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May 8, 2014

Bera Urges Leaders and Nation to Get "Mojo Back"



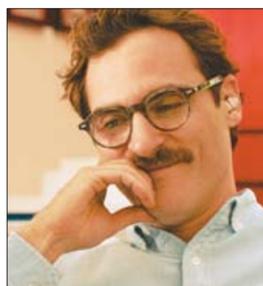
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The Last Brunch



Leticia Gamez serves breakfast to final customers at the Waffle Barn. The eatery closed on Sunday. Owner Roger Russ (background, right) supervises servers during the 15-year-old restaurant's final day. Inset: In 2006, Good Day Sacramento broadcasters Marianne McClary, Tom Loffman and Tina Machua enjoyed an after-shift breakfast at the restaurant. Server was Shyla Russ, server.

Story and Photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - A neighborhood tradition for 15 years, Carmichael's Waffle Barn served a farewell feast last Sunday. The breakfast rush and a packed après-church session delivered around 500 meals to hungry regulars. From shelves and mobiles, the glazed eyes of hundreds of animal ornaments watched waffles, eggs, and pancakes plated and consumed. Veteran staffers kept their sunnysides up. Customers were sated but not all were happy. "I've been eating here for 15 years," complained an octogenarian. The staff knows me by name. I don't know where I'll get my strawberry waffle now." A week earlier, owner Roger Russ posted a glum farewell on the door. It explained that

demolition of the building necessitated closure. "We have had a wonderful 15 years here and many of our guests have become family," he wrote. "We will truly miss you." His staff observed faithful customers with long faces all week. Closure—or at least an operational hiatus—has been on the popular eatery's menu for two years. The building is part of the Fair Oaks Boulevard property now being developed as the Milagro Centre. Initial plans included renovating the Waffle Barn's ranch-style design to match Milagro's Tuscan theme. This plan required temporary closure and a 2014 re-opening. The developers since opted for demolition and rebuilding. "We hoped to have the Waffle Barn back when the new building was ready," said Milagro co-owner Allan Davis. "We're sad this

might not be the case. My wife and I loved eating there. Roger was one of three remaining tenants when we bought the (former Hillside) mall and we'll miss him. When the bottom line was put to our project, it was clear that working around an existing 1970s building was just not economically feasible. Construction codes are too different now." Said owner Russ: "We initially thought we would be closed for two to three months. The decision to demolish and rebuild means a much longer delay before reopening. We decided we couldn't wait that long. I've looked all over the boulevard for another place. I haven't yet found one suitable." With other Waffle Barns in Folsom, Yuba City and Roseville, the restaurateur will not be idle. His twelve Carmichael staffers were job-hunting this week. "I feel bad

for them," said their former employer. "My cook's been with me 15 years. But the situation is not under my control." Every morning for 15 years has brought the happy hubbub of cooking, serving and eating to the restaurant. This Monday dawned to empty chairs, empty tables. A few staffers arrived to tear down kitchen equipment. Soon to join another of Roger Russ's farmabilia collections at another restaurant, an overhead herd of porcelain cows, chickens and sheep gazed, unblinking, into the silence of china lambs. Hungry? Main street Carmichael restaurants offering a-la-carte American breakfasts include: the Lido Bar and Grill (7739 Fair Oaks), Denny's (7433 Fair Oaks) and Bella Bru Café (5038 Fair Oaks). ★

Governor Brown Declares Wildfire Awareness Week in CA

SACRAMENTO REGION (MPG) - Drought conditions have led to a significant increase in wildfire activity, and to ensure Californians are ready, Governor Edmund G. Brown, Jr. has declared May 4-10, 2014 Wildfire Awareness Week. CAL FIRE is reminding residents during Wildfire Awareness Week of the dangers posed by wildfires and the simple steps that should be followed to prepare for and prevent them. "Fire Season really never ended last year in many parts of California," said Chief Ken Pimlott, CAL FIRE director. "We continue to have very dry conditions and experience unusually early fire behavior that is extreme for this time of year." According to the state's final snow survey on May 1st, the statewide snowpack water content is only 18 percent of normal. Between January 1st and May 3rd, CAL FIRE has responded to over 1,200 wildfires that have charred nearly 2,700 acres. In an average year for the same time period, CAL FIRE would typically respond to fewer than 600 wildfires. During Wildfire Awareness Week, CAL FIRE is reminding Californians that when it comes to wildfires, remember "Ready, Set, Go!" Being Ready for a wildfire starts by maintaining 100 feet of Defensible Space and hardening homes with fire resistant building materials. "With this year's drought it is absolutely critical that residents be prepared for wildfires by ensuring they have 100 feet of Defensible Space around their homes," said Chief Pimlott. "Most wildfires are preventable and we need residents and vacationers to be extra cautious outdoors because one less spark means one less wildfire." Homeowners looking for additional information on how to prepare themselves, their families and their homes for wildfire can visit www.ReadyForWildfire.org.

Continued on Page 4

Taste of Carmichael

SACRAMENTO REGION, CA (MPG) - It's that time again! Come experience the best Carmichael has to offer at the 12th annual Taste of Carmichael. Ticket holders can sample dozens of Carmichael's American and ethnic restaurants, bakeries and markets throughout the evening. Valley and foothill wineries and breweries will be on hand to pour you their latest vintages and drafts. There will also be live music and vintage and classic cars on display.

Come prepared to win! There will be a number of raffles and a silent auction, so you'll want to bid or buy tickets. Many local businesses and non-profit groups will be represented, just look for the friendly faces and informational flyers among the booths.

Over the years your participation in Taste of Carmichael has helped the Carmichael Kiwanis Foundation's charities such as the Kiwanis Family House and other local community projects. So bring your appetite and a friend or two, and join the others as you

savor the best of local flavor—the Taste of Carmichael! Taste of Carmichael is presented by Carmichael Kiwanis and runs from 5:00 to 8:00 p.m. at Carmichael's La Sierra Community Center, 5325 Engle Road. Tickets for this year's festivities are \$35.00 and may be purchased at the door or in advance by visiting www.CarmichaelKiwanis.org or calling (916) 206-5775 or (916) 944-0893. ★ Source: Carmichael Kiwanis, Taste of Carmichael Photo by Susan Maxwell Skinner



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Bera Urges Leaders and Nation to Get "Mojo Back"



Staffer Leticia Gamez served breakfast to final customers at the Waffle Barn. The eatery closed on Sunday. Owner Roger Russ (background, right) supervised servers during the 15-year-old restaurant's final day. Inset: In 2006, Good Day Sacramento broadcasters Marianne McClary, Tom Loffman and Tina Machua enjoyed an after-shift breakfast at the restaurant. Server was Shyla Russ.

Story and Photo by
Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Seventh Congressional District representative Dr. Ami Bera last week described the Washington administration as: "One of the most dysfunctional organizations I've ever been involved with."

"We (America) need to get our mojo back," he told Carmichael Chamber of Commerce members. "President Obama hasn't done it; Nancy Pelosi and Harry Reid haven't done it. If changes aren't going to happen at the top, it's up to all of us as citizens. We should demand the leadership that will bring us back on track."

Americans, he said should require legislators to work across the aisle to build a financial future for the country. "We need to remember that we are Americans first, not Republicans and Democrats," said the Congressman. Bera feels a breakfast group he co-founded was a step in the right direction: Congress members from both parties meet, he says, "to build trust and find common ground

to move the country forward. A large part of this is finding ways to reduce wasteful spending and make Government more efficient."

Raised by immigrant hoteliers in Southern California, Bera is among few legislators who could lay black-top or install a toilet. "If there was work to be done, my dad put me and my brothers to it," he told the Carmichael Chamber. Recalling his training in wood and metal shop, he lamented that such school courses were now being dropped. One result, he observed, was that construction companies are now hard-pushed to find spot welders. "I learned how to weld," he recalled. "It was a useful skill. We can't all be scientists; we've got to get back to basics. We've need to recreate the dignity of work."

Bera also told Chamber merchants that small businesses were the backbone of America. "Small businesses will get us out of this recession by creating jobs," he said. "Business owners can control payroll; they can't control the cost of benefits. We must do everything we can to lower

the skyrocketing cost of health care." A bill introduced by Bera would delay the collection of health insurance tax until 2016. The move, he said, would allow insurance markets time to stabilize while providing immediate relief to businesses, working families and seniors.

Openly critical of facets of the Affordable Care Act, the Democratic first term admits to having been "yelled at by my party. I'll go against my colleagues," he says. "What can they do to me? I am a duly elected representative. I'm a doctor; it's up to me to speak out on health care. It needs to be fixed; if we are going to fix it, we have to work on it. My work shouldn't be about serving a Party, it's about serving people. You can't run a business or a country if you won't sit down and talk. It can't be Democrat against Republican, the patient is being lost in this debate."

"This is the country of We the People," Bera said. "We need to get back to that."

For upcoming Chamber of Commerce events, visit www.carmichaelchamber.com. ★

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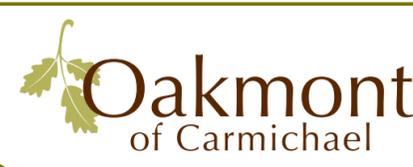




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Be sure to place in the subject field "Attention to Publisher".
If you do not have email access, please call us at 916-773-1111.

Spreading Joy One Flower at a Time



Kim Family Photo: Far Left, daughter Hye Jin Kim, Father Chong Ho Kim, Son Yo Sup Kim, Mother Hye Ran Kim, Far Right - Son Yo-Han Kim. Photo courtesy of the Kim family.

By Linda Harper

CARMICHAEL, CA (MPG) - Since 2012, the Kim family has been creating and delivering beautiful, fresh flowers to the Carmichael community from their business, Joy Flower Shop, located at 7630 Fair Oaks Blvd, Suite B.

Joy Flower Shop is vibrant with colorful cut flowers housed in refrigerated cases to keep them fresh. A wide variety of living houseplants lining the aisle greet visitors as they enter the store. Music and the fragrance of blossoms are a welcome gift to

the senses. A section in the store is devoted to a Natural Therapy Center where customers can learn about the positive effects of Anions (negative Ions), charcoal and green plants rooted in specially prepared soil. The combination provides essential elements that purify air while absorbing toxic pollutants.

Hye Ran Kim is the creative force behind Joy Flower Shop. She's also the Matriarch of the family. Hye Ran has been making inspirational floral arrangements for over 20 years. Her husband, Chong Ho Kim is the expert on

Natural Therapy, while their son, Yo Sup, home from college, manages the shop and makes deliveries. He's also bringing Joy Flower Shop into the world of technology and Social Media. A customer can now order flowers online, and soon, they'll be able to view the actual arrangement before it's delivered. This is especially helpful to the out of town patrons. Their website is easy to navigate and informative for their customers.

The Kim family is devoted to the Carmichael community they've lived and worked in for the past nine years. Family members can be found volunteering at Loaves and Fishes, and they stay very active in their church and its charitable activities.

In the words of Ralph Waldo Emerson, "Earth laughs in flowers," a definitive quote that embraces the philosophy of Joy Flower Shop. The Kims know giving joy through flowers and living plants is one of the greatest gifts a person can offer another.

For more information about Joy Flower Shop, log on to www.myjoyflowershop.com or call (916) 944-3466. Better yet, stop by and enjoy the warm hospitality the Kim family extends to their customers. ★

Swanston Plans Magical Splash

Story and Photo by
Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Swanston Community Center's spring-summer season kicks off May 17th with a splash, a hey-presto and possibly even a *cowabunga!*

Sacramento master magician Dale Lorzo will be among entertainers at a festival heralding the center's Splash Park reopening.

Lorzo, his assistant/wife Elaine and bunny Bingo will conjure startling effects during two afternoon performances. Their repertoire will include instant flower production, bunny tricks, magical art and the couple's famous basket and sword feat.



Magician Dale Lorzo, assistant Elaine and impish bunny Bingo are among entertainments planned for the Swanston Center's Splash Park festivities on May 17th.

In the morning, the Sacramento Sheriff's Community Impact Program plans to have a bicycle rodeo for children. Perks include free junior safety helmets for the first 1000 bikers. A college dance team called "Sacramento Black Art of Dance" will perform.

Snacks will be available for purchase and the popular family water park will have all fountains blasting. Participants should bring bathing suits and towels.

Swanston Park (Northrop Avenue, near Fulton) is part of the Mission Oaks Park District. Anyone may attend this free event. Festivities begin at 11 a.m. For information, call (916) 333-6464 or visit www.morpd.com. ★

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CARMICHAEL COMMUNITY UPDATE



By County Supervisor Susan Peters

Through the generosity of The Carmichael Times this column serves to provide an update about matters affecting the unincorporated community of Fair Oaks.

Transportation is the Topic

My next Community Coffee Meeting will be on Wednesday, May 21, featuring guest speaker Sacramento County Transportation Director Michael Penrose who is responsible for maintaining more than 5,200 lane miles of paved roadway in the unincorporated area. Here's an opportunity to hear first-hand about the challenges facing our transportation infrastructure.

I host these Community Coffee Meetings five times throughout the year with guest speakers on

topical issues in the morning at 7:30 a.m. in nearby Fair Oaks at the Fair Oaks Water District's conference room, 10326 Fair Oaks Blvd. near Winding Way. For a list of future meeting dates, please visit my webpage at bos.saccounty.net.

Family Fun at the County Fair

The 2014 Sacramento County Fair will be held May 22 - 26 at Cal Expo. Activities include a carnival, food, barn animals, music, and shopping.

General Admission is only \$5. Children age 12 and under are admitted free.

Separate special entertainment includes a demolition derby on Friday night, May 23, the Stars and Stripes Invitational Bull Riding Event on Saturday night, May 24, the Gran Jaripeo (Mexican Rodeo and Fiesta) on Sunday, May 25, and Freestyle Motocross on Monday, May 26. Please visit sacfair.com for more information.

Effie Yeaw Nature Center Gala

Tickets are now on sale for the upcoming Annual Gala and Art Auction benefitting the Effie Yeaw Nature Center that will be held on Saturday, May 31.

This special event features delicious food, wine, music, and art depicting the American River

Parkway and its "wild things." Proceeds benefit the nature center and the American River Natural History Association, a nonprofit organization that supports educational and interpretive activities in the American River Parkway.

To make your reservation, please call 489-4918 or visit sacnaturecenter.net.

Alcohol Ban keeps Parkway Family Friendly

If you are planning to visit the American River Parkway over the Memorial Day holiday weekend, there will be a complete ban on alcohol consumption and possession both on land and in the water between Hazel and Watt avenues (an exception exists for Ancil Hoffman Golf Course).

Past holiday weekends had become major problems along the American River due to excessive alcohol consumption resulting in public nudity, profanity and littering. That led the Board of Supervisors to restore decorum through the ban and families I have talked to have expressed appreciation for making the holiday weekend a time again for everyone to safely enjoy the Parkway. ★

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susanpeters@saccounty.net.

Governor Brown Declares Wildfire Awareness Week



Continued from Page 1

The site offers tips for residents to make their homes more resistant to wildfires and to ensure that their families are ready to evacuate early and

safely when a wildfire strikes.

Governor Brown has called on all Californians to reduce their water use by 20 percent and prevent water waste. Visit www.SaveOurH2O.org to find out how everyone can do their

part, and visit www.Drought.CA.Gov to learn more about how California is dealing with the effects of the drought. ★

Source: California Department of Forestry and Fire Protection

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CARMICHAEL CANINE CORRAL ASSOCIATION

in partnership with ReUseIt is making it easy to de-clutter homes while making a difference locally by hosting a 2-week Clothing Drive from May 19th through June 1st. The Clothing Drive will take place at the ReUseIt Donation Center located at 6328 Fair Oaks Blvd. in Carmichael.

All donations dropped off at the Carmichael Donation Center during the 2-week period directly benefits Carmichael Canine Corral Association and Big Brothers Big Sisters of the Greater Sacramento Area.

This unique recycling fundraiser event is sponsored by ReUseIt, a registered, commercial fundraiser in the state of CA and a local business that provides support & service to nonprofit organizations in our local communities.

The ReUseIt team has over 40 years of experience in the household recycling industry, and is dedicated to making a difference locally. ReUseIt offers local nonprofit organizations the opportunity to raise important funds for their cause without having to spend a dime. All donations are tax deductible.

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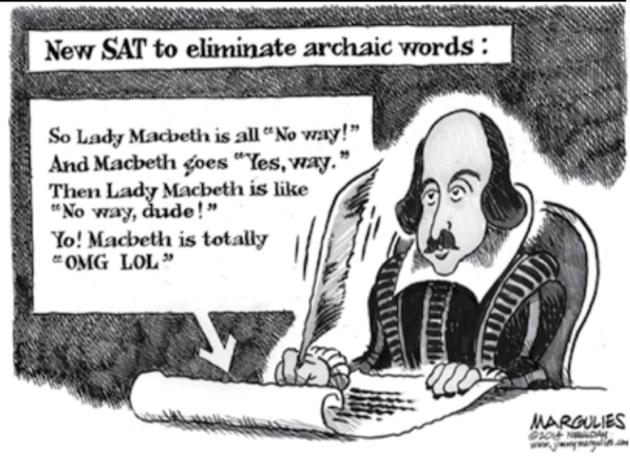
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THE RICH LOWRY COLUMN
By Rich Lowry

The Stupid Hounding of Condi Rice

If Condoleezza Rice were as self-pitying and politically crass as Attorney General Eric Holder, she would be wondering aloud what it is about her race and gender that accounts for the hostility to her.

Rice's speaking gigs on college campuses and her ascension to the board of the Internet company Dropbox have sparked protests calling for her to be disinvited, cashiered and generally isolated and shamed.

Condi Rice is not a natural lightning rod. She's such a disreputable figure that she's on the board of the Kennedy Center and the Boys and Girls Clubs of America. She's such a lightweight that she's a Stanford University professor.

She's such a yahoo that she once accompanied Yo-Yo Ma on the piano. The mob nonetheless believes that her due punishment for serving the wrong administration in the wrong cause should be banishment.

When the University of Minnesota invited her to give a lecture as part of a series marking the 50th anniversary of the Civil Rights Act, the school's faculty roused itself. Roughly 200 of them demanded that the invitation be revoked, partly because she is unfit to be part of a civil-rights lecture series.

What would give anyone the idea that a woman who was the nation's first female African-American secretary of state, who experienced Jim Crow firsthand during her childhood in Alabama, who was friends with one of the girls killed in the Birmingham church bombing would have anything relevant to say about civil rights?

The Minnesota professors say that it is in a "spirit of free expression" that they ask for the reversal of Rice's invitation. Because nothing says free expression like shutting down someone's lecture.

They claim they would love to have Rice come to the school on some other occasion. Presumably to sit in the dock at a mock war-crimes trial.

The Rutgers faculty reacted in a similar vein to the selection of Rice as the school's commencement speaker. Does the Rutgers

faculty really think Rice will urge graduating students to go out and start "wars of choice" and do "extraordinary renditions"? If the past is any guide, Rice will tell the Rutgers students about the importance of getting an education, of finding their passion, of being optimistic -- you know, all the truly dark stuff that animates quasi-war criminals.

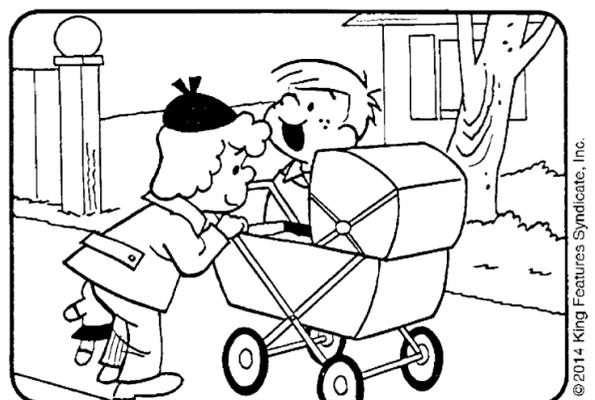
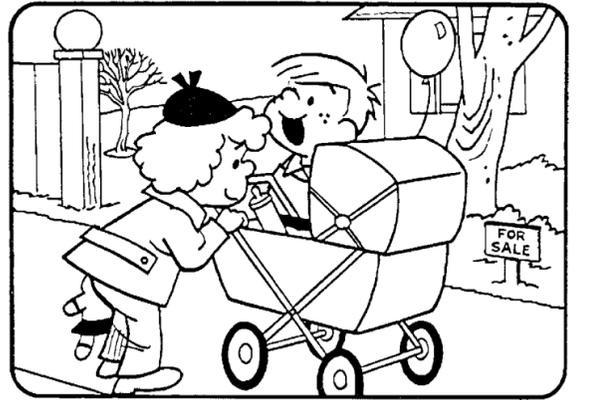
The hounding of Rice, naturally, all goes back to Bush national-security policy. If support for the Iraq War is a mark of odiousness, though, Hillary Clinton, Joe Biden and John Kerry should never be allowed to set foot on a campus or sit on a corporate board, since they all voted to authorize it.

But Rice's critics aren't interested in argument. As usual, her harassment is about narrowing the range of respectability so as to limit the parameters of political debate. This time, it is failing. The leaders of the University of Minnesota, Rutgers and Dropbox have refused to dump Rice.

Of course, if the typical rules applied, the fierce opposition to her would be attributed to racism, sexism and any other handy "-ism." Just imagine what Eric Holder would say if his opponents embarked on a concerted campaign to silence and shun him.

Rich Lowry is editor of the National Review.
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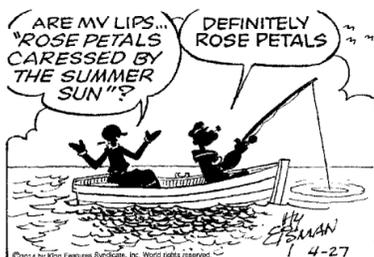
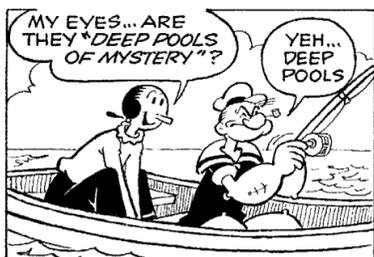
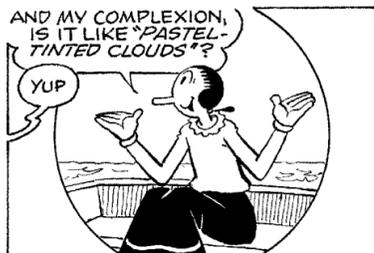
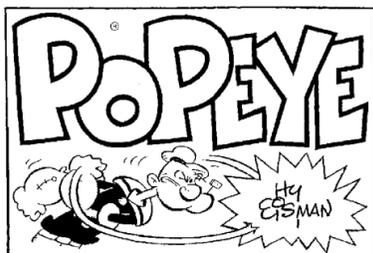
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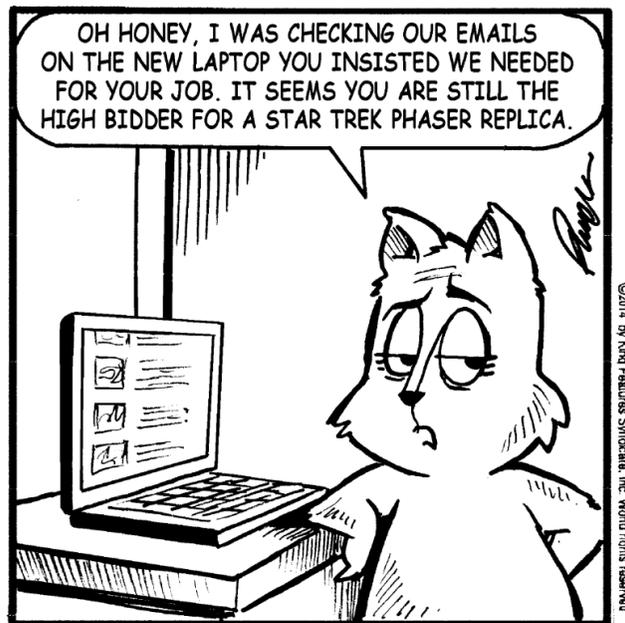
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Just Like Cats & Dogs by Dave T. Phipps



HUBERT - - By Dick Wingert



"This 17-cent expenditure under 'Miscellaneous' isn't itemized!"

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MISTER BREGER By Dave Breger



"Now, when did you first realize that you just couldn't make decisions...?"

LAFF - A - DAY



"Just remember, the more you plant the more we gotta eat!"

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Current and Upcoming Events



"Painting Where the Wild Things Are" Exhibit

May 13-30, 2014

Reception with live music, awards presentation, refreshments, May 17, 2014, 5:30 - 8:30 pm

This Exhibit is a Preview for the Gala and Auction at the Effie Yeaw Center Center, May 31, 2014. Tickets: www.sacnaturecenter.com
Benefiting ARNHA & the Effie Yeaw Nature Center

"Celebrating the Figure"

Featuring drawings, paintings, and sculptures by the Friday Morning Figure Study Group April 22-May 10, 2014

Club Meetings

Wash Inc. May 12, 2014 • 1:30 pm
Juan Pena • Plein Air Watercolor

NCA Next meeting is 7 pm May 14, 2014
Catherine Turrill CSUS Dept. of Art Chair

Photo Club Meets • 4th Thursday 7 PM

Fiber Arts Group • NEW! Meets 3rd Wednesday 10 am

Foyer Gallery:
"Hang Out and Do Art"
Artists

"Untitled" by Jack Calvin Warren

Focus on Fiber: Coming June 3rd!

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Hours: Tuesday 11 am-7 pm, Wednesday through Saturday 11 am-3 pm.
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The Carmichael Soccer Club, founded in 1972, and located in the heart of Carmichael is registering new players for the upcoming soccer season. If you have a child between the ages of 4 and 18 and can drive your kids to the area for practice and games, you should sign them up.

No experience is necessary so come join us today. Go online to Carmichaelsoccer.org to begin the registration process or come see us at our in person registrations at the Carmichael Library, 5605 Marconi Ave on:

May 31st (12-5 p.m.) • May 8th (6-8 p.m.)

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or visit us at www.carmichaelsoccer.org



If you want to become more involved, come to a board meeting and consider joining our board. Meeting times and locations are on our website under the Calendar.



Salome's Stars

ARIES (March 21 to April 19) This is a good week to look at healing bruised feelings and re-establishing weakened relationships. It's also a good week to start new projects and make new job-linked contacts.

TAURUS (April 20 to May 20) Music and art dominate the week, giving the sensual Bovine a lot to appreciate. On the practical side, deal firmly, but fairly, with those who might try to undermine your work efforts.

GEMINI (May 21 to June 20) Good feelings continue to flow from your recent efforts to reconnect with family and friends. But be ready to defuse a dispute before it can disrupt all that peace and harmony.

CANCER (June 21 to July 22) A practical view of a romanticized situation could help to clarify some of its more confusing aspects before you make a decision that could be tough to undo later on.

LEO (July 23 to August 22) Pay more attention to what a recent spate of workplace criticism might say about your performance and not what you think it implies about you personally. Some flexibility might be called for.

VIRGO (August 23 to September 22) With new information, and new promises of support (not to mention growing self-confidence), this could be a good time to restart a project you couldn't quite handle before.

LIBRA (September 23 to October 22) Before you decide to close down a problem-loaded project and make a fresh start with someone else, try once more to reach a compromise with your balky partner. He or she might surprise you.

SCORPIO (October 23 to November 21) While you continue earning points for your sharp negotiating skills, be alert for an attempt to undercut your efforts. You'll need to provide solid facts and figures to stay in the game.

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SAGITTARIUS (November 22 to December 21) A minor health problem might cause you to ease up on your usually busy schedule. But you'll soon be back in the saddle and ready to pick up the reins and charge ahead.

CAPRICORN (December 22 to January 19) The adventurous Sea Goat might be eager to take on a new challenge. But before you do, you might want to take some time to check out previously overlooked factors.

AQUARIUS (January 20 to February 18) A feeling of being overwhelmed by all that you have to do can be eased by setting priorities. Deal with the most urgent and time-sensitive situations first, and then work down the line.

PISCES (February 19 to March 20) Creating a calm, peaceful place for yourself in the middle of a roiling emotional whirlpool this week starts when you, and no one else, decide how to make decisions about your life.

BORN THIS WEEK: *Your determination to stick with your principles wins the admiration of everyone who knows you.*

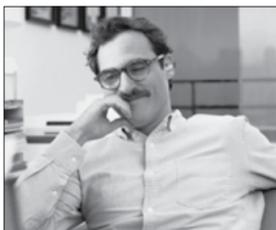
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COUCH THEATER DVD PREVIEW

COUCH THEATER -- DVD PREVIEW
By Sam Struckhoff

EDITOR'S NOTE: *DVDs reviewed in this column will be available in stores the week of May 5, 2014.*

PICKS OF THE WEEK



Joaquin Phoenix in "Her"

"Her" (R) -- In the nearish future, computers become so adept at human interaction that it's hard to tell the difference between a machine and a real personality. Theodore (Joaquin Phoenix) is a lonely, divorced writer who falls in love with the operating system of his new computer. To be fair, Sam -- as the software is called -- knows every intimate detail of Theodore's online life, she reads his emails, loves his sense of humor, asks thoughtful questions ... and she's voiced by Scarlett Johansson.

Writer/director Spike Jonze ("Adaptation," "Being John Malkovich") took home both the Oscar and Golden Globe for best original screenplay because of "Her." The film uses the wacky premise to get at the heart of bigger ideas about how we relate to technology, and how love works between humans.

"That Awkward Moment" (R) -- This is one of those romantic comedies where the characters are adults, but all of the jokes and commentary were clearly designed by adolescents. Zac Efron, Michael B. Jordan and Miles Teller play a trio of buds in their mid-20s, just pallin' around New York City, picking up chicks,

cracking (lame) jokes and dodging emotional entanglements. This movie would be hilarious as a parody of the shallow lessons taught by romcoms, but that's not how it tries to be funny -- instead you get a recurring bit about how one of the guys always leaves a smell in the bathroom.

"Generation Iron" (PG-13) -- The Mr. Olympia bodybuilding competition draws contenders from all over the world, and it was the stage that helped make Arnold Schwarzenegger into a superstar. The highest level of competitive bodybuilding demands an amazing level of skill and commitment. This documentary follows seven contestants in the 2013 Mr. Olympia as they forge their muscles and discuss what drives them. Narrated by Mickey Rourke, the movie finds what makes bodybuilding such a unique world.

DOG OF THE WEEK

"I Frankenstein" (PG-13) -- After years colorless crap about vampires, zombies, werewolves and every tired ghoul in between, Hollywood now has to retire the "Monster Reboot" strategy. It goes like this: Dig up an old monster and make the story "gritty" or "young adult" without any regard for what made the source material great. Now, Frankenstein's monster (Aaron Eckhart) has been resurrected into a pulpy gray world where he punches animated demons.

The Monster now goes by "Adam Frankenstein," for, you know, forms and stuff. He has survived into the modern era, and he's become instrumental in a never-ending war between good gargoyles and bad demons. Eckhart is totally committed to his grimacing, but it's not enough to save this humorless clone of the tapped-out "Underworld" franchise.

TV RELEASES

- "Longmire: Season 2"
- "Orange Is the New Black: Season 1"
- "Eastbound & Down: Season 4"
- "Wrestlemania XXX"
- "Doctor Who: Series Two, Part Two"
- "Barney Miller: Season 5"

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Mother's Day



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top ten

Mother's Day GIFTS

1. Digital camera
2. TV series on DVD
3. Gardening tools, books
4. Pilates on DVD
5. Ice wine
6. Gift basket
7. Exotic coffee
8. Perfume
9. Oprah book club
10. Travel guide

Source: askmen.com

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Moments in time

THE HISTORY CHANNEL

• On May 14, 1796, Edward Jenner, an English country doctor from Gloucestershire, administers the world's first vaccination as a preventive treatment for smallpox by scratching the fluid from cowpox into the skin of an 8-year-old boy. The disease had killed millions of people over the centuries.

• On May 17, 1885, for the second time in two years, the Apache chief Geronimo breaks out of an Arizona reservation. A famous medicine man and the leader of the Chiricahua Apache, Geronimo achieved national fame by being the last American Indian to surrender formally to the United States.

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Herbs and new moms

Many herbs can aid mothers during the postpartum period; they can enhance physical and emotional well-being and support breast-milk production and quality. Consult your doctor if you would like to try some from this list:

- Ashwaganda
- Gotu kola
- Hawthorn berries, leaves and flowers
- Milky oats
- Red raspberry leaf
- Nettle
- Catnip
- Chamomile
- Lavender
- Lemon balm
- Skullcap

- Brenda Weaver

Source: www.motherearthliving.com

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CLUES

- CROSSWORD**
- ACROSS
1. Low life?
6. Hot springs
9. Nerd
13. _____ International Airport, Kyrgyzstan
14. *It ended in 1945
15. *Peninsula, location of El Shatt WWII refugee camps
16. March celebrants
17. "Much ____ About Nothing"
18. Bond
19. *Russian soldiers, en masse
21. *Ribbentrop's co-signer
23. ____-tzu
24. Absorbed
25. "Yakety ____"
28. Short skirt
30. Geo-spacial positioning system, for short
35. Genesis man
37. Cell phone button
39. Wynonna Judd's mother
40. Mischievous Scandinavian god
41. Dress up or deck out
43. Elegant and stylish
44. ____-la
46. Russell Crowe's 2014 role
47. Comedy Central's "____"
48. One of the founders of scholasticism
50. Box office failure, e.g.
52. One of Five Ws
53. Bread portion
55. Corn spot
57. Entertain, as in idea
61. *WWII consequence
65. Love intensely
66. Snake-like fish
68. Open-mouthed
69. *He defeated Max Schmeling before enlisting
70. In the past
71. In the buff
72. Formerly
73. Rin tin tin, e.g.
74. Done for success
- DOWN
1. Gulf V.I.P.
2. Filly's mother
3. Blyton or Bagnold
4. Primary
5. Hindu retreat
6. Go to and fro
7. Mouse turf
8. Enophile's sensory concern
9. Drunkard
10. "Get ____!"
11. *Post WWII military alliance
12. *Battle of ____, encirclement of Russian troops
15. Arabic ruler
20. Damp
22. Operations, as in military
24. Hang up the phone
25. *Churchill/Roosevelt/Stalin meeting site
26. Bedazzle
27. New Zealand parrots
29. Type of sign
31. Boors lack this
32. In no manner
33. American Mennonite
34. *Like France under Pétain
36. Eight furlongs
38. Involving two parts
42. Selfie
45. *Axis opponents
49. "Word" in French
51. *Germany's invasion target
54. Beforehand
56. J. ____ Hoover
57. Tall one is a lie
58. Carbon monoxide lacks this
59. Y'all
60. Court order
61. Heidi's shoe
62. Boat track
63. "Planet of the ____"
64. Co-written, produced and directed by Warren Beatty
67. Bigheadedness

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For Solutions See Page 11

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For Sale
2003 21FT TAHOE LITE TRAILER Very Clean, 4 New Tires, 15ft Awning, AC/Heating, Shower, Tub.

Foster Parenting

Aspiranet is seeking loving homes for foster children in need.

Legal Services
Auto Accident Attorney: INJURED IN AN AUTO ACCIDENT? Call InjuryFone for a free case evaluation.

Medical Supplies/Equipment
Medical Alert for Seniors - 24/7 monitoring. FREE Equipment. FREE Shipping.

Miscellaneous
Toastmaster's Open House Meets first and third Fridays.

Health & Medical
Canada Drug Center is your choice for safe and affordable medications.

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Heating & Air
AC Repair Low Prices 487-4609 (MPG)
Help Animals
SPCA Thrift Shop Helpless animals need your donations.

Help Wanted
STATISTICIAN
(Sacramento) Utilize statistical theory, methods to collect, org/analyze econ, financial, business data for database creation.

PSYCHIATRIST
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Miscellaneous
AIRLINES ARE HIRING - Train for hands on Aviation Career. FAA approved program.

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Pets/Animals
DOG RESCUE
Gary (916) 334-2841
Please Adopt or Foster! Because so many really great dogs are dying for a good home...

Help Wanted
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Volunteers Needed
LIKE TO PLAY BINGO?
Support Veterans While You Play!
Bingo Volunteers needed every Thursday, Friday, Sunday nights from 4-10pm at Sacramento Bingo Center.

Help Wanted
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HOUSING WANTED
Work or Housesitting for rent or part of rent
Building or landscape maintenance (Mowing, pruning, weeding, painting, cleaning, window washing, garage organizing and cleaning, etc.) for part or all of the rent.

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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 #FBNF2014-02948. Jeff Peterson, 4130 Wheat Street, Sacramento, CA 95821 is doing business under the Fictitious Business Name "Advanced Renovations" at 4130 Wheat Street, Sacramento, CA 95821. Filed with the Clerk of Sacramento County on April 7, 2014. Publish: April 17, 24, May 1 and 8, 2014. ADVANCED 140407 05-08-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-02848. Demosthenes Kaufman and Maria Kaufman, 50 Fullerton Court, Suite 104, Sacramento, CA 95825 is doing business under the Fictitious Business Name "DJKM Properties" at 50 Fullerton Court, Suite 104, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on April 2, 2014. Publish: April 17, 24, May 1 and 8, 2014. DJKM 140408 05-08-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-02972. Arthur Keown, 8939 N. Camden Drive, Elk Grove, CA 95624 is doing business under the Fictitious Business Name "AJ Property Management" at 8939 N. Camden Drive, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County on April 7, 2014. Publish: April 17, 24, May 1 and 8, 2014. AJPROPERTY 140411 05-08-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-01994. Zhongqi Wang, 1226 T Street, #7, Sacramento, CA 95811 is doing business under the Fictitious Business Name "T T Express" at 1226 T Street, #7, Sacramento, CA 95811. Filed with the Clerk of Sacramento County on March 10, 2014. Publish: April 24, May 1, 8, and 15, 2014. T T EXPRESS 140331 05-15-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-03259. Jesus Santoyo, 5107 Andrea Boulevard, apt. 119, Sacramento, CA 95842 is doing business under the Fictitious Business Name "Mr. Spectacular Clean" at 5107 Andrea Boulevard, apt. 119, Sacramento, CA 95842. Filed with the Clerk of Sacramento County on April 15, 2014. Publish: April 24, May 1, 8, and 15, 2014. MRSPEC 140415 05-15-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-03042. First Alarm Security & Patrol, Inc., 1731 Technology Drive #800, San Jose, CA 95110 is doing business under the Fictitious Business Name "Bayer Protective Services" at 3436 American River Drive #10, Sacramento, CA 95864. Filed with the Clerk of Sacramento County on April 8, 2014. Publish: April 24, May 1, 8, and 15, 2014. BAYER 140415 05-15-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-02844. Lending Tree, LLC, 11115 Rushmore Drive, Charlotte, NC 28277 is doing business under the Fictitious Business Names "GetSmart.com, LendingTreePartners.com and GetSmart" at 11115 Rushmore Drive, Charlotte, NC 28277. Filed with the Clerk of Sacramento County on April 2, 2014. Publish: April 24, May 1, 8, and 15, 2014. GETSMART 140415 05-15-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-03092. Dunn Right Incorporated, 11867 Larisa Way, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Names "Play-ology and Play-ology Kids" at 3084 Sunrise Boulevard, Suite 4, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on April 10, 2014. Publish: April 24, May 1, 8, and 15, 2014. PLAY 140414 05-15-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-03165. Mohsen Razani, 5307 Marconi Avenue #33, Carmichael, CA 95608 is doing business under the Fictitious Business Name "www.autodemand.com" at 5307 Marconi Avenue #33, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on April 11, 2014. Publish: April 24, May 1, 8, and 15, 2014. AUTO 140415 05-15-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-03469. ATLAS of Carmichael, 8061 Livorna Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "ATLAS Thrift Shop" at 6634 Fair Oaks Boulevard, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on April 22, 2014. Publish: May 1, 8, 15 and 22, 2014. ATLAS 140422 05-22-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-02780. Raquel Bonilla, 5979 DeVeochi Avenue #77, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "R & R" at 4447 Auburn Boulevard, Sacramento, CA 95841. Filed with the Clerk of Sacramento County on March 31, 2014. Publish: May 1, 8, 15 and 22, 2014. R&R 140422 05-22-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-02675. Steven M. & Jamie L. Scott, 7444 Wisam Court, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Garage 47" at 4701 El Camino Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on March 28, 2014. Publish: May 1, 8, 15 and 22, 2014. GARAGE 140423 05-22-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-03555. Chou Vang, 5824 Franklin Boulevard, Sacramento, CA 95824 is doing business under the Fictitious Business Name "Mama Vangs" at 5824 Franklin Boulevard, Sacramento, CA 95824. Filed with the Clerk of Sacramento County on April 24, 2014. Publish: May 1, 8, 15 and 22, 2014. MAMA 140424 05-22-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-03487. Knarik Dermishyan, 4120 Big Meadow Way, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name "Master Auto Sales" at 3167 Fitzgerald Road, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on April 23, 2014. Publish: May 8, 15, 22 and 29, 2014. MASTER 140429 05-29-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-03261. Alex Tong, 515 P Street #1102, Sacramento, CA 95814 is doing business under the Fictitious Business Name "Safe, Swift Arrival Trips (SSAT)" at 4812 Roosevelt Avenue, Sacramento, CA 95820. Filed with the Clerk of Sacramento County on April 15, 2014. Publish: May 8, 15, 22 and 29, 2014. SSAT 140428 05-29-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-03281. Kate M. Baker, 8200 Fair Oaks Boulevard #37, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Adagio Weddings & Events" at 8200 Fair Oaks Boulevard #37, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on April 15, 2014. Publish: May 8, 15, 22 and 29, 2014. ADAGIO 140429 05-29-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-03482. Legal Age ID Systems, Inc., 2425 Mercantile Drive, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name "See America RV" at 2425 Mercantile Drive, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on April 23, 2014. Publish: May 8, 15, 22 and 29, 2014. SEEAMERICA 140429 05-29-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-03622. Dina Paulos, 631 Wilhagen Drive, Sacramento, CA 95864 is doing business under the Fictitious Business Name "Evolve Sites" at 1715 I Street #135, Sacramento, CA 95811. Filed with the Clerk of Sacramento County on April 28, 2014. Publish: May 8, 15, 22 and 29, 2014. EVOLVE 140430 05-29-14

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00161580

WHEREAS, Maribel Lopez has filed a petition with this court for a decree changing the names of Fernando Andrade to Luis Angel Lopez and Rikardo Andrade to Rikardo Lopez IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on May 15, 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.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 9, 2014 David I. Brown, Judge of the Superior Court Publish: April 17, 24, May 1 and 8, 2014 LOPEZ 140409 05-08-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00161612

WHEREAS, Ngocanh Thi Nguyen has filed a petition with this court for a decree changing the name of Ngocanh Thi Nguyen to Annie Thi Tran IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on May 16, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 9, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: April 17, 24, May 1 and 8, 2014 NGUYEN 140409 05-08-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00161612

WHEREAS, Cassandra Renee Ertel has filed a petition with this court for a decree changing the name of Cassandra Renee Ertel to Cassandra Renee Ladd IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on May 19, 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.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 16, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: April 24, May 1, 8 and 15, 2014 CARRROLL 140417 05-15-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00162097

WHEREAS, Baldeep Sidhu has filed a petition with this court for a decree changing the name of Baldeep Singh Sidhu to Kai Sidhu Gill IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on May 28, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 23, 2014 David I. Brown, Judge of the Superior Court Publish: April 24, May 1, 8 and 15, 2014 SIDHU 140416 05-15-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00161620

WHEREAS, Cassandra Ertel has filed a petition with this court for a decree changing the name of Shawn Curtis Ertel to Shawn Jason Ladd IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on May 19, 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.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 9, 2014 David I. Brown, Judge of the Superior Court Publish: April 17, 24, May 1 and 8, 2014 ERTEL#2 140409 05-08-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00161586

WHEREAS, Jessica Nelson has filed a petition with this court for a decree changing the name of JaMarcus Ervin Dockery to JaMarcus Ervin Nelson IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on May 15, 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.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 17, 2014 David I. Brown, Judge of the Superior Court Publish: April 17, 24, May 1 and 8, 2014 NELSON 140409 05-08-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00159379

WHEREAS, Jillian Victoria Toolson (AKA Jillian Elijah Toolson) has filed a petition with this court for a decree changing the name of Jillian Victoria Toolson to Jillian Elijah Toolson IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on May 22, 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.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 15, 2014 David I. Brown, Judge of the Superior Court Publish: April 24, May 1, 8 and 15, 2014 TOOLSON 140415 05-15-14

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SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00160737

WHEREAS, Robert Daniel Learned (AKA Robyn Danylla Learned) has filed a petition with this court for a decree changing the name of Robert Daniel Learned to Robyn Danylla Learned IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on May 27, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 16, 2014 David I. Brown, Judge of the Superior Court Publish: April 24, May 1, 8 and 15, 2014 LEARNED 140416 05-15-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00157061

WHEREAS, Brandis Kristin Davis has filed a petition with this court for a decree changing the name of Quincy Talib Thaggard to Quincy Talib Esau Curry IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on May 29, 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.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: March 5, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: April 24, May 1, 8 and 15, 2014 DAVIS 140417 05-15-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00162076

WHEREAS, Phillip T. Carroll (AKA Katrina Mary Carroll) has filed a petition with this court for a decree changing the name of Phillip T. Carroll to Katrina Mary Carroll IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on May 23, 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.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 16, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: April 24, May 1, 8 and 15, 2014 CARRROLL 140417 05-15-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00162097

WHEREAS, Baldeep Sidhu has filed a petition with this court for a decree changing the name of Baldeep Singh Sidhu to Kai Sidhu Gill IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on May 28, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 16, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: April 24, May 1, 8 and 15, 2014 SIDHU 140416 05-15-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00161507

WHEREAS, Michael Lorraine Hutchins has filed a petition with this court for a decree changing the name of Michael Lorraine Hutchins to Michael Lorraine Olson IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on June 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.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 17, 2014 David I. Brown, Judge of the Superior Court Publish: May 1, 8, 15 and 22, 2014 HUTCHINS 140421 05-22-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00162074

WHEREAS, Mary Nguyen has filed a petition with this court for a decree changing the name of Ethan Hang to Ethan Van Nguyen IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on June 2, 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.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 16, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: May 1, 8, 15 and 22, 2014 NGUYEN 140416 05-22-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00162392

WHEREAS, Conrad Duvokot (AKA Alexa Duvokot) has filed a petition with this court for a decree changing the name of Conrad Marcel Duvokot to Alexa Duvokot IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on June 3, 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.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 23, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: May 1, 8, 15 and 22, 2014 DUVEKOT 140423 05-22-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00162375

WHEREAS, Mohammad Reza Pishah has filed a petition with this court for a decree changing the name of Mohammad Reza Pishah to Ashkahn Pishah IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on May 29, 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.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 23, 2014 David I. Brown, Judge of the Superior Court Publish: May 1, 8, 15 and 22, 2014 PISHEH 140423 05-22-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00162392

WHEREAS, Conrad Duvokot (AKA Alexa Duvokot) has filed a petition with this court for a decree changing the name of Conrad Marcel Duvokot to Alexa Duvokot IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on June 3, 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.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 23, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: May 1, 8, 15 and 22, 2014 DUVEKOT 140423 05-22-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00162375

WHEREAS, Anthony William Hutto (AKA Kelsey Patricia Williams) has filed a petition with this court for a decree changing the name of Anthony William Hutto to Kelsey Patricia Williams IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on June 16, 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.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 30, 2014 David I. Brown, Judge of the Superior Court Publish: May 1, 8, 15 and 22, 2014 PISHEH 140423 05-22-14

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

WHEREAS, Andrew A. Well (SBN: 2881911) on behalf of Tiffanie Ann Rupchock, has filed a petition with this court for a decree changing the name of Brandon Lemonte Terry to Brandon Lemonte Rupchock

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

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 17, 2014 David I. Brown, Judge of the Superior Court Publish: May 1, 8, 15 and 22, 2014 RUPCHOCK 140423 05-22-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00162423

WHEREAS, Ahmed Nemr & Mariam Elshahawi, has filed a petition with this court for a decree changing the names of Safiah Ahmed to Safiah Ahmed Nemr and Yusuf Ahmed to Yusuf Ahmed Nemr IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on June 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.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 23, 2014 David I. Brown, Judge of the Superior Court Publish: May 1, 8, 15 and 22, 2014 NEMR 140423 05-22-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00162673

WHEREAS, Mecca Jane Permar-Prewitt, has filed a petition with this court for a decree changing the names of Mecca Jane Permar-Prewitt to Mecca Jane Prewitt IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on June 11, 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.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 30, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: May 8, 15, 22 and 29, 2014 PREWITT 140430 05-29-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00162691

WHEREAS, Ariel Cecilia Pagan (AKA Ace Sebastian Pagan), has filed a petition with this court for a decree changing the names of Ariel Cecilia Pagan to Ace Sebastian Pagan IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on June 16, 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.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 30, 2014 David I. Brown, Judge of the Superior Court Publish: May 8, 15, 22 and 29, 2014 PAGAN 140430 05-29-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00162690

WHEREAS, Richard Ikechukwu Anumene (AKA Alice Dorothy Reynard), has filed a petition with this court for a decree changing the names of Richard Ikechukwu Anumene to Alice Dorothy Reynard IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on June 13, 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.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed

Best of Carmichael 2014

Carmichael Times



Three lucky winners will get four Regular Season game tickets to the Sacramento River Cats
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You're Invited!

At the 12th Annual Taste of Carmichael you'll enjoy wine & food tasting booths, music, art, cars, door prizes, raffles and a silent auction

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4. Best Burger in Town _____
5. Best Pizza in Town _____
6. Best Family Fun Spot _____
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9. Best Health/Fitness Spot _____
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Contest Rules



Businesses must be located in Carmichael, Arden-Arcade, or Sacramento zip codes 95841

All votes must be received no later than May 14th at 6 p.m. at the office of Messenger Publishing Group.

Votes can be made either by mailing this form to Carmichael Times at 7144 Fair Oaks Blvd, Suite 5, Carmichael, CA 95608 or by completing the online form at www.BestofCarmichael.com.

Only one vote per category per person. All voting entries must have complete information or the votes will not be counted.

Best of Carmichael winners will be presented at this year's Taste of Carmichael event.

This year's event will be held at the La Sierra Community Center, 5325 Engle Road, Carmichael on May 16th, 2014 from 5:00pm - 8 p.m.

To purchase tickets for this event please contact George at (916) 747-0196 or at www.CarmichaelKiwanis.com.
 Event Tickets \$35 per person at the door.



Festivities Mark the Fabulous Fifth



Mariachi musicians entertained sunset diners at the Rey Azteca Restaurant Patio, Carmichael.

Story and Photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - The Carmichael community celebrated

Cinco de Mayo with much gusto and guacamole. In a dozen or more Mexican restaurants, margaritas flowed while folkloric and Mariachi entertainers evoked south of the

border pride in the fabled Fifth. Celebrations recall Mexico's startling victory over French forces at the Battle of Puebla on May 5, 1862. Napoleon III sought to establish a Latin empire in Mexico. America was meanwhile fully occupied by the Civil war and there were fears that France might use Mexico as a base to back the Confederacy and crush the American Union. To the astonishment of the world, the Pueblo clash resulted in a David and Goliath victory by the smaller, poorly equipped Mexican Army. Although the battle did not end French empirical designs, Mexican morale was freshly boosted to resist. Contention remains that had the French united with the Confederacy, the fate of Lincoln's Union might have been much different. ★



POPPOFF!

with Mary Jane Popp

MISSING MOM

Normally I write about some of the great guests I have on my POPPOFF Radio Show, but with Mother's Day coming up, my heart took over and I had to share these thoughts with you. It's hard to believe my Mom has been gone well over a decade. She passed in the millennium year 2000 just after Mother's Day. Leave it to my mom to pick the beginning of another century. She always loved being the center of attention.

It took me a long time before I could look back at the good memories and great times. The last two years of her life were really rough. There were times when she didn't even know who I was. Seeing a strapping strong woman with a mind of her own wither away to this tiny helpless little creature that I was almost too afraid to hold for fear I might hurt her was almost more than I could bear. I guess I was feeling sorry for myself because she didn't realize that she was slipping away from me.

I tried to put on a happy face and joke and tease when I was with her until I got in the car and the tears would come for the Mom I used to know. I knew she was well taken care of. I saw her most every day, but I felt helpless that time marched on and I could not stop the progression of her condition. Yes, she slowly drifted away from me and this life, so when she passed, I knew it was better for her to leave and rest in peace with no more pain or anguish.

Then the healing began, or so I thought. You go through the whole bad time and think "There was more that I could have done," yet realize that was not in fact true. You know that intellectually, but not emotionally.

My DAD passed many years before MOM, and it's strange how one comes to grips with one's own mortality when both parents pass on. Saying that, I slowly began to remember the better days. Were all the memories positive? No, but then that's reality. Mom had a very negative nature. You know what I mean. It's the type of personality that, if I took a trip, "OMG, your plane is going to crash" type of personality. Sometimes it made me crazy. Happily, I took after Dad who was just the

opposite. I guess opposites do attract. But we had some wonderful times together on trips to all parts of the country, and she had a laugh that you could pick out of a crowd and had to laugh with her.

We loved her old fashioned cooking and Christmas was a glorious time of year. She loved watching my brother and me perform on stage. I sang, he played the accordion, and she loved meeting the celebs I would have on my Radio and TV shows. She passed on some great gifts to me, like always dressing impeccably. But perhaps the greatest gift she gave to me was her gift of gab. She could talk to anyone about anything. It sure helped in the business I chose. She also loved to dance and sing. Guess that gene got passed on too.

When I look back now, it's the good times I recall. The bad times just don't matter. It's the beautiful woman with gorgeous blue eyes and blonde hair who is in my heart. I only wish I could hug her one more time.

If your Mom is still with you, give her a hug for me. Let her know you care. The time will come when you too will wish for that last hug! Love to you Mom and HAPPY MOTHER'S DAY to all! ★

Ag Ed Funding Passes Major Hurdle

By Senator Jim Nielsen

CITRUS HEIGHTS, CA (MPG) - After months of hard work in educating and informing the public about the importance of ag education and its positive impact to our economy, students and ag teachers received some welcome news Tuesday afternoon.

The Senate Budget Committee rejected the Governor's proposal to fold funding for agricultural education into the general allocation for schools. This mirrors the Assembly's action earlier this month.

"Students across the state, especially those participating in Future Farmers of America, should be proud of their work," said Senator Jim Nielsen (R-Gerber). "But there's much work to be done. We all must continue the momentum to ask all Senators and members of the Assembly to support this great program as it moves through the legislative process."

Senator Nielsen added, "I want to thank Senators Marty Block,

Carol Liu and Mark Wyland for understanding the positive impact of this vocational training."

In this year's state budget, the Governor recommended that the Legislature take dedicated funding for ag education and transfer it to school districts' funding allocations, essentially eliminating the incentive to continue operating ag education programs. The elimination of funding for this program would severely impact Future Farmers of America's ability to operate their programs and activities - a student organization with 300 local chapters throughout California and more than 74,000 members.

In 1983, Nielsen partnered with the late Rose Ann Vuich, California's first female Senator, to create the Agricultural Career Technical Education Incentive Grant. It provides \$4.13 million through matching grants to public schools that teach high-quality agricultural career technical education. Over the years, the program has educated and trained thousands of agricultural leaders.

The members of the Senate Budget Committee rejected the Governor's proposal Tuesday afternoon. The next vote on this issue will occur as part of the approval of the entire budget on the floors of the Senate and Assembly. Should both houses continue to reject the Governor's proposal, then Agricultural Career Technical Education Incentive Grant should be fully funded in the budget that goes to the Governor for his signature or veto.

"It continues to be important that supporters voice the values of this grant," Sen. Nielsen concluded.

Senator Jim Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Del Norte, Glenn, Nevada, Placer, Sacramento, Shasta, Siskiyou, Sutter, Tehama, Trinity and Yuba. To contact Senator Nielsen, please call him at 916-651-4004, or via email at senator.nielsen@senate.ca.gov. ★

Source: The office of Senator Jim Nielsen

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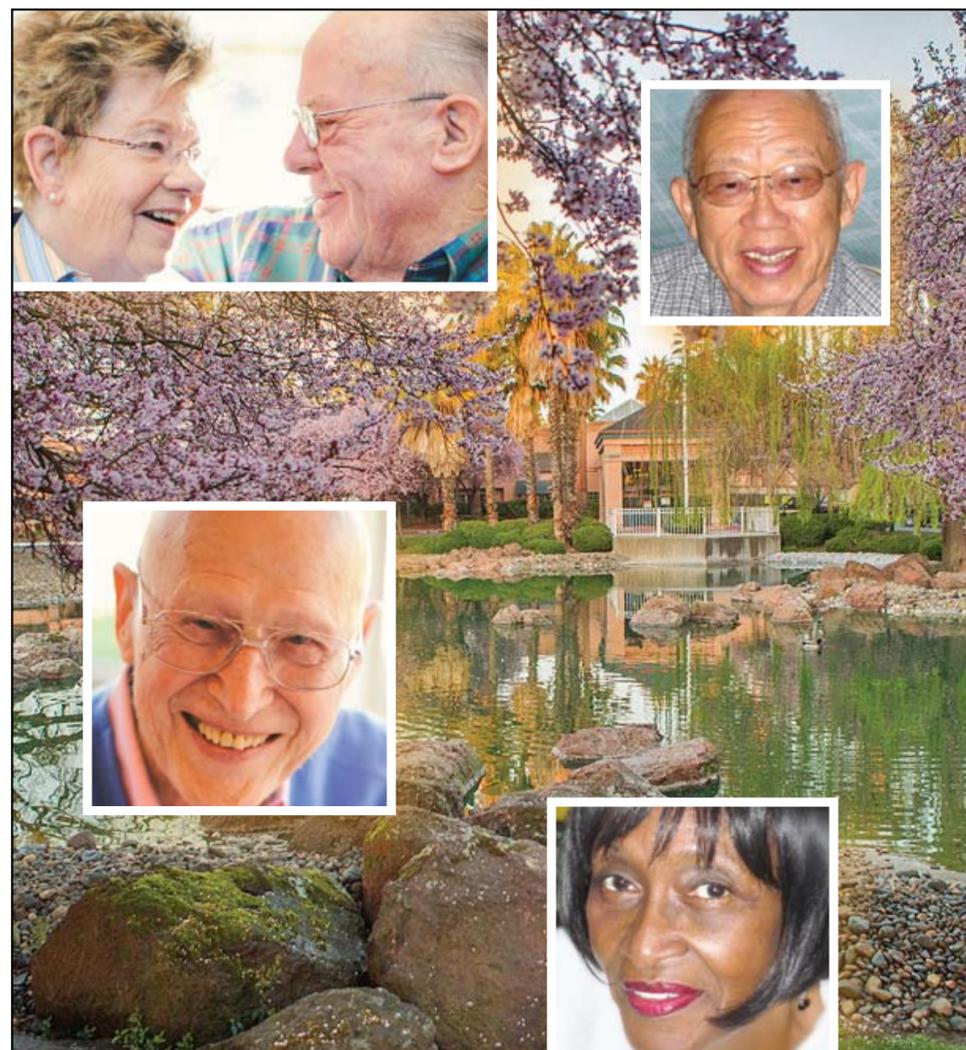
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FAIR OAKS CEMETERY MEMORIAL DAY AND AVENUE OF FLAGS CEREMONY



The Fair Oaks Cemetery District and the Memorial Day Ceremony Committee will be holding one of the most popular and inspiring Memorial Day ceremonies in the area again this year.

The Sixteenth Annual Memorial Day and Avenue of Flags Ceremony will be held Saturday, May 24, at the Fair Oaks Cemetery, located at 7780 Olive Street, Fair Oaks. The formal ceremonies start at 10 AM. This year's theme is to honor "Families of Fallen Heroes".

Over the years, beginning when the Plymouth Colony was at war with the Pequot Indians, the Pilgrims passed a system of compensating veterans and their families. Congress has continued through the years to improve the benefits system for the families of War.

In spite of these benefits, the families still need our emotional support. The Fair Oaks Cemetery's Memorial Day Ceremony is a fine example of how we, the community, say thank you to the families for their sacrifice.

The Fair Oaks Cemetery will be decorated with hundreds of flags lining its roadways as "The Avenue of Flags." We will also be adding more names to the Veterans Memorial Wall.

A formal Color Guard and Rifle Salute Team will provide military honors and assist with the laying of the wreath at the memorial in honor of over seventeen hundred veterans who are buried in the cemetery.

The musical program will be provided by the American Veterans Band, conducted by Warren "Bud" Turner. Refreshments will be served at the conclusion of the ceremony by the Orangevale Fair Oaks Grange & Fair Oaks Historical Society.



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Health Fairs on May 17 at all of our Saturday locations.

EAT HEALTHY, BUY LOCAL

Enjoy organic produce, specialty gourmet foods, live music, chef demos and craft/health fairs.

- SATURDAY** Sac Unity Farmers Market **NEW MARKET OPENING MAY 31!**
9249 Folsom Blvd, Sacramento (at Unity of Sacramento Church) on Saturdays 8 am - 1 pm, year round.
- SUNDAY** Carmichael Park Farmers Market
5750 Grant Avenue, Carmichael (Corner of Grant & Fair Oaks Boulevard under the trees in the Park). Every Sunday from 9 am to 2 pm - all year round.
- SATURDAY** Sacramento Midtown Farmers Market
2020 J Street (Between the STANF Native American Health and Bioware buildings). Every Saturday from 8 am to 1 pm - all year round, rain or shine.
- SATURDAY** Sunrise Mall Farmers Market
6190 Sunrise Boulevard, Citrus Heights (behind Sears located in SE Parking Lot). Open every Saturday from 8 am to 1 pm - all year round.
- SATURDAY** Historic Folsom Farmers Market
915 Sutter Street, Historic Folsom Public Plaza, Folsom. Every Saturday from 8 am to 1 pm - all year round
- THURSDAY** UC Davis Health System Farmers Market
45th and Y Street (UC Davis Campus). Seasonal - Opens 4/24. 3 pm - 7:30 pm
- WEDNESDAY** Fair Oaks Farmers Market **NEW LOCATION, LOTS OF PARKING!**
8101 Sunset Ave. (New Life Church). Seasonal - Opens 4/16. 3 pm - 7:00 pm
- WEDNESDAY** VA Mather Farmers Market
10535 Hospital Way (VA Hospital). Seasonal - Open Now. 9 am - 1 pm

For more information: www.bemoneysmartusa.org