



NASCAR Whelen Series Returns this Weekend to All-American Speedway

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PLUS: The Hunting Gourmet

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Carmichael Times

Volume 34 • Issue 14

Serving Carmichael and Sacramento County since 1981

April 10, 2014

Enjoy a Guided Equestrian Ride at Deer Creek!



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In Memoriam James Hewitt Smith



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Dr. Coy Cross:

On Men Accepting the New Role of Caregiver



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It's River Cats Season!



As part of the Oakland Athletics farm system, the River Cats will continue to develop "home grown" talent that contributes to future success at the big league level. Last season, a total of 26 River Cats were called up by the A's to contribute at the Major League level. Many of these players had a significant role in the Athletics winning the 2013 American League West Division title. Photo courtesy of the Sacramento River Cats.

SACRAMENTO REGION, CA (MPG) - It's time to catch the feeling! The 2014 baseball season is underway and your home grown Sacramento River Cats are primed to make a run at their 12th division championship in 15 years.

This season, the River Cats will strive to highlight many of the great people and places in the Sacramento area, as well as celebrate the region's strong agricultural background by embracing the eat-local food movement, "Farm to Fork," by serving food from local bakeries, donut shops, and other restaurants in the area.

In addition, as part of the Oakland Athletics farm system, the River Cats will continue to develop "home grown" talent that contributes to future success at the big league level. Last season, a total of 26 River Cats were called up by the A's to contribute at the Major League level. Many of these players had a significant role in the Athletics winning the 2013 American League West Division title.

Equally important is the River Cats dedication to being an active member of the Sacramento community, through events and activities such as AAA School Days, Home Run Tours pow-

ered by PG&E, and Cats Care. AAA School Days give students the opportunity to learn the importance of "Attitude, Attendance, and Academics," and being a "Person of Character." Team mascot Dinger and Raley Field Emcee Mike On The Mic deliver these messages to schools all over Northern California in an effort to reinforce positive educational goals and environments.

As part of the home grown theme, the River Cats will be giving away player garden gnomes at five select home games this season. Josh Donaldson (April 25th), Sonny Gray (May

16th), Eric Sogard (June 13th), Brandon Moss (July 11th), and Addison Russell (Aug. 31th) will be transformed into garden gnomes for fans to take home. Other giveaways will be super hero capes, schedule clings, foam glow sabers, reusable tote bags, and pens.

The River Cats square off against the Salt Lake Bees in their home opener at Raley Field on Fireworks Friday, April 11th at 7:05 p.m. The first home series of the season will consist of four games and will be capped off with a doubleheader starting at 1:05 p.m. on Sunday, April 13th. ★

Source: Sacramento River Cats

Carmichael Water District Seeking Applicants for Water Rate Study Committee

Special Release Carmichael Water District

CARMICHAEL, CA (MPG) - Carmichael Water District is proceeding with a planned water rate study that will affect all customer classes. With the recent completion of the District's water meter installation project, the water rate study will serve as a guide to evaluate water rates needed to support the District operation and Master Plan recommendations.

As part of a proactive approach, the District is forming a Water Rate Study Committee (WRSC). The WRSC will serve in an advisory capacity to work with the District and its consultants as the rate setting process progresses. It is important to have a cross-section of the customer base participate in the process, therefore the District is seeking volunteers from each customer class.

The WRSC meetings are anticipated to begin in June, 2014. Interested individuals may apply by obtaining an application from Carmichael Water District's office at 7837 Fair Oaks Blvd., Carmichael, CA 95608.

Applications are also available on the District's website at www.carmichaelwd.org. The deadline for applications is Wednesday, April 30, 2014, at 3:30 p.m. ★



Crowning Volunteers to Serve



For over 40 years, Mary Purvis groomed sash-wearers to work for non-profits.

Community Benefactor Celebrated at Funeral

Story and Photos By Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Many people knew Mary Purvis as a woman whose abiding passion was beauty pageants.

There was much more than crowns and sashes to the Citrus Heights resident, but legacy's spotlight inevitably falls on her enduring court of crowned protégés. "She was my hero, my savior, my teacher and my other mother," said former Miss Orangevale Tamara Barbu-Brown (now California Talent Queen) at Purvis's funeral. "She'll always be the biggest jewel in my crown."

Aged 86, Purvis died from complications following a recent fall. "Mary is now in the hands of the ultimate crown-maker," said another of her pageant veterans.

From the 1970s, the

Oklahoma-raised businesswoman groomed young women to decorate Northern California civic events. Carmichael's July 4th Parade and Citrus Heights' Red White and Blue Parade were blessed with phalanxes of Miss this and Mrs. that, all waving regally from convertibles.

City officials knew Purvis as a force to be reckoned with. "She thought her pageant girls should lead our parade," recalled retired Citrus Heights city worker Helen Brewer. "The city wanted its officials in the front. Mary didn't argue. She just assembled her girls in another staging area, and as the police motorcade moved out, she stopped the parade and directed her girls' cars to the front. Next year we put the pageant winners on a float..."

Mary's ambassadors were more than pretty faces. She expected them to demonstrate what Princess Diana once contended: "sequins can save lives." As soon as pageant winners were proclaimed, they were channeled toward community service that many still continue decades later.

"I am not the same person as when I first met Mary," confirms former Mrs. Metropolitan, Sheryl Casper. "She taught me to give back. I learned so much from her amazing example."

Continued on Page 2



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Crowning Volunteers to Serve



Paying homage beneath a screened image of their mentor, 24 veteran and current pageant queens paid tribute to Mary Purvis at her Mount Vernon Memorial Park funeral. Photo by Susan Maxwell Skinner.

Continued from Page 2

Growing up, Purvis learned charity as well as survival from the Great Depression. She could be tough as a military general, sweet as the lemon pies she famously baked. Her own mom fed legions of hungry wanderers from the family's Oklahoma farm house door. "No one left the farm without a meal," confirmed her son Russ Purvis.

If supermarket cashiers later wondered at a petite octogenarian buying groceries in great bulk, civic agencies blessed her. "Quietly - wanting no publicity - Mary was the go-to person for people who were down on their luck and needed food, clothing or other assistance," said Helen Brewer. "She was always on board for a good cause." The benefactor routinely supplied crockpots as fundraiser raffle prizes. When Macy's had them on sale, Purvis bought ten at once. A sales person asked why. Other customers heard the explanation and added their credit cards to the pot. Purvis left the store with 15 of the appliances.

If Mary favored a non-profit, help came in varied guises. When the Capitol Pops Concert Band found itself homeless for rehearsals, she pestered Birdcage Mall property owners until space was found in a tenantless store. "Mary was a

persuasive lady," said a band member, "she really went to bat for us."

She studied charm school decorum in her teens but never entered a beauty contest. "Mary had sons," surmises protégé Tamara Barbu-Brown. "Pageants were her way of having little girls to love and to pass on what she'd learned." Acquiring the rights to dozens of titles, she bestowed sashes and educational scholarships on generations, probably thousands of young ladies. The Miss Citrus Heights event was her annual triumph and many of its contestants were changed for life. She taught that "poise" stood for Posture, Obedience, Intellect, Sincerity and Enthusiasm, qualities she felt constituted women of worth.

"It wasn't just how you looked in a gown," explained Mrs. Northern California Melisa Mistler. "Mary taught us to be modestly dressed, well-spoken and to display professionalism." If that meant chastigation for slumped shoulders, phone texting or gum chewing, contestants grew to embrace such standards. "She wanted us to be dignified," added Mistler. "She expected us to be role models for younger girls."

"Mary made us leap beyond our comfort zone; her winners had to do at least 25 public appearances a year for non-profits. You could lose your crown

and banner if you didn't."

Wife to Air Force veteran Jay Purvis for 68 years, Mary was also a mother, grandmother and great-grandmother. Family and friends knew her as a woman who hosted fabulous holiday meals in her modest Citrus Heights home. To her royal court, Purvis' adherence to propriety was legend. Protocol ruled with an iron fist. She adorned herself in sequined suits and hats and guarded her age like the keys to Fort Knox.

Though affiliated with pageant guru Donald Trump, the local counterpart was neither rich nor over-worldly from the beauty business. Farm girl simplicity prevailed into old age; she eschewed computers and handwrote media releases. Suffering poor balance, she bespoke sequined flat slippers for her final public appearances. The night before the fall that caused her death, she attended a spaghetti-feeding to raise funds for the Citrus Heights Marching Band.

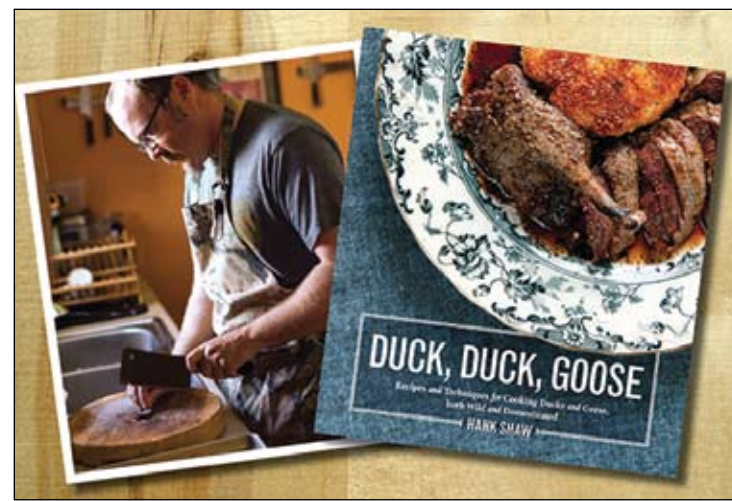
A 27-year veteran of Purvis pageants, Barbu-Brown said her "other mother" lived for the excitement of a pageant and the great good such an event could do. "Her motto was 'let's make a difference every day.' Mary wanted to serve humanity and empower her royal court of daughters to lead successful lives." ★

The Hunting Gourmet

SACRAMENTO, CA (MPG) - One-of-a-kind food writer, Hank Shaw, is speaking at the Central Library on April 15 with his latest book, *Duck, Duck, Goose*. Shaw, an award-winning food writer, hunter and cook, shares everything the home cook needs to know about preparing waterfowl.

"Honest food is what I'm seeking," Shaw explains on his blog, *Hunter, Angler, Gardener, Cook*. "Nothing packaged, nothing in a box, nothing wrapped in plastic. I eat meat, and I'm not keen on factory farms, so I either hunt it myself or buy it from real people who raise animals humanely."

Shaw spent nearly two decades as a political reporter before devoting himself to his passions fulltime with the blog. This led to the 2011 book *Hunt, Gather, Cook: Finding the*



Forgotten Feast. His latest book was released in October. Shaw has also appeared on numerous food shows, and written for Food & Wine and many other magazines.

Copies of *Duck, Duck, Goose* will be available for purchase.

When: Tuesday, April 15 at 6:25 p.m.

Where: Central Library, 828 I St., Sacramento

Source: Sacramento Public Library, P.I.C.

www.Saclibrary.org ★



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A service of reflection and contemplation of Jesus' last hours with His disciples. We will participate in a symbolic "washing of hands" followed by commemoration of the Last Supper.

GOOD FRIDAY April 18 7:00 PM
A service remembering the sacrifice of Jesus Christ on the cross for each of us through the eyes of Jesus' disciple Peter, using Scripture, drama and music.

EASTER SUNDAY
April 20

Casual Family Worship 8:00 AM

Join us for an early, casual time to celebrate the Resurrection of Jesus, with our youth, Youth Praise Band and a Christ-celebrating, joyous message from Pastor Jack.

Traditional Service 10:00 AM

Celebrate the Resurrection of Jesus with Choir, Handbells, brass, Praise Team and a Christ-celebrating and joyous message from Pastor Jack.

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MPG

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NASCAR Whelen All-American Series Returns to All-American Speedway in Roseville

By Linda Harper

SACRAMENTO REGION, CA (MPG)

- For race fans, opening day of the six month NASCAR racing season brings exhilaration and anticipation, no matter what track you're visiting or what series you're watching. The Sprint Cup series has the market cornered on big names, big sponsors and big happenings.

NASCAR Nationwide Series is a place many drivers go to prepare for the "big show." Owners often use this series to groom their potential Sprint drivers and to fine-tune their cars for the "move up." Although there are several additional series, none are more action packed as short track, community racing. This is where enthusiasts evolve into racing participants, where track sportsmanship is learned and where confidence is built. It's where friends and family are often the crew that build the cars and keep them racing week after week. Throughout the season, fans create alliances and life long friends are made in the stands. Short Track community racing is true, raw racing at its best.

NASCAR Whelen All-American Series racing returned to the All American Speedway in Roseville, Saturday, April 5th. Four divisions roared around the 1/3 mile track with all the speed and competitive showmanship area fans look forward to. The stands were full of happy families, the beer flowed cold, the weather was perfect, and a great assortment of food was available for all to enjoy. In the pits, cars and crews from all four divisions, Street Stock, Modifieds, Bombers and Pro-4 Modifieds



4 cylinder cars with absolutely no mechanical or aerodynamic body modifications. Doors are welded shut, windows removed and safety equipment installed. The F4 runs on regular gasoline, and either stock tires or racing tires can be included. This racing division was created purely to have fun on the track. There is no money award for winners. If you don't want to build a car from the ground up, consider claiming a vehicle at the end of the race. Anyone in the stands can claim a car for \$1,500 in cash. Last year there were four F-4 cars racing on the track, and 23 are registered for the 2014 season.

The 2014 racing season at All American Speedway is sure to be exciting at every turn. For more information including ticket prices and upcoming events, log on to www.allamericanspeedway.com ★

worked feverishly putting the finishing touches on their rides.

All four divisions were kicking up the speed, using creative banking and calculated passing moves to make this the best opening day race!

Saturday, April 12th is Fan Appreciation Day. Fans are invited to the infield to see the cars up close, talk to the drivers and get their autographs. Modifieds, Street Stocks, Bombers, F -4 and Legends will be on the track thrilling fans. Legends of the Pacific have four divisions: the Pro Division for experienced drivers; the Masters features drivers 40 years and older; Semi-Pro is the novice class; and the Young Lions Division showcases drivers 12-16 years of age.

If you or someone you know has racing a small car around an oval track at high speeds on their bucket list, All American Speedway wants to help make that wish come true. You can rent a Pro -4 Modified race car, get some instruction and practice track time, then enter that week's race as a competitor. This package makes a great gift for the fan who has everything!

If you want something more permanent to charge your thrill meter, build an F-4 race car. It's one of the newest divisions in racing, gaining popularity at short tracks in the region. These cars are created from standard



Photo credit for all pictures: Doug Day

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Focus on Creeks - Creek Week 2014

Event focuses on drought's impacts to creeks and waterways

CARMICHAEL, CA (MPG) - Sacramento area creeks can be both directly and indirectly impacted by drought. We usually hear about creeks when heavy rains create high waters which swell the small tributaries resulting in area flooding. But even in dry years, creeks play an important role.

"As conservation efforts ramp up, urban water use goes down leaving less run off in storm drains—one source of water feeding Sacramento creeks," states Alta Tura, president of the Sacramento Area Creeks Council. Less water flow- no

matter what the source- can hurt the creeks' sensitive ecosystem, Tura continues.

In its 24th year, Creek Week, April 4 - 12, 2014 provides an opportunity for residents of all ages to clean, educate and celebrate! Thousands of volunteers come together and clean our area creeks while learning about their wildlife, habitat, and human influences. "This year we'll see how to care for our creeks when they aren't getting all the water they need," Tura explains.

Creek Week 2014 Happenings

- April 12, 9 am-2 pm, Carmichael Park, Carmichael E-Waste Recycling available at the Celebration. Visit creekweek.net for a list of acceptable e-waste items.
- April 12, 12 - 2 pm, Carmichael Park, Carmichael Volunteers celebrate with food, live music and entertainment, contests, games, and more!

Detailed information on 2014 Creek Week is at www.creekweek.net.

For more information on SJUSD Art Exhibit, go to <http://www.sanjuan.edu/arts.cfm> ★

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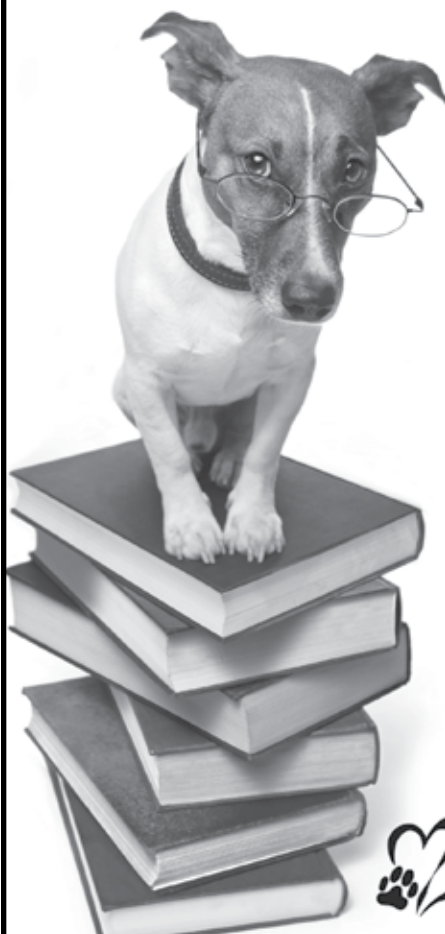
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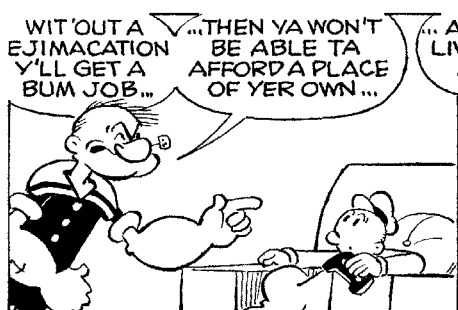
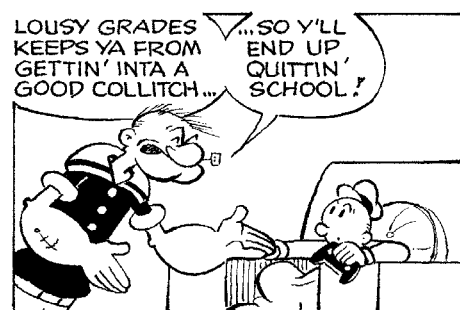
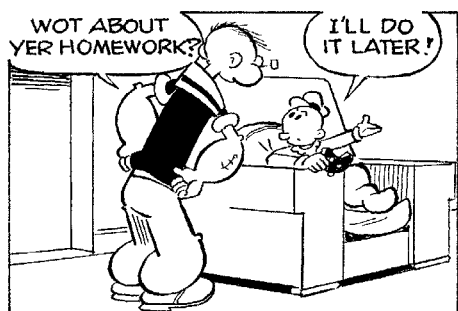
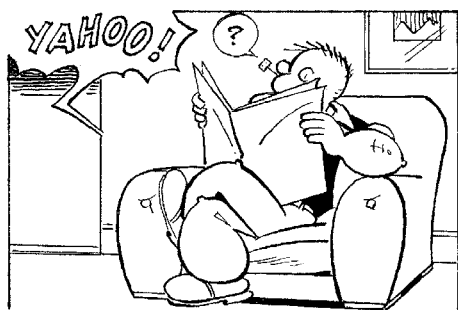
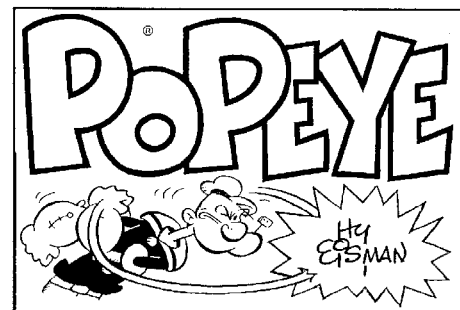
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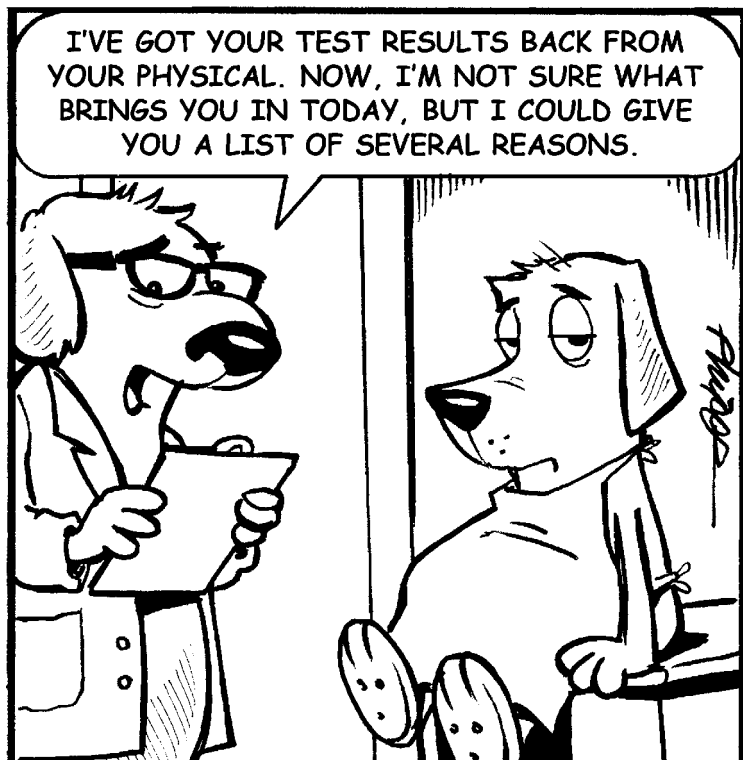
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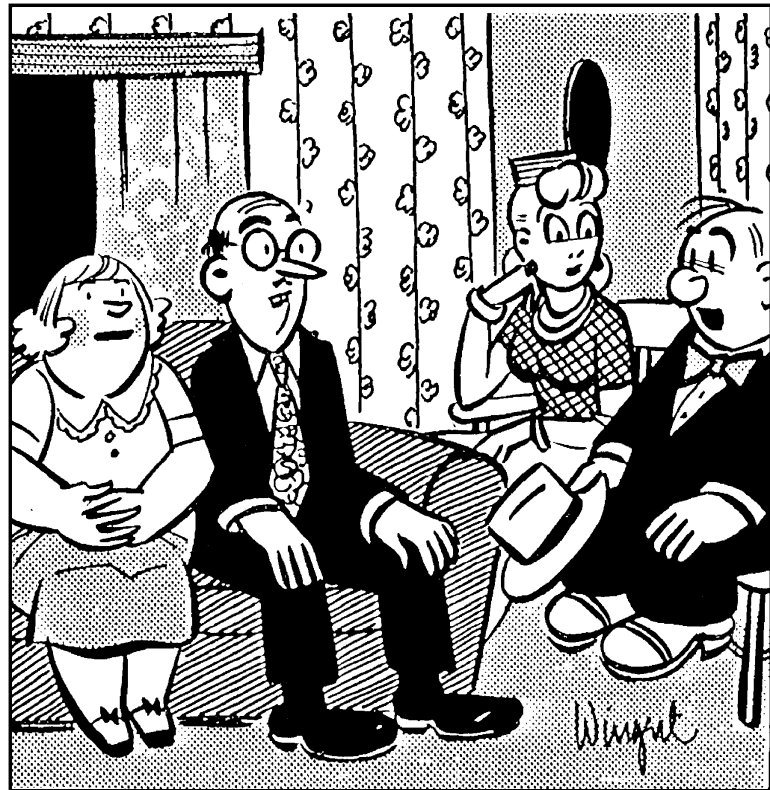


Just Like Cats & Dogs

by Dave T. Phipps



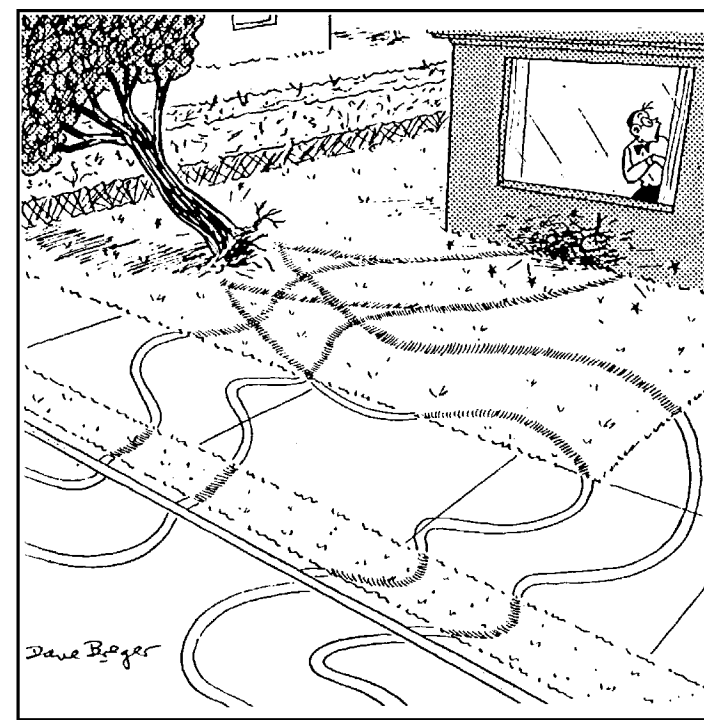
HUBERT - - By Dick Wingert



"Do you realize there are 837 pink and 927 red flowers on your wallpaper?"

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MISTER BREGER By Dave Breger



"Dear, we'd better stay indoors until Mrs. Griswold has finished her driving lesson..."

LAFF - A - DAY



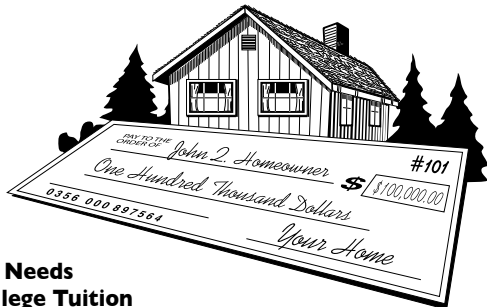
"So I said, 'Now look here, Edith—this has gone far enough! You've had your way too long—from now on YOU'LL wash, and I'LL dry!'"

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4.00% Initial APR

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SACRAMENTO FINE ARTS CENTER, INC.

Contributing to the cultural life of the Sacramento community
Current and Upcoming Events



"Awash With Color"

WASH Inc., or Watercolor Artists of Sacramento Horizons, presents an annual members watercolor show, April 1-19, 2014. Judged by Jeannie Vodden. "Awash With Color" will be a display of members watercolor paintings. Over 100 watercolors are expected to be displayed.

Special 2nd Saturday Reception with live music, awards presentation, refreshments, April 12, 2014, 5:30-8:30 pm.

2013 Best of Show, Diane Tharp, "Chess Match"

Club Meetings

- Wash Inc. Next meeting is 7 pm April 14, 2014 • Judy Lew Loose
- Photo Club Meets • 4th Thursday 7 PM
- Fiber Arts Group • NEW! Meets 3rd Wednesday 10 am

"Celebrating the Figure"

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

Foyer Gallery: "Hang Out and Do Art" Artists

Gallery 3: Sacramento Fine Arts Center Board Members • April 1-30, 2014

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Unity of Sacramento is home of the Daily Word and is an affiliate of the Unity Worldwide Ministries and Unity Institute at Unity Village, Missouri.

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 - Contemporary/Inspirational 11:00 AM
- with Sunday school for children and teens during the 11:00 am services

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unityofsacramento.com

Salome's Stars

ARIES (March 21 to April 19) Professional relationships grow stronger. But you might still need to ease some problems with someone in your personal life. One way could be to try to be less rigid in your views.

TAURUS (April 20 to May 20) You might be too close to that perplexing personal situation to even attempt to make a rational decision about it right now. Stepping back could help you gain a wider perspective.

GEMINI (May 21 to June 20) Being asked to choose between the positions of two friends is an unfair imposition on you. It's best to reject the "demands" and insist they try harder to work things out on their own.

CANCER (June 21 to July 22) A change of mind about a workplace decision might be called for once you hear more arguments, pro and con. A personal event suddenly takes an unexpected (but pleasant!) turn.

LEO (July 23 to August 22) Romance once again looms large for single Leos and Leonas, with Cupid favoring Taurus and Libra to inspire those warm and fuzzy Leonine feelings. Expect another workplace change.

VIRGO (August 23 to September 22) A surprise gift -- and, happily, with no strings attached -- could come just when you need it to avoid a delay in getting your project done. Expect education to dominate the week.

LIBRA (September 23 to October 22) Someone close to you might ask for your support as she or he faces a demanding personal challenge. Offer it, by all means. But be careful you don't neglect your own needs at this time.

SCORPIO (October 23 to November 21) An unexpected development could put your relationship with a partner or spouse to an emotionally demanding test. But your determination to get to the truth should save the day.

SAGITTARIUS (November 22 to December 21) A recent agreement appears to be coming apart over the surfacing of unexpected complications. You might need to have expert advice on how to resolve the situation.

CAPRICORN (December 22 to January 19) Your keen business sense helps you get to the truth about a suspicious business deal. Expect to have many colleagues rally to support your efforts in this important matter.

AQUARIUS (January 20 to February 18) Someone who once moved in and out of your life through the years might now want to come back in on a more permanent basis. Give yourself a lot of time to weigh your decision.

PISCES (February 19 to March 20) Showing frustration over a delayed workplace decision might get someone's attention, but not necessarily make him or her move any sooner. Best advice would be to be patient and wait it out.

BORN THIS WEEK: You are drawn to excitement and enjoy fast-tempo music, with the more brass, the better.

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COUCH THEATER DVD PREVIEWS

BY SAM STRUCKHOFF

COUCH THEATER --
DVD PREVIEWS
By Sam Struckhoff

EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of April 14, 2014.

PICKS OF THE WEEK



Judi Dench in "Philomena"

"Philomena" (PG-13) -- At age 15, Philomena Lee became pregnant and was eventually forced to give up her child for adoption. The decision was made for her by the Catholic home for "fallen women" where she lived and worked. Fifty years later, Philomena (Judi Dench) embarked on a journey to find her child with the aid of a wry BBC journalist, Martin Sixsmith (Steve Coogan). The mismatched pair -- she has the faith and wisdom of common people, he has the cynical intellect of a jaded writer -- follow a trail from her native Ireland all the way to the U.S.

"Philomena" strikes finely tuned chords of drama and comedy, pain and hope. Dench has the soft power to make you care about her struggle, and Coogan shows that his irreverent comedic side has a serious dramatic counterbalance. The film's Oscar nominations this year included best picture, best adapted screenplay and a nomination for Judi Dench as best leading actress.

"Ride Along" (PG-13) -- Ben (Kevin Hart) wants to propose to his girlfriend (Tika Sumpter), but first he has to prove himself through a buddy-

cop action-comedy routine with her scowling older brother (Ice Cube.) Ben is a school security guard who wants to make it as a real cop. Cube plays a true-blue Atlanta cop who takes Ben on a day trip through the city to scare the little man, but they get caught up in a larger (and wholly forgettable) plot.

Kevin Hart seems to be the only thing working here. You feel bad for him, screeching and flailing as hard as he can in order to keep the movie's pulse up. The rest is weighed down by every buddy-cop cliché in the oldest book of clichés they could find. If the familiarity doesn't lose you, then you will find action and experience some laughter.

"The Secret Life of Walter Mitty" (PG-13) -- Walter Mitty (Ben Stiller) is a meek guy and prolific daydreamer working in the photo department of a magazine. At work, he's mocked mercilessly (by Adam Scott) in between longing glances at his crush, Cheryl (Kristen Wiig). Walter gets an abrupt rush of boldness and goes on an adventure to find a lost photo negative, suddenly blurring the lines between real life and his heroic fantasies. However, something's just not right with the tone of the film. There are scenes that are intentionally confusing, seemingly to say something deep -- but the audience is left behind on whatever journey Stiller is trying to take.

"The Nut Job" (PG) -- Surly the Squirrel (voiced by Will Arnett) plots a heist with some of his animated animal buddies. But they're not stealing money or valuables, they're robbing a nut store! Cause he's a squirrel! Surly is not well liked by his peers in the park -- in fact, he's been banished by a menacing raccoon with the smoldering tones of Liam Neeson's voice. It doesn't have the emotion or visual panache of Pixar, or the visual energy of Dreamworks, but it definitely has gimmicks. Fart jokes and catchy Korean pop tunes try to make up for everything else.

TV RELEASES

"Bletchley Circle: Season 2"

"Ripper Street: Season 2"

"The Practice: The Final Season"

"Cosby Show: Season 3 & 4"

"Beverly Hillbillies: Official Fourth Season"

(c)2014 KingFeaturesSynd.,Inc.Series"

Strange BUT TRUE

By Samantha Weaver

• You may be surprised to learn that the average American man spends 10,585 hours hanging out in a bar. Or you may not.

• Those who are looking for love might want to consider the following statistics: In a 2013 survey, a quarter of adults said that their spouse/partner is not the type of person they thought they'd settle down with. More than half of respondents said that their significant other is their complete opposite.

• Even a chameleon that is born blind can take on the colors of its environment.

Thought for the Day: "If a window of opportunity appears, don't pull down the shades." — Tom Peters

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• A garden manicure is what my mother calls it: When working with plants and dirt, rake your nails across a bar of soap. The soap prevents dirt particles from lodging under nails, and the soap washes away easily when you are finished. Happy Gardening! — JoAnn

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Drops of Sunshine
Who doesn't love American goldfinches? Here are five things they can't resist:

1. Thistle or Nyjer seed in a tube feeder.
2. Sunflower heart chips.
3. Black oil sunflower seed.
4. Purple cone flowers.
5. Fresh water (lots of it!).

E-mail: birdingbits@cfl.rr.com
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The Garden Bug

Soil testing at home

Scoop some soil into a container, then add 1/2-cup of vinegar. If the soil bubbles or fizzes, it's alkaline. If there's no reaction, scoop a fresh soil sample into a second container and add a 1/2-cup of water and mix. Then add a 1/2-cup of baking soda. If the soil bubbles or fizzes, the soil is acidic. Add wood ash or lime to your soil if it's acidic, or sulfur or pine needles if alkaline.

- Brenda Weaver

Source: frugalliving.about.com

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Best of Carmichael 2014

Carmichael Times



Messenger Publishing will draw 3 winners from voters to win four (each) Regular Season game tickets to Sacramento River Cats
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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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Best of Carmichael 2014

List of Categories

1. Best Breakfast Restaurant _____
2. Best Lunch Restaurant _____
3. Best Dinner Restaurant _____
4. Best Burger In Town _____
5. Best Pizza In Town _____
6. Best Family Fun Spot _____
7. Best Grocery Market _____
8. Best Spa/Hair Salon _____
9. Best Health/Fitness Spot _____
10. Best Car Care Service _____
11. Best Pet Care Service _____
12. Best School _____

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Contest Rules

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All votes must be received no later than May 14th at 6:00 pm 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 won May 16th, 2014 from 5:00pm - 8pm.

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.

For event ticket info & to order tickets, George at 916-747-0196 or at www.CarmichaelKiwanis.com.





THE RICH LOWRY COLUMN
By Rich Lowry

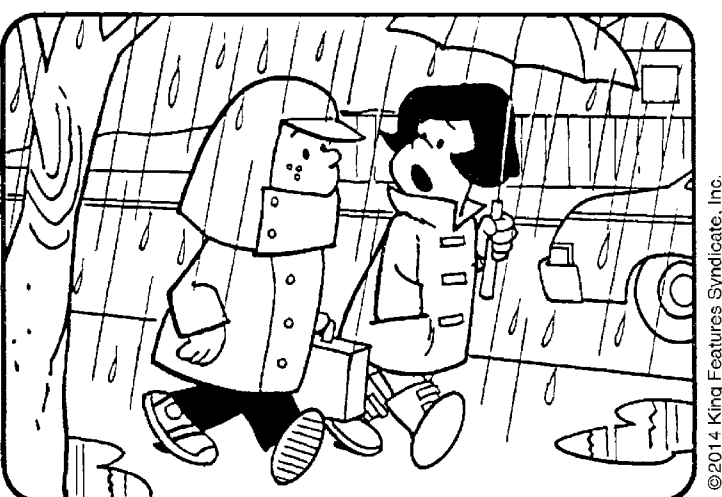
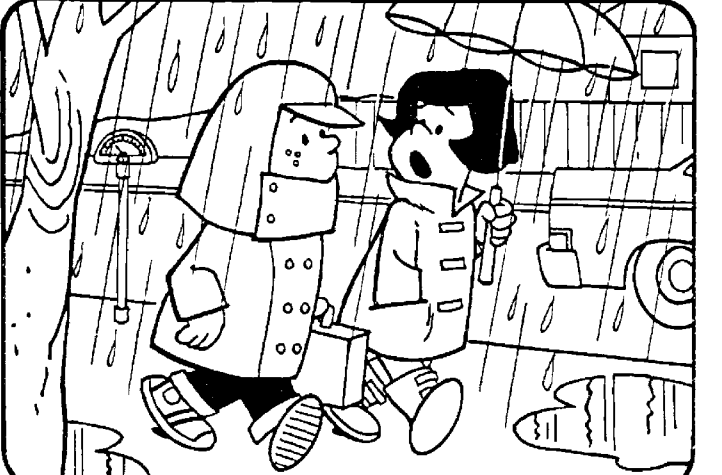
The Foolish Anti-Vax Cause

In a feat that would have been unimaginable a few decades ago, the anti-vaccine movement has managed to breathe life into nearly vanquished childhood diseases. It took all the ingenuity and know-how we are capable of to find safe, effective ways to dramatically diminish diseases like measles and whooping cough in the developed world; it took all the hysteria and willful ignorance we are capable of to give them a boost. A developer of the measles vaccine, Dr. Samuel Katz, says the question "is not whether we shall see a world without measles, but when." Not if Jenny McCarthy has anything to say about it. The former Playboy model and current co-host of "The View" is a leading light of the anti-vaccine movement. She has a boy

with autismlike symptoms that she is convinced were caused by the vaccine for measles, mumps and rubella (MMR). You can credit her passion for her child, sympathize with her heartbreak -- and still cringe at her wholly irrational cause. No amount of discrediting makes a difference. One theory was that a preservative in children's vaccines called thimerosal was causing autism. But the U.S. removed thimerosal from most childhood vaccines in 2001. If the theory had been sound, this should have reduced cases of autism. It didn't. Cases have continued to rise, and the same held true in Canada and Denmark after eliminating thimerosal in the 1990s. Another theory, latched onto by McCarthy, is that the MMR vaccine in particular causes autism. Dr. Andrew Wakefield publicized this supposed link in a famous article in the British medical journal The Lancet. It has since been thoroughly debunked. The Lancet retracted Wakefield's paper, and the British Medical Journal reported that he "falsified data." He had his medical license revoked. All of which should have been enough to give the anti-vaxxers pause. Nonetheless, they fight on. In a recent interview with the Fox Business Network, former MTV star Kristin Cavallari plugged the anti-vaccination cause, citing "books" and "studies." Most parents don't listen. Only 1.8

percent of kindergartners get exempted from vaccinations, according to NBC News. But the number is much higher in some states. The more kids go unvaccinated, the greater the chance that diseases can get a foothold. They usually are imported from abroad, but the absence of vaccination is a boon to their spread. A study in the journal Pediatrics found that the 2010 whooping-cough outbreak in California -- when the state had the highest number of cases since 1947 -- hit hardest in areas with high levels of nonvaccination. In 2013, measles cases tripled nationwide. In the panic created by the Wakefield article, England saw MMR vaccination rates fall to 80 percent in 2004 and Wales to 78 percent. In 2012, England and Wales had the highest number of measles cases in 18 years. These are dangerous illnesses, and the victims of an outbreak are often infants too small to have yet received vaccinations. Jenny McCarthy styles herself a "mother warrior." If so, the kids sickened in the fallout from reduced vaccinations are the victims of friendly fire. Nothing good can come from undoing one of the miracles of medical progress. Rich Lowry is editor of the National Review. (c) 2014 by King Features Synd., Inc.

HOCUS-FOCUS BY HENRY BOLTINOFF



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below. Differences: 1. Meter is missing, 2. Buttons are missing, 3. Cuffs are missing, 4. Umbrella is different, 5. Car body is different, 6. Puddle is smaller.

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CLUES

ACROSS

- Hidden, also "lost" in French
- ___ and flow
- Beehive basket
- "Private Parts" author
- ___ v. Wade
- The Great Muppet
- ___ peak
- ___-Wan Kenobi
- Bedazzle, e.g.
- "The Jazz Singer" and such
- Honeymoon, e.g.
- Finale
- RPMs
- Electric guitar hookup
- "Art ___"
- Kindle editions
- Figure of worship
- Margaret behind sexual revolution
- "Flashy ocean ride in "The Great Gatsby"
- *This "biscuit" was renamed a "sandwich" cookie in 1921
- Supplemented
- Salty drop
- Chronic disease in homeopathy
- Pitcher with handle and spout for pouring
- Maori war dance
- ___ weight in boxing
- Actor Sandler
- Frostiness
- To fix, as in cat
- Bygone bird
- *Musical name for the 1920s
- **Return to Normalcy" President
- Architectural projection
- "Wow!"
- Cowboy sport
- Female gossip
- Feeling of anger
- Corpulent
- **The Foresyte ___
- Down in the dumps
- Adam and Mae

DOWN

- Attention grabber
- Tallest volcano in Europe
- Movie roll
- *Famous Chicago hotel, opened in 1920
- Uncharitable or cruel
- Son of Aphrodite
- *Roaring Twenties hairstyle
- Neutral shade
- *Bib-Label Lithiated Lemon-Lime ___ a.k.a. "7Up"
- Be aware of a fact
- Poet Pound
- Child's dream gift?
- *Fitzgerald's famous character
- Swelling
- Adam's partner
- *Route 66, e.g.
- Mushroom cloud maker
- Journalist Shriver
- Song of joy
- Relinquish or abandon
- The Hippocratic ___
- *Lindbergh's first solo crossing of Atlantic ___
- Popular pant style for men
- Seatbelt
- *Like Hemingway's generation
- Owner's acquisition
- ___ queen
- Indian spice mix
- Auto unit
- The next day
- Breastplate
- Sun-dried brick
- Pleasures
- Domain
- Pizzazz
- Actress ___-Jones
- Pay attention
- Bad day for Caesar
- Home on a limb
- "What ___ around comes around"
- *Babe Ruth, star of the "Live-Ball ___"

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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01269. Hari Narayan, Inc. 4247 Stromford Way, Mather, CA 95655 is doing business under the Fictitious Business Name "Sac Sun Solar" at 4247 Stromford Way, Mather, CA 95655. Filed with the Clerk of Sacramento County on February 18, 2014. Publish: March 20, 27, April 3 and 10, 2014. SACSUN 140310 04-10-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01775. Capitol Barricads, Inc., 6001 Elvas Avenue, Sacramento, CA 95819 is doing business under the Fictitious Business Name "Capitol Signs + Graphics" at 6001 Elvas Avenue, Sacramento, CA 95819. Filed with the Clerk of Sacramento County on March 4, 2014. Publish: March 20, 27, April 3 and 10, 2014. CAPITOL 140310 04-10-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02017. Mark Stewart, 240 Natomas Station #149, Folsom, CA 95630 is doing business under the Fictitious Business Name "Precision Asphalt Transport Services" at 11327 Trade Center Drive #360, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on March 10, 2014. Publish: March 20, 27, April 3 and 10, 2014. PRECISION 140310 04-10-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01998. Magnified Video Devices, Inc., 3371 Hanks Street, Sacramento, CA 95827 is doing business under the Fictitious Business Name "Teardownhouse, MVD, MV Devices" at 3371 Hanks Street, Sacramento, CA 95827. Filed with the Clerk of Sacramento County on March 10, 2014. Publish: March 20, 27, April 3 and 10, 2014. MVD 140311 04-10-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01980. Epigmenio Mauricio Martinez, 10318 Mills Station Road, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name "San Miguel's Mexican & American Restaurant" at 10355 Folsom Boulevard, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County on March 10, 2014. Publish: March 20, 27, April 3 and 10, 2014. SANMIGUELS 140311 04-10-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01995. Vera Kozlovskiy, 4000 Innovator Drive, Unit 23103, Sacramento, CA 95834 is doing business under the Fictitious Business Name "Flowers Paradise" at 4000 Innovator Drive, Unit 23103, Sacramento, CA 95834. Filed with the Clerk of Sacramento County on March 10, 2014. Publish: March 20, 27, April 3 and 10, 2014. FLOWERS 140313 04-10-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01835. Charles Ernst, 8835 Swallow Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Sportbling" at 8835 Swallow Way, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on March 6, 2014. Publish: March 20, 27, April 3 and 10, 2014. SPORTBLING 140313 04-10-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01777. Steven K. Smith and Carolyn D. Smith, 6238 Lincoln Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Goatee Garmen" at 6238 Lincoln Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on March 4, 2014. Publish: March 20, 27, April 3 and 10, 2014. GOATEE 140313 04-10-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01624. Andres Aguilar Nunez, 4401 Perry Avenue, Sacramento, CA 95820 is doing business under the Fictitious Business Name "El Patio" at 5223 Hazel Avenue, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on February 27, 2014. Publish: March 20, 27, April 3 and 10, 2014. ELPATIO 140313 04-10-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02120. Deborah M. Oyler, 1051 Brightwood Court, Walnut Creek, CA 94598 is doing business under the Fictitious Business Name "VSE Insurance Solutions" at 2933 Gold Pan Court, Suite E, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County on March 13, 2014. Publish: March 20, 27, April 3 and 10, 2014. VSE 140314 04-10-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02074. A's Auto Repair, Inc., 6636 Tonzi Road, Lone, CA 95640 is doing business under the Fictitious Business Name "i fix cars and i fix all cars" at 10655A Coloma Road, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County on March 12, 2014. Publish: March 20, 27, April 3 and 10, 2014. IFXCARS 140314 04-10-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02115. Lyubov Gerber, 7052 Plumber Way, North Highlands, CA 95660 is doing business under the Fictitious Business Name "Bridge to Memories Photography" at 7052 Plumber Way, North Highlands, CA 95660. Filed with the Clerk of Sacramento County on March 12, 2014. Publish: March 20, 27, April 3 and 10, 2014. BRIDGE 140313 04-10-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02156. Melvin Bow, Jr., 2737 Las Casas Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name "Wrenchhead Automotive" at 6633 Fair Oaks Boulevard, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on March 13, 2014. Publish: March 27, April 3, 10 and 17, 2014. WRENCHHEAD 140318 04-17-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02065. L & C Enterprises, LLC, 866 Golden Heights Drive, Galt, CA 95632 is doing business under the Fictitious Business Name "Galt Auto Sales" at 866 Golden Heights Drive, Galt, CA 95632. Filed with the Clerk of Sacramento County on March 11, 2014. Publish: March 27, April 3, 10 and 17, 2014. GALTAUTO 140319 04-17-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02308. Morakot Goh, 5622 Great Valley Drive, Antelope, CA 95843 is doing business under the Fictitious Business Name "Healthy Spa" at 3901 Madison Avenue, Suite 60, North Highlands, CA 95660. Filed with the Clerk of Sacramento County on March 18, 2014. Publish: March 27, April 3, 10 and 17, 2014. HEALTHY 140319 04-17-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02236. Karla Lugo, 9243 Water Lilly Court, Elk Grove, CA 95624 is doing business under the Fictitious Business Name "Buddy Shot" at 9243 Water Lilly Court, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County on March 17, 2014. Publish: March 27, April 3, 10 and 17, 2014. BUDDY 140319 04-17-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02148. Michael Alan Axton, 9844 Culp Way, Sacramento, CA 95827 is doing business under the Fictitious Business Name "Setting Sun Gallery" at 9844 Culp Way, Sacramento, CA 95827. Filed with the Clerk of Sacramento County on March 13, 2014. Publish: March 27, April 3, 10 and 17, 2014. SETTING 140320 04-17-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02015. Mason Her, 7713 Malony Court, Sacramento, CA 95828 is doing business under the Fictitious Business Name "Boba Bar & Grill" at 7713 Malony Court, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on March 10, 2014. Publish: March 27, April 3, 10 and 17, 2014. BOBA 140320 04-17-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02014. Charlene Joyce Carter, 12687 Highland Drive, Auburn, CA 95603 is doing business under the Fictitious Business Name "Charlie's Cafe" at 7979 Auburn Boulevard, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on March 3, 2014. Publish: March 27, April 3, 10 and 17, 2014. CHARLIES 140320 04-17-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02326. Timothy Sampson, 3833 Marconi Avenue #110, Sacramento, CA 95821 is doing business under the Fictitious Business Name "All Pro maintenance and Repair" at 3833 Marconi Avenue #110, Sacramento, CA 95821. Filed with the Clerk of Sacramento County on March 18, 2014. Publish: April 3, 10, 17 and 24, 2014. ALLPRO 140321 04-24-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02315. Julianna Horrell, 1060 41st Street, Sacramento, CA 95819 is doing business under the Fictitious Business Name "Sactown Kids Tours" at 1060 41st Street, Sacramento, CA 95819. Filed with the Clerk of Sacramento County on March 18, 2014. Publish: April 3, 10, 17 and 24, 2014. SACTOWN 140322 04-24-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02374. Julianna Horrell, 1060 41st Street, Sacramento, CA 95819 is doing business under the Fictitious Business Names "Sactown Kids' Tours, Sactown Kids' Tour" at 1060 41st Street, Sacramento, CA 95819. Filed with the Clerk of Sacramento County on March 19, 2014. Publish: April 3, 10, 17 and 24, 2014. SACTOWN#2 140322 04-24-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02530. Korbs and Associates, Inc., 1767 10th Avenue, Sacramento, CA 95818 is doing business under the Fictitious Business Name "Korbs and Associates Investigations" at 1767 10th Avenue, Sacramento, CA 95818. Filed with the Clerk of Sacramento County on March 24, 2014. Publish: April 3, 10, 17 and 24, 2014. KORBS 140327 04-24-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02274. Bogdan Brunels, 7032 Cantel Way, North Highlands, CA 95660 is doing business under the Fictitious Business Name "B-FixAppliances" at 7032 Cantel Way, North Highlands, CA 95660. Filed with the Clerk of Sacramento County on March 18, 2014. Publish: April 3, 10, 17 and 24, 2014. B-FIX 140325 04-24-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02475. Architectural Blomberg, LLC, 1453 Blair Avenue, Sacramento, CA 95822 is doing business under the Fictitious Business Name "Blomberg Window Systems" at 1453 Blair Avenue, Sacramento, CA 95822. Filed with the Clerk of Sacramento County on March 21, 2014. Publish: April 3, 10, 17 and 24, 2014. BLOMBERG 140325 04-24-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02511. Donghyun Kim, 8824 Fallbrook Way, Sacramento, CA 95826 is doing business under the Fictitious Business Names "DKIM Architect, DKIM Development" at 8824 Fallbrook Way, Sacramento, CA 95826. Filed with the Clerk of Sacramento County on March 21, 2014. Publish: April 3, 10, 17 and 24, 2014. DKIM 140325 04-24-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02655. A and D Care LLC, 2857 Autumn Falls Lane, Lincoln, CA 95648 is doing business under the Fictitious Business Names "Palm Grove" at 7710 Elsie Avenue, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on March 27, 2014. Publish: April 3, 10, 17 and 24, 2014. PALM 140328 04-24-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02188. Tkachuk Enterprises Inc., 5222 Hillside Boulevard #3, Sacramento, CA 95842 is doing business under the Fictitious Business Names "What A Pizza" at 5222 Hillside Boulevard #3, Sacramento, CA 95842. Filed with the Clerk of Sacramento County on March 14, 2014. Publish: April 3, 10, 17 and 24, 2014. WHAT 140328 04-24-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01863. Midtown Nurse Midwives A Nursing Corporation, 1764 4th Avenue, Sacramento, CA 95818 is doing business under the Fictitious Business Names "Midtown Nurse Midwives, Midtown Lactation Consultants, MILC" at 1764 4th Avenue, Sacramento, CA 95818. Filed with the Clerk of Sacramento County on March 6, 2014. Publish: April 3, 10, 17 and 24, 2014. MIDTOWN 140327 04-24-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02469. Karen Evans, 11361 Sabalo Court, Gold River, CA 95670 is doing business under the Fictitious Business Name "Educational Design & Consulting" at 11361 Sabalo Court, Gold River, CA 95670. Filed with the Clerk of Sacramento County on March 20, 2014. Publish: April 10, 17, 24 and May 1, 2014. EDUCATIONAL 140331 05-01-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01994. Zhongqi Wang, 1226 T Street, #7, Sacramento, CA 95811 is doing business under the Fictitious Business Name "TIT Express" at 1226 T Street, #7, Sacramento, CA 95811. Filed with the Clerk of Sacramento County on March 10, 2014. Publish: April 10, 17, 24 and May 1, 2014. TITEXPRESS 140331 05-01-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02866. Ramesh K. Sawhney, 1048 Santa Barbara Court, Sacramento, CA 95816 is doing business under the Fictitious Business Name "Dolphin RFID USA" at 1048 Santa Barbara Court, Sacramento, CA 95816. Filed with the Clerk of Sacramento County on April 2, 2014. Publish: April 10, 17, 24 and May 1, 2014. DOLPHIN 140402 05-01-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02868. CleanFleets.net LLC, 1822 21st Street, Sacramento, CA 95811 is doing business under the Fictitious Business Name "CleanFleets.net" at 1822 21st Street, Sacramento, CA 95811. Filed with the Clerk of Sacramento County on April 2, 2014. Publish: April 10, 17, 24 and May 1, 2014. CLEANFLEETS 140402 05-01-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02719. Microtest Laboratories, Inc., 5150 Sunrise Blvd., Suite B-1, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Aquadent" at 5150 Sunrise Blvd., Suite B-1, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on March 28, 2014. Publish: April 10, 17, 24 and May 1, 2014. AQUADENT 140403 05-01-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02929. Sergey Pankov, 11020 Coloma Road, Apt. 64, Gold River, CA 95670 is doing business under the Fictitious Business Names "Das Auto LTD., Das Auto Sales Ltd." at 11020 Coloma Road, Apt. 64, Gold River, CA 95670. Filed with the Clerk of Sacramento County on April 4, 2014. Publish: April 10, 17, 24 and May 1, 2014. DASAUTO 140404 05-01-14

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ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00159760

WHEREAS, Sydney Maria Jocelyn Browne has filed a petition with this court for a decree changing the names of Sydney Maria Jocelyn Browne to Gideon Ephraim Browne IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 23, 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: March 5, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: March 20, 27, April 3 and 10, 2014 BROWNE 140312 04-10-14

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00160058

WHEREAS, Heather Ann Hernandez & Asiatic Supreme Elohim has filed a petition with this court for a decree changing the names of Heather Ann Hernandez to Heather Ann Hernandez-Fort, Asiatic Supreme Elohim to Lamar Edward Fort III, Amari Sekai Elohim to Amari Sekai Fort and Sekiya Malia Elohim to Sekiya Malia Fort IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 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: March 12, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: March 20, 27, April 3 and 10, 2014 FORT 140313 04-10-14

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00159760

WHEREAS, Sydney Maria Jocelyn Browne has filed a petition with this court for a decree changing the names of Sydney Maria Jocelyn Browne to Gideon Ephraim Browne IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 22, 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: March 20, 27, April 3 and 10, 2014 BROWNE 140314 04-10-14

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00160115

WHEREAS, Nikolay Chipak has filed a petition with this court for a decree changing the names of Nikolay Chipak to Nikolay Svyatelskiy IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 25, 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: March 12, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: March 20, 27, April 3 and 10, 2014 CHIPAK 140314 04-10-14

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00160074

WHEREAS, Jessica Lockhart has filed a petition with this court for a decree changing the names of KeeleMichaelleDickson to KeeleMichaelleLockhart IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 24, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

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 12, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: March 20, 27, April 3 and 10, 2014 LOCKHART 140314 04-10-14

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00160069

WHEREAS, Anthony Bryce Barber has filed a petition with this court for a decree changing the names of Anthony Bryce Barber to Anthony Bryce Lockhart IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 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: March 12, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: March 20, 27, April 3 and 10, 2014 BARBER 140314 04-10-14

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SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00159760

WHEREAS, Sydney Maria Jocelyn Browne has filed a petition with this court for a decree changing the names of Sydney Maria Jocelyn Browne to Gideon Ephraim Browne IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 22, 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: March 20, 27, April 3 and 10, 2014 BROWNE 140314 04-10-14

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00160128

WHEREAS, Christie Mitchell, SBN 197975, Attorney for Halle Dupuis has filed a petition with this court for a decree changing the names of Halle Dupuis to Halle Merchant IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 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: March 12, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: March 27, April 3, 10 and 17, 2014 DUPUIS 140318 04-17-14

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00160429

WHEREAS, Jagjit Sahota & Angelina Diaz has filed a petition with this court for a decree changing the names of Devon Anthony Diaz to Anthony Singh Sahota IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 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: March 19, 2014 David I. Brown, Judge of the Superior Court Publish: March 27, April 3, 10 and 17, 2014 SAHOTA 140320 04-17-14

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00160435

WHEREAS, Maricela Zermeno Rodriguez & Jagjit Sahota has filed a petition with this court for a decree changing the names of Maricela Zermeno Rodriguez to Mari Zermeno Sahota, Xavior Othello Rodriguez to Xavior Othello Sahota IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 30, 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: March 19, 2014 David I. Brown, Judge of the Superior Court Publish: March 27, April 3, 10 and 17, 2014 RODRIGUEZ 140320 04-17-14

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00159666

WHEREAS, Valerian Ro-Mel Smith has filed a petition with this court for a decree changing the names of Valerian Ro-Mel Smith to Ro-Mel Smith IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 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 19, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: March 27, April 3, 10 and 17, 2014 SMITH 140320 04-17-14

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00160439

WHEREAS, Morgan Yates has filed a petition with this court for a decree changing the names of Morgan Alexandra Yates to Lexa Mae Yates IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on May 1, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

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 19, 2014 David I. Brown, Judge of the Superior Court Publish: April 3, 10, 17 and 24, 2014 WANG 140324 04-17-14

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00160721

WHEREAS, Julia Yoshiea Robinson (AKA Julian Yoshiea Robinson) has filed a petition with this court for a decree changing the names of Julia Yoshiea Robinson to Julian Yoshiea Robinson IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on May 2, 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: March 26, 2014 David I. Brown, Judge of the Superior Court Publish: April 3, 10, 17 and 24, 2014 ROBINSON 140326 04-17-14

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00160757

WHEREAS, Khamsune Nanthaveth has filed a petition with this court for a decree changing the names of Khamsune Nanthaveth to Sue Vongvilay IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on May 7, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

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 26, 2014 David I. Brown, Judge of the Superior Court Publish:

Guided Equestrian Ride at Deer Creek



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SACRAMENTO REGION, CA (MPG) - The Sacramento Valley Conservancy invites you to be sent back in time with the untouched beauty of a guided Equestrian ride at Deer Creek on Sunday, April 27th, 2014 from 10:00 a.m.-2:00 p.m.

As you and your horse explore the cattle made paths to this 4400+ acre working cattle ranch, you'll discover the beauty of this open space preserve. Come experience the quiet atmosphere of distant bird calls, the transition of the savanna grasslands and witness the season's color by horseback.

All public outings are docent lead on this working cattle ranch. The approximate ride time is two and a half hours through open country over a variety of terrain, including water crossings, ascending and descending hills.

Most groups are from ten to twenty people in size and travel at a walking pace.

What: Guided Equestrian Ride (must provide your own horse)

When: Sunday, April 27th, 2014 from 10:00 a.m. to 2:00 p.m.

Where: Deer Creek Hills Preserve, Latrobe Rd, Sloughouse, CA 95683

Who: 16 years old and above

Cost: \$20

Register online: www.sacramentovalleyconservancy.org/calendar.asp

Celebrating over 23 years of protecting open space and accreditation by the Land Trust Alliance Accreditation Commission, the Sacramento Valley Conservancy is a private, non-profit land trust founded in

1990 on two basic principles—that open lands are necessary for quality of life and that we must save land today so future generations may enjoy its benefits tomorrow.

The Conservancy buys land only from willing sellers, and works cooperatively with private landowners and public and private funding sources to create win-win solutions. More information about SVC, including the East Sacramento Blue Oak Hills Area project, our Sacramento Prairie Vernal Pool Area, the Dry Creek Parkway, Elkhorn Basin Ranch, Camp Pollock and other projects can be found on the organization's website at www.sacramentovalleyconservancy.org.

*Source: Gina Silvernale
Sacramento Valley Conservancy
utreach@sacramentovalleyconservancy.org* ★

NOTICE OF NONDISCRIMINATORY POLICY AS TO STUDENTS

The Senior Computer School admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available

to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies and admissions policies.

(Phone: (916)485-9572).

*Published in the Carmichael Times
April 10, 2014*

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APRIL 26, 2014

LOCATIONS

Stock Ranch Reserve
Sunrise Park District
(Behind Costco on Auburn Blvd.)
9am-1pm
Clearing Brush & Picking up Trash

Cherry Creek Park
City of Citrus Heights
(Sperry Dr. & El Sol Way, CH)
9am-1pm
*Clearing Brush, Picking up Trash,
Cutting Back Small Trees & Tall Grass*



Orangevale Community Park
Orangevale Parks & Recreation
(Corner of Oak Ave. & Filbert Ave.)
8am-1pm
*Clearing & Improving Walking and Riding Trails
and their Surroundings*



Go to www.communityservice.me for more details
Sponsored in part by Citrus Heights Messenger and MPG Publishing

All American Speedway
Roseville, CA

Fan Appreciation Night April 12
GATES OPEN AT 4PM
Meet the Racers and get Autographs at 6:30

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FEB 2013

Carmichael
RECREATION AND PARK DISTRICT

Parks Make Life Better!

Announcements & Events

CLOTHING RECYCLING DRIVE
Happening through Saturday 4/12
Drop-Off M-F, 8:30am-5pm & 4/12, 9am-2pm

E-WASTE COLLECTION
Saturday, 4/12, 9am-2pm Carmichael Park Band Shell
Support Creek Week by donating your e-waste & used clothing! Visit www.carmichaelpark.com for acceptable items.

EGG HUNT & PANCAKE BREAKFAST
Saturday, 4/19 ★ Rain Or Shine!
Breakfast, 7-11am ★ Hunt Starts At 10am
Held at Carmichael Park • Co-Sponsored By The Carmichael Kiwanis Club

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



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Wine & Food Tasting, Booths, Music, Art, Cars, Door Prizes, Raffles, Silent Auction

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The 12th Annual 'Taste' of Carmichael

Friday May 16th, 2014 • 5:00 to 8:00PM
La Sierra Community Center, 5325 Engle Road

Charity for Children, Youth and Community projects

Event Tickets \$35 per person at the door
For Event info & to Order Tickets
Call George 747-0196
or www.CarmichaelKiwanis.com



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April 25, 2014
Friday 8-11am

Mission Oaks Community Center
4701 Gibbons Drive
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- Door Prizes

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 Office Hours: 8 am-5 pm
 Registration Hours: 8:30am-4pm Monday-Friday
www.morpd.com

DISTRICT OFFICE
 (916) 488-2810 • Fax (916) 488-4349
 3344 Mission Ave., Carmichael, CA 95608

MISSION OAKS COMMUNITY CENTER
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Friday, April 11 • Thursday, June 12
 11:30 am to 12:30 pm

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 4300 Folsom Boulevard • Sacramento
 RSVP Required: 916.732.2000

Wednesday, April 16 • Wednesday, June 18
 (Spanish & English)
 11:30 am to 12:30 pm

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

Thursday, April 24 • Wednesday, May 21
 11:30 am to 12:30 pm

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

Friday, May 16 • Wednesday, July 16
 11:30 am to 12:30 pm

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

www.EastLawn.com

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

Seating is limited to 30 attendees per seminar

ACE AMERICAN CEMETERY EXCELLENCE AWARD WINNER

SCOE Accepting Entries for College Scholarship Essay Contest

SACRAMENTO, CA (MPG) - The Sacramento County Office of Education (SCOE) is still accepting submissions for an essay contest designed to honor local military veterans. The winning high school student will receive a \$500 college scholarship, courtesy of SAFE Credit Union.

Every year, SCOE honors the many contributions of local veterans who left high school to serve in the U.S. military during World War II, the Korean War or the Vietnam War through the Operation Recognition program. Qualifying veterans who received an honorable discharge may contact SCOE to receive their high school diplomas.

Diplomas are also presented to Japanese American citizens who were forced to leave high school due to WW II internment.

The 2014 Operation Recognition Scholarship essay theme is "How Our Veterans Exemplify Courage and Sacrifice."

Contestants must be high school juniors or seniors who are currently attending public high schools in Sacramento County. The completed 500 word essay, must include a cover letter and be received by the Sacramento County Office of Education by April 25, 2014.

Essays will be judged on how well the student understood,

developed and presented the theme. The winning entrant must be able to attend the Operation Recognition diploma ceremony at 6:30 p.m. on Tuesday, May 20, 2014 to read his or her essay, join in honoring the diploma recipients, and receive the scholarship award from a SAFE Credit Union representative.

Contestants must send submissions to:
Operation Recognition Scholarship Contest
c/o Sacramento County Office of Education
P.O. Box 269003
Sacramento, CA 95826-9003

Source: Sacramento County Office of Education ★



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IN MEMORIAM

James Hewitt Smith

05/10/1922 – 03/31/2014



On March 31, 2014, James Hewitt Smith, a loving and loved husband, father and brother passed away peacefully at ninety one years of age. He was at home with his immediate family by his side. He was born May 10, 1922 in Elyria, Ohio to Edward Reuter Smith and Alice Kelly Smith. He was third in a family of seven children.

The full life led by Jim is difficult to recount in a few paragraphs. He was a loving husband, father and brother who cared for his family until his last day on earth. He survived the Great Depression working with his father on construction projects that included bridges and roadways of the Appalachian Highway. The stories, while sometimes harrowing, were nonetheless laced with humor.

Jim enrolled at Cornell University in Ithaca, New York in 1941 just prior to the start of World War II. Jim immediately enlisted in the Army in 1942. He transferred to the Marine Corps in 1943 and graduated from Boot Camp at Parris Island. He attended Marine Corps Officer Candidates School, Quantico, Virginia. He spent most of his Corps career assigned to Camp Pendleton where he rose to the rank of Lieutenant. As a Tank Officer he trained men to fight in the Pacific and would most likely have been part of an assault on mainland Japan had President, Harry Truman not made the difficult decision concerning the Manhattan Project-the dropping of the atomic bomb on Japan. He was discharged in 1946. His sons often expressed relief he was

not part of an assault on Tokyo as they may not have otherwise entered this world.

After WW II, Jim returned to Cornell University where he attained one of the first degrees awarded in Industrial Labor Relations, in 1948. He maintained contact with Cornell Alumnae and the campus until his last days with us. As a product of the Great Depression and Marine Corps esprit de corps he put himself through college and simultaneously paid off his parent's mortgage.

Jim's business career began with Mesta Machine, in Pittsburg, PA. As a kid amongst men, he quickly gained the trust of all the men pouring steel in the foundry to management.

Jim's lifelong career was in the newspaper business. For almost sixty years he served as Personnel Manager, Publisher, or President for newspapers across the country. Some of these included the Christian Science Monitor, San Diego Union-Tribune, San Antonio Express News, and the Sacramento Bee. He also negotiated the sale of newspapers across the

county; hired by owners who knew he had not just knowledge of the newspaper business, but the negotiation spirit required to bring people together. He distinguished himself as particularly adept at returning failing newspapers to profitability which led to his reputation as a "turn around publisher."

Jim was instrumental in initiating Business Journals across the country but primarily on the west coast. These included the Orange County Business Journal. Jim finished his working career at the Western Journalism Center, Sacramento, California in 2005. Never one to view the newspaper business as a static institution and lament the "old days", Jim saw the digital revolution as a natural evolution and had ideas germane to the current condition of the news business. He also saw the need for the inter-nationalization of news business and was conveying this message to the industry to his last days with us.

Jim loved his family and country. His civic interests in the Sacramento Rotary Club, Inter-faith counsels, and as a public speaker for media and Government issues as requested by Assembly and Senate members was always high on his list.

Until his last days, even though he knew it was time to move on, he was concerned for the wellbeing of family and expressed his selflessness with love and intelligence. Family and friends (both business and Marine Corps) will miss his presence.

THANK A VETERAN TODAY

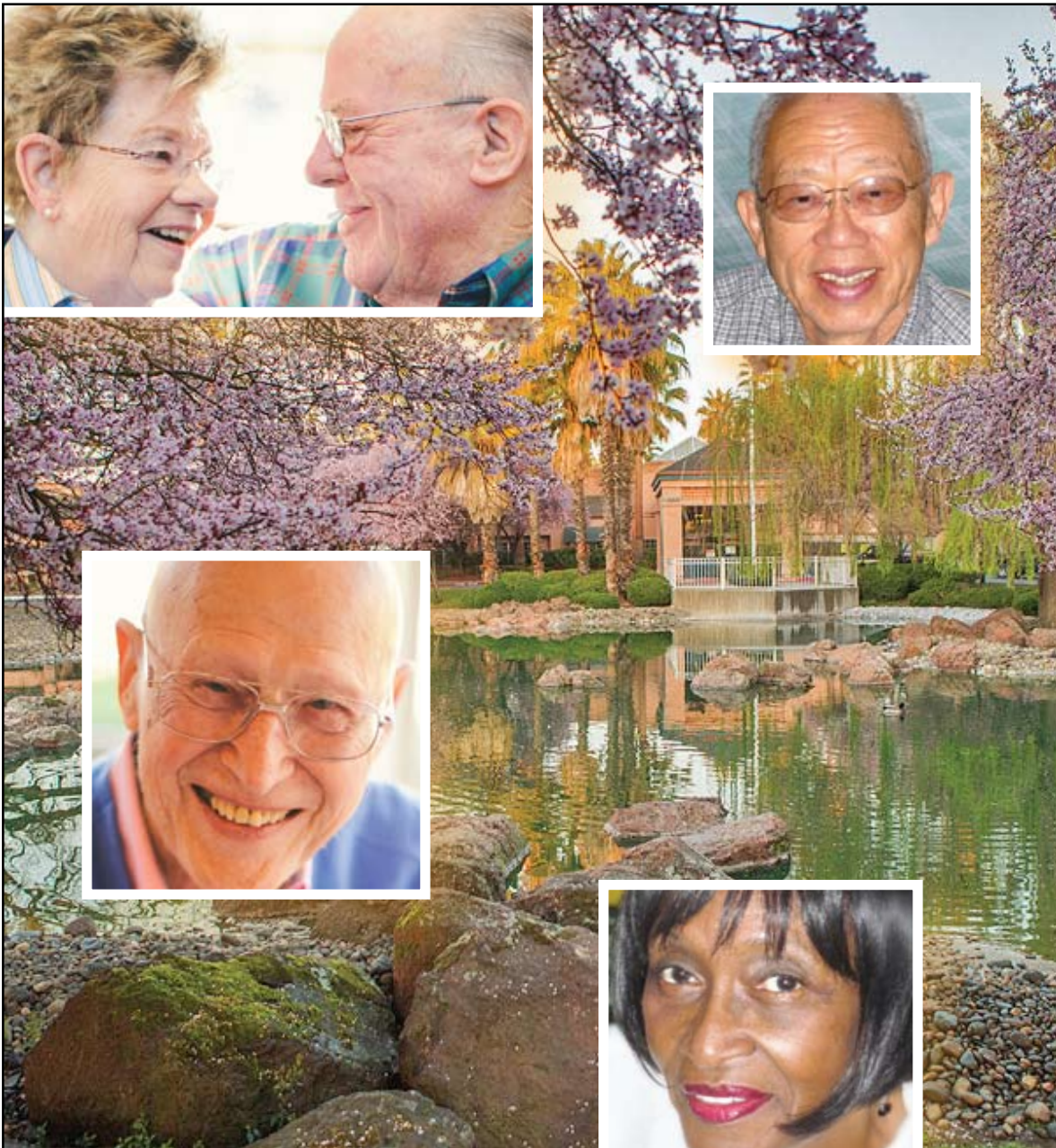


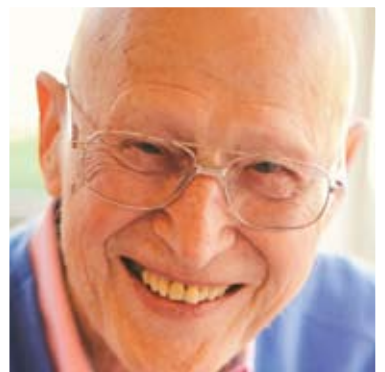

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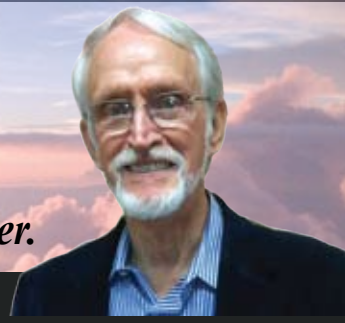
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DR. COY F. CROSS

Author Coy Cross II, Ph.D.
 "The Dhance" A Caregiver's Search for Meaning

I Can Fix This!
On Men Accepting the New Role as Caregiver.



STRENGTH IN UNITY

Men are fixers by nature. So when crisis afflicts those we love, our hardwired instinct is to try to fix it. In many cases this is not possible. So we are left with anger, guilt and feeling like failures.

In 2009, when my wife Carol was diagnosed with ovarian cancer, I found myself in an unfamiliar role, one for which I was unprepared. My first thought was, "I wish I was still working, so I wouldn't have to deal with this 24/7." That sentiment passed quickly as I settled into our "new normal." I soon realized I was not the only man in this strange (to us) position.

As our population lives longer, more and more men find ourselves unexpectedly caring for our mates. We find this need to nurture and care somewhat foreign to our makeup. This involves a role-reversal for most of us.

For millennia, women have taken care of and tended the young and the sick, while men provided food and shelter and protected the family from harm. Now we

suddenly find ourselves thrust into a job we never expected or prepared to do. Perhaps for the first time, we have to ask for help, which we mistakenly can view as a sign of weakness.

Whereas women have other women for support, either physically or emotionally, men feel they must be strong and handle this new responsibility stoically, without help. They will suffer alone, needlessly, often to the point of physical and emotional exhaustion.

My previous experience as a caregiver convinced me I would need help caring for my wife, Carol. As I told a friend, "I have always been the Lone Ranger, but for this job I would need a posse."

Fortunately, I had friends and family I could turn to for support and I didn't let my ego keep me from asking: "Greg, can we have coffee? I need to talk." "Dee, can you be with Carol for awhile? I need to go to the gym." "Beth, can you stay with Carol for a few days? I need some time for myself."

My suggestion to male care-

givers is to set your ego aside, ask friends, neighbors and family members for help; join a support group and learn how to take care of yourself in this time of crisis. You are the most important element in helping your loved one recover and survive.

The better you care for yourself the better you can care for the one you love. First, accept that it is what it is and you can't fix it.

Share with us each month here and visit Facebook to learn more at *The Dhance*. See author Cross as he discusses discoveries, lessons and shares insights on YouTube.

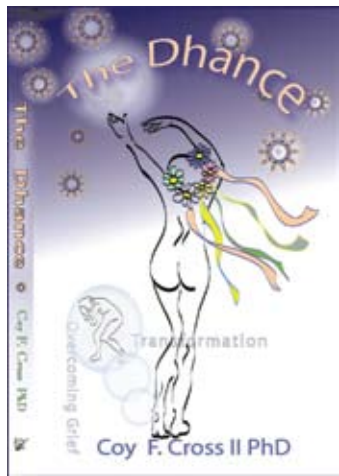
You also can learn to cope in *delving into the mind, life and acceptance of life and death that is the heart of Coy Cross's experience related for all to learn from in "The Dhance"* (Available from KohoPono Press, ISBN 978-0-9845424-2-0, visit kohopono.com or call 503-723-7392).

Please note: author's permission required before reprinting these articles.

Meet The Author: Coy Cross

When They Need You Will You Be There? A Caregiver's Search For Meaning
 South Natomas Library, 2901 Truxel Rd. • Saturday April 26, 2014 • 3:30 pm - 5:00 pm

Rancho Cordova Library Community Room, 9845 Folsom Blvd. • Saturday May 3, 2014 • 1 pm - 2:00 pm



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Date: Thursday, April 10th Time: 11:00 am – 3:00 pm

All Proceeds Benefit The Foothill K-9 Association

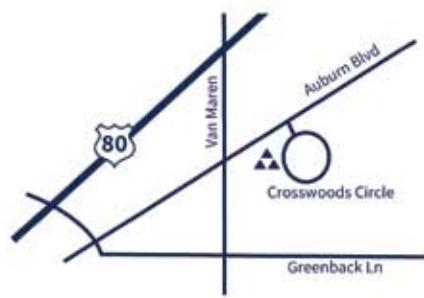
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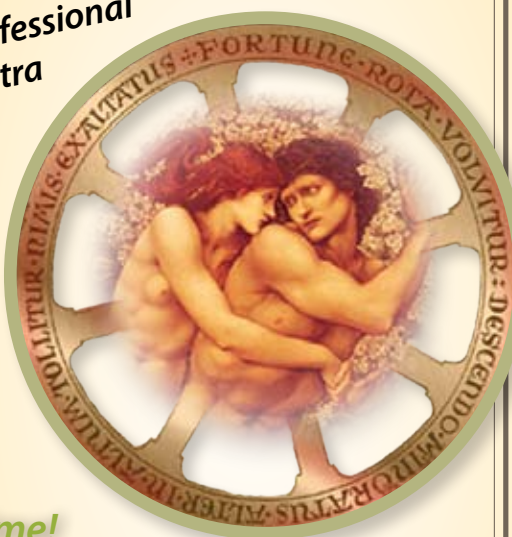


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 5750 Grant Avenue, Carmichael (Corner of Grant & Fair Oaks Boulevard under the trees in the Park). Every Sunday from 9 am to 2 pm - all year round.

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

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UC Davis Health System Farmers Market
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