in a Krueger flick"
 - Fourth letter in Greek alphabet
 - Fancy-schmancy
 - Be in the red
 - Winter driving hazard
- DOWN
- In the _____, like a skinny-dipper
 - "What _____ Happened to Baby Jane?"
 - Stringed instrument with pear-shaped body
 - Oafs
 - Desperate or badly-off
 - Another name for an Oldsmobile
 - Nourished
 - String bean's opposite
 - IV+IV
 - Imitator
 - 1983 ZZ Top hit
 - "_____ he drove out of sight"
 - Mexican beaches
 - Brewer's staple
 - Big bang maker
 - Lawn pastime
 - "Norman _____"
 - Get off the chair
 - Opposite of glossy
 - Place of origin
 - Coconut fiber
 - One who is tutored
 - Muhammad's religion
 - "When a Stranger _____"
 - Fans reactions
 - London subway
 - "Hellraiser III: Hell on _____"
 - "Scary Movie 2" bird
 - Writing under influence, in text
 - Bears or cedes
 - Dal _____, in music
 - Angler's basket
 - "Rabid St. Bernard"
 - Aphrodite's lover
 - "Lifestyles of the _____ and Famous"
 - Measuring roll
 - Doing nothing
 - Post-it _____
 - Buzzing pest
 - Large edible mushroom
 - "Movie with same name as certain tool"

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

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

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

Moving Services
STEADY MOVES You rent the truck...we will make sure it's loaded/unloaded PROFESSIONALLY! (Lic#322945) 916-206-3183. Email msmith2661@comcast.net (MPG 06-30-14)

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Help Wanted Drivers

EXPERIENCED DRIVER OR RECENT GRAD? With Swift, you can grow to be an award-winning Class A CDL driver. We help you achieve Diamond Driver status with the best support there is. As a Diamond Driver, you earn additional pay on top of all the competitive incentives we offer. The very best choose SWIFT • Great Miles = Great Pay • Late-Model Equipment Available • Regional Opportunities • Great Career Path • Paid Vacation • Excellent Benefits. Please Call: (520) 226-4362 (Cal-SCAN)

Inhome Childcare

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

Insurance/Health

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

LANDA'S HOUSE CLEANING

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

Landscaping

Bula Landscaping Weekly & bi-weekly yard maintenance, yard clean-up & haul, fences and complete landscaping services. Call 916-380-0426 or 916-745-8795 (MPG 06-30-14)

Legal Services

If you or a loved one suffered a stroke, heart attack or died after using testosterone supplements you may be entitled to monetary damages. Call 877-884-5213 (Cal-SCAN)

Medical Supplies /Equipment

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

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Miscellaneous

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

AIRLINE MANUFACTURING CAREERS Start Here - Get trained as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance. Call Aviation Institute of Maintenance 888-686-1704 (NANI)

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

SUPPORT our service members, veterans and their families in their time of need. For more information visit the Fisher House website at www.fisherhouse.org (NANI)

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

Get Lightning Fast High Speed Internet. AT&T U-Verse Plans starting at \$14.95/mo! BUNDLE & save more with AT&T Internet+Phone+TV. CALL NOW. Offers End Soon! 855-980-5126 (NANI)

Bundle & Save on your TV, Internet, Phone!! Call Bundle Deals NOW Compare all Companies, Packages and Prices! Call 1-888-986-3957 TODAY! (NANI)

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

Classified Advertising

773-1111

Sudoku Puzzle on Page 10

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

Miscellaneous

DISH TV Retailer. Starting at \$19.99/month (for 12 mos.) & High Speed Internet starting at \$14.95/month (where available.) SAVE! Ask About SAME DAY Installation! CALL NOW! 1-800-341-7308 (SWAN)

Music Lessons

Guitar Lessons -

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

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

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

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-06852. Harinder Singh and Gurpreet Kaur Rata, 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 Rata, 8258 Pinefield Drive, Antelope, CA 95843 is doing business under the Fictitious Business Name "Tera Tera Auto Sales" at 8551 Tys 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 Names "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 95668 and Chris Minnick, 2216 T Street #7, Sacramento, CA 95816 is doing business under the Fictitious Business Name "WaizThis?" 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
WAIZTHIS? 140910 10-09-14

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

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-07364. Mikayel Mikayelyan, 4502 Whitney Avenue, Sacramento, CA 95821 is doing business under the Fictitious Business Name "Fair-n-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 Douplous, 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. Adela 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
COCCIN 140918 10-16-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-07144. David Park, 29 Via Del Celso, Rancho Palos Verdes, CA 90275 is doing business under the Fictitious Business Name "Grove Dental Group" at 9727 Elk Grove Florin Road #155, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County on September 3, 2014. Publish: October 2, 9, 16 and 23, 2014
GROVE 140922 10-23-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-07827. Brian Decker, 12565 Douglas Road, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name "WaterStation Technologies" at 12565 Douglas Road, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on September 26, 2014. Publish: October 2, 9, 16 and 23, 2014
WATER 140926 10-23-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-07466. Lisa Bernstein, 2260 Grizzly Hill Court, Gold River, CA 95670 is doing business under the Fictitious Business Name "Giddy Books" at 2260 Grizzly Hill Court, Gold River, CA 95670. Filed with the Clerk of Sacramento County on September 16, 2014. Publish: October 2, 9, 16 and 23, 2014
GIDDY 140923 10-23-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-07676. Custom 4 X 4 Inc., P.O. Box 546, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Fair Oaks Auto Sales" at 1940 Zinfandel Drive #C, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County on September 22, 2014. Publish: October 2, 9, 16 and 23, 2014
FAIROAKS 140923 10-23-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-07754. Surabus, Inc., 3567 Recycle Road, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name "Subaru Recycling" at 3567 Recycle Road, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on September 24, 2014. Publish: October 2, 9, 16 and 23, 2014
SUBARU 140925 10-23-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-07696. Marita McNabb, 7777 Glenn Avenue, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "DRunner" at 7777 Glenn Avenue, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on September 23, 2014. Publish: October 2, 9, 16 and 23, 2014
DRUNNER 140924 10-23-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-07793. Wendi, Donald and Michael Dickson, 4744 Engle Road, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Freshlook Florist" at 4764 Manzanita Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on September 26, 2014. Publish: October 2, 9, 16 and 23, 2014
FRESHLOOK 140926 10-23-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-07806. Ivan Yakimiyuk, 4924 Vir Mar Street #30, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "iVN Appliances" at 4924 Vir Mar Street #30, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on September 26, 2014. Publish: October 2, 9, 16 and 23, 2014
iVN 140926 10-23-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-07792. Ivan Yakimiyuk, 4924 Vir Mar Street #30, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "iVN Appliances" at 4924 Vir Mar Street #30, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on September 26, 2014. Publish: October 2, 9, 16 and 23, 2014
iVN 140926 10-23-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-07792. Taylor Michael Horn, 11893 Poyis Circle, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name "Insight Auto" at 11893 Poyis Circle, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on September 25, 2014. Publish: October 9, 16, 23 and 30, 2014
INSIGHT 140929 10-30-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-07689. Gene Kashack, 8866 Elder Creek Road, Sacramento, CA 95828 is doing business under the Fictitious Business Name "Western Material Supply" at 8866 Elder Creek Road, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on September 23, 2014. Publish: October 9, 16, 23 and 30, 2014
WESTERN 140926 10-30-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-07798. Sierra Nguyen, 5404 Esmeralda Street, Sacramento, CA 95820 is doing business under the Fictitious Business Name "Barks and Meows Pet Sitting" at 5404 Esmeralda Street, Sacramento, CA 95820. Filed with the Clerk of Sacramento County on September 26, 2014. Publish: October 9, 16, 23 and 30, 2014
BARKS 140929 10-30-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-07761. Jacobo and Ana Elizabeth Gonzalez, 525 South Avenue, Sacramento, CA 95838 is doing business under the Fictitious Business Name "Victory Construction Heating and Air Conditioning" at 525 South Avenue, Sacramento, CA 95838. Filed with the Clerk of Sacramento County on September 24, 2014. Publish: October 9, 16, 23 and 30, 2014
VICTORY 141001 10-30-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-07878. FB International, Inc., 8638 Elder Creek Road #200, Sacramento, CA 95828 is doing business under the Fictitious Business Name "Price Co" at 8638 Elder Creek Road #200, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on September 30, 2014. Publish: October 9, 16, 23 and 30, 2014
PRICECO 141001 10-30-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-07487. Nathan D. Adams, 10868 Palute Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name "Esquire Realty, Esquire Mortgage, Esquire Realty and Mortgage, Esquire Property Management, Esquire Lending and Norcal Signings" at 10868 Palute Way, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County on September 16, 2014. Publish: October 9, 16, 23 and 30, 2014
ESQUIRE 141001 10-30-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-07907. Paulette Michelle Howard, 8440 Rapozo Court, Antelope, CA 95843 is doing business under the Fictitious Business Name "Sierra Maison Home Staging" at 8440 Rapozo Court, Antelope, CA 95843. Filed with the Clerk of Sacramento County on September 30, 2014. Publish: October 9, 16, 23 and 30, 2014
SIERRA 141001 10-30-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-07946. Layth Eeso, 1625 Bell Street #3, Sacramento, CA 95825 is doing business under the Fictitious Business Name "Eeso Auto Sales" at 3300 Auburn Boulevard #16, Sacramento, CA 95821. Filed with the Clerk of Sacramento County on October 2, 2014. Publish: October 9, 16, 23 and 30, 2014
EESO 141002 10-30-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-07954. Emod and Eddie Matte, 401 Ebi Way, Folsom, CA 95630 is doing business under the Fictitious Business Name "Chalupa Fresh Mexican Grill" at 3101 Zinfandel Drive, Suite 134, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County on October 2, 2014. Publish: October 9, 16, 23 and 30, 2014
CHALUPA 141003 10-30-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-07991. Thomas Ferrick, 100 Biocentennial Circle, Apt. 320, Sacramento, CA 95826 is doing business under the Fictitious Business Names "Tronix Productions, Ballroom Attire and Cosplay Attire" at 100 Biocentennial Circle, Apt. 320, Sacramento, CA 95826. Filed with the Clerk of Sacramento County on October 3, 2014. Publish: October 9, 16, 23 and 30, 2014
TRONIX 141003 10-30-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-07987. Exclusive Nine LLC, 3151 El Camino Avenue #34, Sacramento, CA 95821 is doing business under the Fictitious Business Name "Exclusive Nine LLC" at 3151 El Camino Avenue #34, Sacramento, CA 95821. Filed with the Clerk of Sacramento County on October 3, 2014. Publish: October 9, 16, 23 and 30, 2014
EXCLUSIVE 141003 10-30-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-07991. Thomas Ferrick, 100 Biocentennial Circle, Apt. 320, Sacramento, CA 95826 is doing business under the Fictitious Business Names "Tronix Productions, Ballroom Attire and Cosplay Attire" at 100 Biocentennial Circle, Apt. 320, Sacramento, CA 95826. Filed with the Clerk of Sacramento County on October 3, 2014. Publish: October 9, 16, 23 and 30, 2014
TRONIX 141003 10-30-14

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EXCLUSIVE 141003 10-30-14

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EXCLUSIVE 141003 10-30-14

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 9:00 a.m. on November 18, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: September 10, 2014
Raymond M. Cadei, Judge of the Superior Court
Publish: September 18, 25, October 2 and 9, 2014
RYAN 140910 10-09-14

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00168747
WHEREAS, Linson Kunthrayil Puthen 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 18, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: September 10, 2014
Raymond M. Cadei, Judge of the Superior Court
Publish: September 18, 25, October 2 and 9, 2014
VARGHESE 140910 10-09-14

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00168743
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 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
SOLOVYEVA 140911 10-09-14

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00168776
WHEREAS, Anne Gonzales has filed a petition with this court for a decree changing the names of Anne Marie Gonzales to Abby Marie Gonzales. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on November 20, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: September 10, 2014
David I. Brown, Judge of the Superior Court
Publish: September 18, 25, October 2 and 9, 2014
GONZALES 140912 10-09-14

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00168774
WHEREAS, Miranda Chelsey Johansen and De Andre Marcel Pitts have filed a petition with this court for a decree changing the names of Ava Marie Johansen to Ava Marie Pitts and Joseph Marcel Johansen to De Andre Joseph Pitts. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on November 20, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: September 10, 2014
David I. Brown, Judge of the Superior Court
Publish: September 18, 25, October 2 and 9, 2014
PITTS 140912 10-09-14

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POPPOFF!

with Mary Jane Popp

KVIE Auction a couple of weeks back. He is mortified of snakes. But, he said, "I'm way too scared to tell you what I'm really scared of...but I'll do it anyway. I'm horrified of ghosts. Sometimes you can tell when there is positive energy or a negative energy (some say that's a ghost) in a place you walk into. The negative energies scare me to pieces. So scary ghosts and scary snakes send me—SCARED!" Remind me to "not go" on the road with you Rob. Maybe you are a ghost magnet.

Then I checked in with our morning guy at KAH1 AM-950 from 6-9 AM...Casey Freelove. I didn't think anything would scare him. He's too macho sports guy and all that! You know what creeps him out about Halloween? Adults who don't have children and they insist on dressing up for Halloween. He added, "Last time I dressed up (I was forced to) I felt odd until I got to the party I attended, and then felt very weird when I exited the party. Here's why. This party was at the Venetian

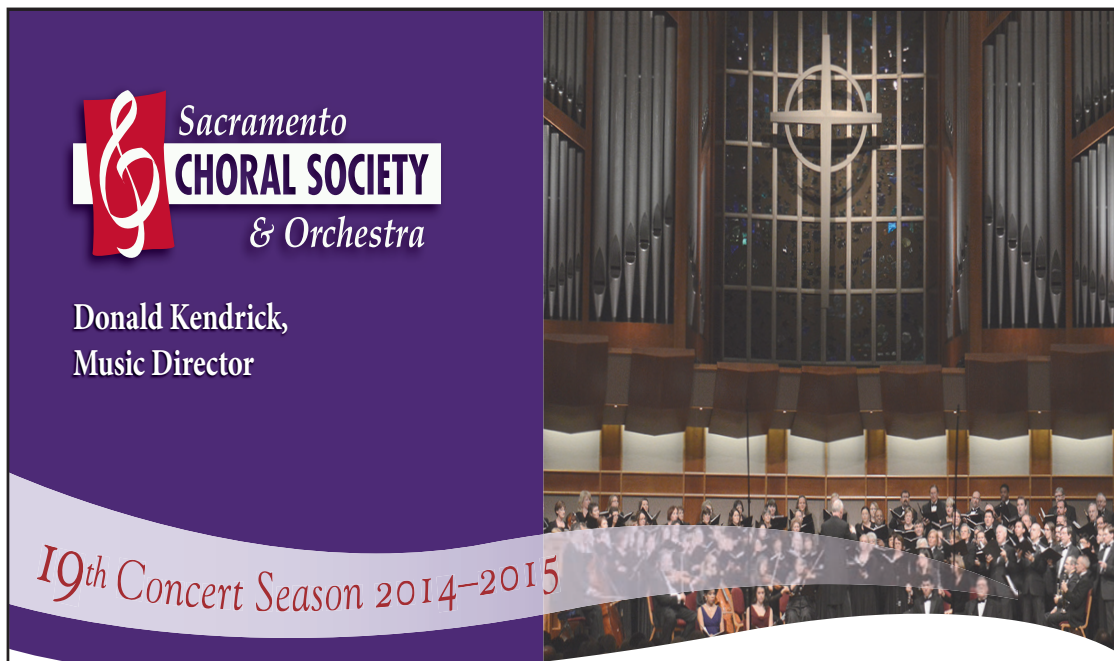
Casino in Las Vegas in 2008, and I ended up spending the night at the hotel. Then I had to walk through the entire casino in my football player costume the next morning. Embarrassing? Yes! "Hey Casey, next time, pack a bag! Oh, He's superstitious too. "Black cats crossing my path and walking under ladders. I also have a 'lucky' bottle opener. Why is it lucky? "It was my mom's bottle opener when she attended college at Chico State back when they still had the Pioneer Days celebration, and I think that's pretty darn cool, and lucky!" That's great, but how do you make it to the station every day with all those superstitions? Never mind. You have

the lucky bottle opener, right? I have known Michael Marks, "Your Produce Man" from the KOVR News and "Good Day Sacramento," for a long time. He visits with me every week on the KAH1 Noon News. So what creeps him out farmers with pitch forks? Nope! This is what he told me. "What creeps me out are over-cooked Brussel Sprouts and Asparagus. Slimy. Stinky. Sickening. No wonder so many kids have learned to hate Brussel Sprouts and Asparagus. Please don't creep me out. Don't over-cook your veggies! I know, Michael, raw is relevant!" Finally, I checked in with our newest addition to the AM-950 KAH1 family Bob Stephenson.

He is our Afternoon News Guy from 4-6 PM. This one got serious! He is claustrophobic. "When I was a child, I got caught underwater in the ocean for several seconds and became very disoriented and VERY scared. Since then, tight spaces or anything that makes it impossible for me to move or stretch out makes me feel very uncomfortable." Bob, I guess that turtle neck sweater I was going to get you for Christmas is out of the question. Just kidding, of course. Now for my bugga-boos. Ooops. Ran out of space. Here's a hint though. My ancestors come from *Transylvania!*

HAPPY BLOOD CURDLING HALLOWEEN!!! ★

BOO !!!
Halloween is just around the corner! Got scary superstitions? I asked some of my colleagues if they suffer from the same fate. Had a chance to talk with Rob Stewart of KVIE's "Rob on the Road" fame when he and I did the



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6190 Sunrise Blvd, Citrus Heights (behind Sears in the SE parking lot).
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- SATURDAY** Sacramento Midtown Farmers Market
20th St. between J and K, Sacramento.
Every Saturday 8 am - 1 pm. Open year round.
- SATURDAY** Historic Folsom Farmers Market
915 Sutter St, Folsom (Historic Folsom Public Plaza).
Every Saturday 8 am - 1 pm. Open year round.
- SUNDAY** Carmichael Park Farmers Market
5750 Grant Ave, Carmichael (corner of Grant and Fair Oaks Blvd).
Every Sunday 9 am - 2 pm. Open year round.
- WEDNESDAY** VA Mather Farmers Market
10535 Hospital Wy, Mather (VA Hospital).
Every Wednesday 9 am - 1 pm. Seasonal, closes 11/26.
- WEDNESDAY** Fair Oaks Sunset Farmers Market
8101 Sunset Ave, Fair Oaks (New Life Church parking lot).
Every Wednesday 3 pm - 7 pm. Seasonal, closes 11/26.
- THURSDAY** UC Davis Health System Farmers Market
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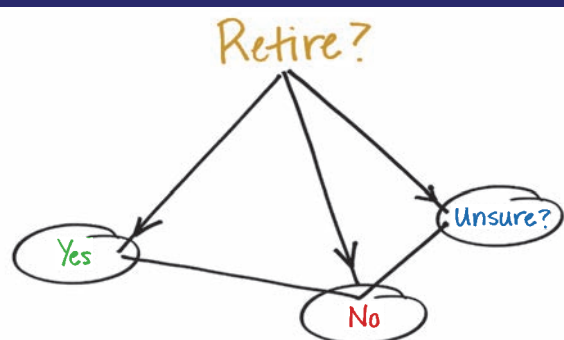
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(916)732-2020 or lisaw@eastlawn.com

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Julie Interrante, MA

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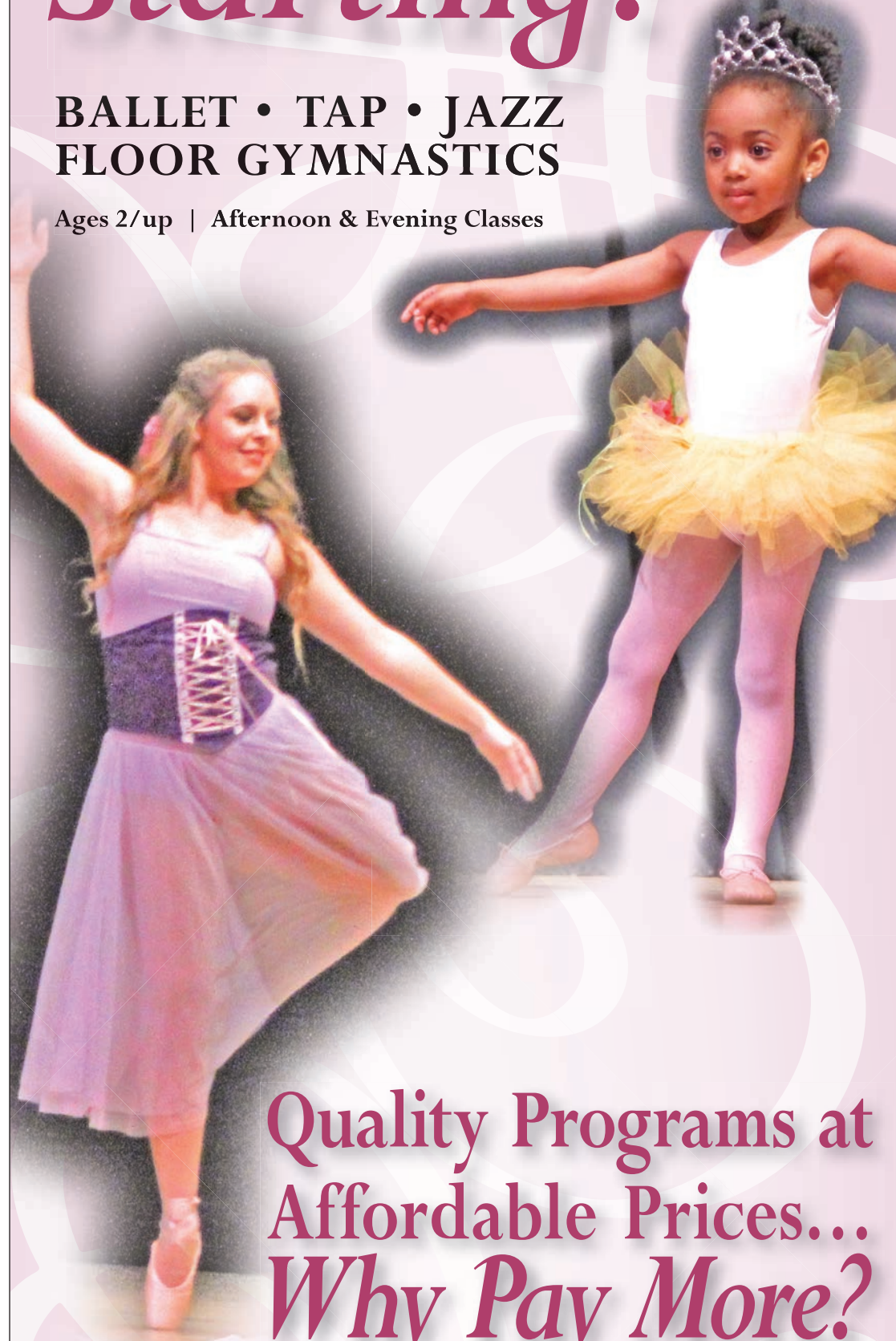
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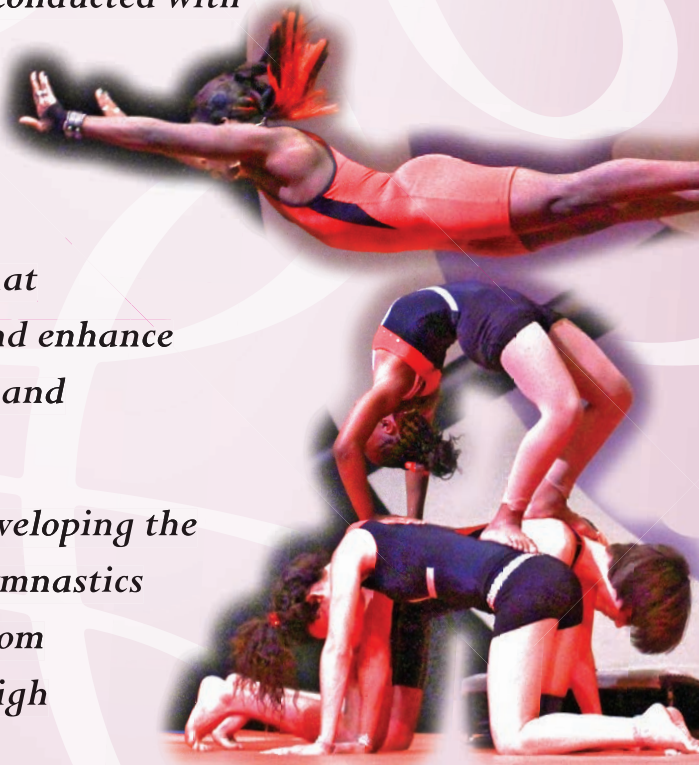
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Friday, October 10
11:30 am to 12:30 pm

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4300 Folsom Boulevard • Sacramento
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11:30 am to 12:30 pm

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Friday, October 31
11:30 am to 12:30 pm

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Thursday, November 13
11:30 am to 12:30 pm

ELK GROVE MEMORIAL PARK & MORTUARY
9189 E. Stockton Boulevard • Elk Grove
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Reservations Required, please RSVP to the location of your choice, or to Lisa West at LisaW@EastLawn.com

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

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

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