

Oakmont of Carmichael, a Luxury Retirement Community Scheduled to Open in September Page 2 **PLUS:**

Donaldson, Gray, Sogard, Russell, Moss Announced as Home Grown Garden Gnomes Page 3



Carmichael Times

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Serving Carmichael and Sacramento County since 1981

March 20, 2014

Couch Theater DVD Reviews The Great Beauty



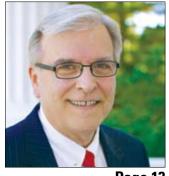
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Carmichael Chamber Demonstrates M.A.G.I.C.



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Haaland Calls on Legislators to Oppose SCA 5



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Carmichael, CA

Making Life Convenient



Plans are to model a new Fair Oaks Cohousing neighborhood after this Nevada City, CA site completed in 2006.

By Elise Spleiss

"Cohousing makes life more convenient, practical, and fun."

Charles Durrett, author and architect

SACRAMENTO REGION, CA (MPG)

- Local residents have secured a 3.5-acre property in Fair Oaks for a 30-home cohousing neighborhood. The Fair Oaks property is located at 4025 New York Avenue

and offers close proximity to the American River Parkway and its miles of bike paths, as well as Fair Oaks Village, Bannister Park, Sacramento Waldorf School, and Rudolph Steiner College. Cohousing provides social, environmental and economic benefits for a more sustainable lifestyle.

Cohousing combines privately owned homes with extensive community facilities to create neighborhoods that address the

needs of working parents and seniors. Homes are clustered around shared open space and common facilities. A "common house" typically includes a dining room, kitchen, lounge, workshop space, kid's playroom, and guest rooms; it is the heart of the neighborhood for a variety of other activities. Cars are kept to the edge of the site making the neighborhood pedestrian-friendly and safe for children. Future residents

are involved in the design and development so that it reflects their needs and priorities, creating a truly custom neighborhood. There are now more than 130 cohousing communities in the U.S. and Canada, including 40 in California.

The use of this unique housing concept has been the vision of EcoHousing founder Marty

Continued on Page 4

Two Historic Parks Unite To Host Shopping Weekend

Sutter's Fort & State Indian Museum Present Traders' Faire and Indian Arts & Crafts Market

SACRAMENTO REGION, CA (MPG) - Sutter's Fort State Historic Park (SHP) and the State Indian Museum are teaming up to host their annual spring time artisan shopping events on the same weekend -- April 12 & 13, 2014. Sutter's Fort SHP will host its popular "Traders' Faire - California's First Mall" while the State Indian Museum will present its annual spring time "Indian Arts & Crafts Market," both open from 10 a.m. to 5 p.m. each day. While the available wares are different at each location and true to their respective histories, both offer unique, hand-crafted items that make for treasured gifts and collectibles.

Amid a fun and lively shopping atmosphere, Fort visitors can watch artisans create pioneer goods for sale such as clothing, housewares, toys, beads and knives. Guests will also have the opportunity to make their own crafts, haggle with traders, hammer square nail and enjoy demonstrations of black powder weapons. And at nearby State Indian Museum, shoppers can peruse hand-crafted custom beaded jewelry, beautiful Native American artwork, intricately woven baskets, unique gourds, genuine soapstone and elk horn carvings, ceremonial drums

STARS Shine at San Juan Fundraiser

and much, much more.

The special event "combo" ticket prices are \$8 for adults and \$6 for youths ages 6-17 (children five and under are free) and includes entrance into both the "Traders' Faire" and the "Indian Arts & Crafts Market." Visitors are encouraged to support and learn from artisan crafters while also exploring two historic parks. For more information, call 916-445-4422 (Sutter's Fort SHP) or 916-324-0971 (State Indian Museum) or visit www.suttersfort.org orwww.parks.ca.gov/indianmuseum.

On Friday, April 11, the Traders' Faire will be open at Sutter's Fort SHP with a focus on education. Special event cost for that one-day-only is \$7 for adults; \$5 for youth (free for children five and under) and does not include entrance to the State Indian Museum.

Sutter's Fort State Historic Park is operated by California State Parks with financial assistance from the nonprofit Friends of Sutter's Fort. Sutter's Fort State Historic Park is open daily from 10 a.m. to 5 p.m. Located in midtown Sacramento on L Street between 26th and 28th Streets, the Fort offers monthly "Hands on History" activities and special events throughout the year. Established in 1839 by Swiss immigrant John Augustus Sutter, Sutter's Fort was at the center of a flourishing agricultural empire named New Helvetia (New Switzerland.) This empire established Sacramento's earliest settlement and the first European settlement in California's Central Valley. For more information, call (916) 445-4422 or visit www.suttersfort.org

The State Indian Museum is operated by California State Parks and supported by the California Indian Heritage Foundation. The Museum is open daily, 10 a.m. to 5 p.m. (except Thanksgiving, Christmas and New Year's Day) for self-guided tours and school group visits. The museum is located in midtown Sacramento at 2618 K Street. Current exhibits include traditional basketry, beadwork, ceremonial regalia and hunting & fishing items associated with many of the tribes of California, as well as contemporary artwork. For more information, please call (916) 324-0971 or visit www.parks. ca.gov/indianmuseum

County Launches 311 Connect

One Number To Connect With County And Report Issues

SACRAMENTO, CA (MPG) - Where do I report an abandoned vehicle? Who fixes broken street lights? Who cleans up illegal dumping? These are just a few of the hundreds of questions coming to County operators every day. It's easy to be confused about where to start when you have a question or want to report a problem. Now there is one number to connect with Sacramento County service; on the web, by mobile app or by phone; the number is 311.

"We believe we are one of the few counties in California to bring 311 to an unincorporated area, and this service will enhance our efforts to revitalize some of Sacramento's core neighborhoods," said County Executive Bradley J. Hudson. "Residents can report concerns directly to 311 and representatives will do the rest."

Customer service representatives are available every day except holidays to answer questions, route calls, and manage cases for verification and resolution. Never remember another County number again... call 3111

Report issues in

unincorporated area such as:
Abandoned vehicles or shopping

Animals, stray, deceased or

dangerous

Code violations

Curb, gutter or sidewalk repair

Illegal Dumping

Potholes

Graffiti

Street light problems

To report an issue within the unincorporated Sacramento County, simply call 311 (or 875-4311 if calling from outside the area), visit www.311.saccounty. net, or download Sac County 311 Connect in the app store on your smartphone.







\$39 PER YEAR!

See inside for details

Carmichael Times Page 2 March 20, 2014

to Open in September

By Linda Harper

CARMICHAEL, CA (MPG) - If you've driven down Engle Road recently and been greeted by a "flagger," you're probably wondering what the massive building is, that's causing all the roadside activity. It's Oakmont of Carmichael, the area's newest premier Senior Community, scheduled to open in September with 70 residential units available.

Oakmont is a Retirement Community that offers quality, comprehensive Independent Living, Assisted Living, Memory Care and Respite Care. It's a community dedicated to engaging, pampering and connecting with their residents to insure all their needs are met. Amenities will include a Movie Theatre, Salon and Day Spa, a Fitness Center, Library, Indoor and Outdoor Patio Dining, a Bistro, a Pet Park and more. Oakmont provides professional staffing 24 hours a day. Their employees are selected for their skills, previous experience and their passion for working with the elderly. Approximately 70 people from the area will be hired

to staff Oakmont of Carmichael. A few of the services offered to residents include weekly housekeeping and laundry service, educational, social and recreation programs, three meals a day, safety and security systems, wellness and fitness programs. Concierge service is offered as well as Chauffeured transportation to and from appointments and outings. Additional services are designed to meet individual resident needs.

Oakmont of Carmichael is conveniently located near fine dining, the arts and world class entertainment. There are countless daily activities offered on the campus. For those who prefer to be adventurous, residents are invited to help plan trips and activities that take them out into the community to enjoy diverse entertainment venues. There are plenty of parties and celebrations arranged throughout the year. Enhancing everyone's quality of life is a priority at Oakmont of Carmichael.

Oakmont presents "Traditions," a program designed to provide caring support to residents experiencing memory impairments.

Each individual is engaged by staff and honored for who they are now, and who they were in the past. The safe and comfortable environment the "Traditions" program offers encourages self sufficiency and well being.

Oakmont of Carmichael was developed by William P. Gallaher and his wife Cindy. They are owners of Oakmont Senior Living, the management and development entity for 30 Retirement Communities in the Western United States. They have proven to be a leader in the retirement industry since 1970. Their experience has given them an intimate understanding of the construction process. Blending beauty and function with a keen sensitivity to the changing market has been their trademark. The company is pleased to serve the Carmichael community.

For more information about Oakmont of Carmichael, or to schedule a tour of their sister community in Roseville, call (916) 483-3800 or log on to www. oakmontofcarmichael.com ★

Luxury Retirement Community Carmichael Chamber Demonstrates Communication M.A.G.I.C.

CARMICHAEL, CA (MPG) - Have you ever had a GREAT idea: a product to sell, a proposal for your boss, a project to pitch to the PTA? AND you only had a few minutes to convey that idea? (Maybe only 30 seconds or less). You might have felt frustrated on what to say and how to say it the best way possible... you might have felt up a creek without a paddle. GOOD NEWS! We have a paddle for you!

On Tuesday, March 25 from 11:30 am to 1:30pub pm, Susan Dakuzaku of XLeration Services explains her M.A.G.I.C. formula that provides a proven strategy to build communication bridges in 30 seconds or less! What's more, the formula works for a 30-second commercial, 10-minute presentation, flyers or ads, AND on your website. Whether you have a business to build or a proposition to pitch, you'll want to learn this "secret". Learning effective communication skills isn't "rocket science", it's M.A.G.I.C.

To register, visit www.



Susan Dakuzaku of XLeration Services will explain her M.A.G.I.C. formula that provides a proven strategy to build communication bridges in 30

call (916) 481-1002. Also, magic.GetYourNetInGear.com★ there will be a followup

CarmichaelChamber.com or workshop on April 17. Visit

NEW TO CARMICHAEL

Luxury Senior Living

Assisted Living • Memory Care







Oakmont Senior Living's newest project is now under construction and scheduled to open in 2014!

Oakmont offers a wellness center and a full-time nurse to assist with all of your daily living needs in the privacy of your own home.

Restaurant-Style Indoor and Outdoor Dining • Private Movie Theatre Day Spa • Fitness Center • Pet Park • Resident Gardens and Walking Paths



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oakmontofcarmichael.com

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Studio, One Bedroom and Two Bedroom Apartment Homes Now Available for Reservation

Change to Zero Water Delivery Policy Welcome News to Agriculture

SACRAMENTO, CA (MPG) The State Water Resources Control Board's Executive Director (SWRCB) took action late Tuesday (March 18th) to potentially allow, temporarily, changes to the proposal for zero water delivery to agriculture and provide some supplies for senior water rights holders in the Sacramento and San Joaquin valleys.

This order allows the possibility of providing additional water and a reasonable and balanced process to determine water allocations.

"I am so pleased that water officials have focused on and have respected historic water rights," said Senator Jim Nielsen (R-Gerber). "Californians can breathe a sigh of relief that food supplies, food prices and jobs may be more secure."

Specifically, SWRCB Howard, authorized two amendments to the Temporary Urgency Change orders - relaxing the restrictive environmental requirements for Delta outflows and permitting Delta exports for purposes beyond the immediate human health and safety needs.

In January, the Board issued an emergency drought order to eliminate water from the State



Senator Jim Nielsen (R-Gerber)

Water Project to agriculture. This prohibitive policy, if carried out by SWRCB as planned, would mean that the agricultural community will not have access to water.

These modifications were brought about due to February's substantial rainfall and over-Executive Director, Tom whelming support voiced for this change in the past few weeks. Senator Nielsen held several meetings with those affected.

> While temporary, this change in the emergency drought order was welcomed by farmers, farm workers and lawmakers.

"Respecting senior water rights is paramount. Without water, farmers will not be able to irrigate their trees, crops

and water their livestock," said Senator Nielsen as he called for stakeholders to continue their efforts to voice the concerns of agriculture and needs of all water

To bring further relief from the hardships of California's cyclical droughts – and anticipating future water shortages - Congressmen Doug LaMalfa (R-Richvale) and John Garamendi (D-Fairfield) introduced a federal bill to authorize the construction of Sites' Reservoir in Colusa County. If passed and Sites is built, it will generate 1.9 million acre feet of new water storage.

"I applaud Congressmen LaMalfa and Garamendi for their bi-partisan approach to our state's water needs. New storage will be a significant benefit for future generations of California's farmers, ranchers and urban residents."

Senator Jim Nielsen repre sents 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.



www.GreatAmericanPatriot.com

Publisher, Paul V. Scholl

Carmichael Times

"Written by the people and for the people" Serving Carmichael and Sacramento County since 1981

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Photography

Paul V. Scholl Bill Martin • Linda Harper

Susan Skinner • Mary Jane Popp • Marlys Johnsen Norris Tim Reilly • David Dickstein • Dave Ramsey Dr. E. Kirsten Peters • Kay Burton • Dr. Bob Graykowski Pastor Rich Reimer • Ronnie McBrayer • David Graulich

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We are proud members of these newspaper associations.

Donaldson, Gray, Sogard, Russell, Moss Announced as Home Grown Garden Gnomes

WEST SACRAMENTO, CA (MPG) -In keeping with the Sacramento River Cats 2014 "Home Grown" theme, the team will give away five Home Grown Garden Gnomes depicting different current and former River Cats players — Josh Donaldson, Sonny Gray, Eric Sogard, Addison Russell, and Brandon Moss — as chosen by a fan

Voting began on Feb. 14 at rivercats.com, and allowed fans to choose which players they wanted to be made into garden gnomes. The giveaway dates for all five Home Grown Garden Gnomes are as follows:

Josh Donaldson - Friday, April 25 Sonny Gray - Friday, May 16

Eric Sogard – Friday, June 23 Brandon Moss - Friday, July 11 Addison Russell – Friday, Aug. 1

2,500 of each gnome will be given away on their respective days. Fans who would like to ensure receipt of all five gnomes are encouraged to purchase our 2014 Super Pack, which guarantees the buyer all five Home Grown Garden

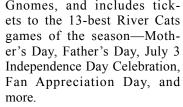
Gnomes, and includes tickets to the 13-best River Cats er's Day, Father's Day, July 3 Independence Day Celebration, Fan Appreciation Day, and

River Cats Season Tickets, Mini-Plans, and Flex Plans can be purchased for the 2014 season by calling the River Cats Ticket Hotline at (916) 371-HITS (4487). Single-game tickets can now be purchased at Raley

> Ticket Office or online at rivercats.com or ticketmaster.com. For more informa-

Cats, visit www.rivercats.com. For information on

other events at Raley Field, visit www.raleyfield.com.



Field's Round Table Pizza

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MEMORIAM

Kevin M. Swaney

October 7, 1960 - January 21, 2014

Kevin was born October 7. 1960 and went to be with our Lord January 21, 2014.

While his time on earth was shorter than we would have liked, he lived a full and fruitful life. Kevin grew up in Rancho Cordova, graduating from Cordova High School in 1978 and UC Davis in 1983 with degrees in Mechanical and Aeronautical Engineering. His life's work was spent in aeronautical engineering at McClellan AFB, the Flying Car development project trials and research, Boeing, Goodrich and lastly with UTC Aerospace Systems in San Diego. Along the way, he earned his private pilot's license, enjoyed hiking and backpacking, playing the trumpet in the jazz Band at CHS and later in church and fell in love.

Together, Kevin and Maria raised their family to know and trust in the Lord. They laughed, joked, prayed,



sang, worshipped, played and completed each other. Whenever they had some spare time, you would find them visiting the coast and discovering new restaurants to enjoy.

Kevin like to laugh, joke around, help others any way he could and talk and talk and talk some more!. He was never a stranger for long finding it easy to talk to just about anyone. It was his friendliness and strong Christian values he used to help others.

Kevin will be greatly missed by his family: his Sweetie, wife Maria; children Gina (Mike) and V.J.; grandchildren C.J. and Mike Jr.; mother Violet Swaney; brother Dennis Swaney (Mary); sister Sharon Wurst (Rod); nephew Sean Worst; and many friends and coworkers. However, we also know and look forward to the day we will see him again when we join him in heaven!

His wishes were to have a small, private gathering celebrating his life, not mourning his death. He also acknowledged it was ok to grieve and cry, but we had to follow that with laughter. So remember his life and laugh!

In lieu of flowers. remembrances can be made to the New Life Center's Children Ministry in Rancho Cordova.

From our family to you, thank you for your love and friendship. May God richly bless you as He has us.



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Carmichael Times Page 4 March 20, 2014



Reports from Sacramento Metropolitan Fire District

Rapid Response To Working Fire in Rio Linda Limits Fire Spread





SACRAMENTO REGION, CA (MPG) -Just after 11 this morning, Metro Fire crews were dispatched to the 8200 block of Manhart Way to find a working fire in a home. The fire, which had started in a bedroom, quickly spread to the attic and other areas of the residence. Crews quickly entered the home and began attacking the fire. The home's occupants were reported to have evacuated themselves before crews arrived, but a rapid search was still completed to verify that nobody was in danger.

Four engines, two trucks and one medic engaged in fire attack,

searching, ventilating, salvage and overhaul.

Significant fire, smoke and heat damage occurred to the interior of the residence, but crews were able to save the exterior, approximately \$100,000 in personal property.

Metro Fire paramedics on scene evaluated one person with a medical complaint, but he declined transport to a hospital. No firefighters were injured in the fire. The cause is undetermined, though it was found to have started in a bedroom.

Since 2008, Metro Fire has been forced to close six stations to address a significant loss of property tax revenues. "The station closest to this home was not one of the closed stations, so the engine was available in quarters. Fire crews were able to arrive quickly and knock down the fire before more damage could occur, but unfortunately this isn't always the case." Battalion Chief Maurice Johnson simply stated, "When the emergency is yours, especially with a fire like this, response time is all that really matters."

For more information, check out www.metrofire.ca.gov and sign up for our E-newsletter. ★

Making Life Convenient

Continued from Page 1

Maskall since 2005. After searching for a suitable property in over 100 different locations, it was exciting to finally be able to begin making plans to build. Maskall says, "We are excited to have secured such a great property for our community, with its easy access to the American River Parkway and Fair Oaks Village. We look forward to designing a beautiful neighborhood that will fit in well with the surroundings."

The community will be working with married couple Charles Durrett and Kathryn McCamant, both international cohousing experts and architects. They introduced cohousing to North America in the 1980s with their seminal book, Cohousing: A Contemporary Approach to Housing Ourselves, after studying the movement in Denmark. Together McCamant and Durrett have worked on over 50 cohousing projects with their firms McCamant & Durrett Architects and Cohousing Partners. They now live in Nevada City Cohousing. Durrett grew up in Sacramento

As part of the kick off for the new community, Durrett--who will be the architect for the new community--will be giving a public presentation about these



On February 22, 2014 eleven prospective residents visited the site of a new cohousing neighborhood being planned in Fair Oaks. Marty Maskell (3rd from the left), founder of Fair Oaks EcoHousing holds the civil engineer's aerial shot of the site.

socially and environmentally sustainable neighborhoods. The presentation will provide an overview of the cohousing movement with examples of communities that have built around the country over the last two decades including Southside Park in Sacramento, Nevada City Cohousing, and Wolf Creek Lodge in Grass Valley, a recently completed community designed for pro-active adults. The presentation will be held on Saturday, March 29th at 7 pm at the Fair Oaks Library, 11601 Fair Oaks Blvd. Admission is free.

Environmental sustainability is a core value in these neighborhoods with smaller homes, green building attributes and renewable energy systems made possible

by combined efforts and shared resources. On-site activities and companionship enable residents to socialize close to home and reduce the need to drive as much for day-to-day activities.

McCamant and Durrett have won numerous awards for their cohousing designs and implementations including the Governor's Award for Environmental and Economic Leadership in 2011 for Wolf Creek Lodge, a 30-unit senior cohousing community located in Grass Valley, CA. www. wolfcreeklodge.org. For more information on cohousing see: www.FairOaksEcoHousing.org and www.cohousingco.com.

DISCOVER the difference

Critical Failure of County Radio System Demonstrates Effectiveness of Back-up Plans

SACRAMENTO REGION, CA (MPG) - Just before 10am, Sacramento County radio systems experienced a critical failure during a scheduled test.

Primary radio communications were lost in the county and cities. The Public Safety Radio System, the primary communication system for fire, law and a host of other public safety agencies, became inoperable.

The events that followed made it clear that the communication systems in place throughout Sacramento County and beyond are redundant enough to allow operations to continue without incident.

and field users determined there was a failure, we exercised our Radio Failure Plan, utilizing a back-up radio system. Notification of the failure and the implementation of the back-up system was immediately sent to all field units, pagers, fire station printers, and station alerting systems. Volunteer and reserve firefighters were sent alpha-numeric pages. The transition occurred quickly and seamlessly.

The system failure lasted roughly 10 minutes. Tyler Wagaman, Metro Fire Communications Captain, stated "We learned today that the system we have in place is completely The moment Fire Dispatchers effective. Even with a primary



system failure, none of the services we provide were interrupted, and there was no compromise to our operations."

Sacramento Concert Band to Hold Free Concert



The Sacramento Concert Band invites you to a free Spring Concert at 7:30 p.m. on Monday, May 12, 2014 at Christ Community Church, 5025 Manzanita Ave., Carmichael. Concert highlights include a Dave Brubeck medley, "Scottish Rhapsody", and "Tahiti Trot". Under the direction of Grant Parker, the Sacramento Concert Band has performed for more than 40 years in the Sacramento area. Come and enjoy the music!

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SOURCE: American Journal of Health Behavior, 33(2) 2009 Psychological Reports 109(1) 2011.

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April 7 - May 1, 2014

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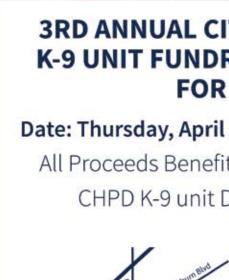




6801 Fair Oaks Blvd • Carmichael, CA 95608 Phone 916-339-1776 • Fax 916-339-1700

Email: info@aebodyshop.com • www.aebodyshop.com Monday - Friday: 8:00 a.m. - 5:00 p.m.

Saturday: By appointment • Sunday: Closed





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

All Proceeds Benefit The Foothill K-9 Association CHPD K-9 unit Demonstration at 1:30pm

Raffle Prizes!!!

Vendors selling supplies Call Felisha at (916)969-6161 for more information.



CROSSWOOD OAKS

An Independent Living Community

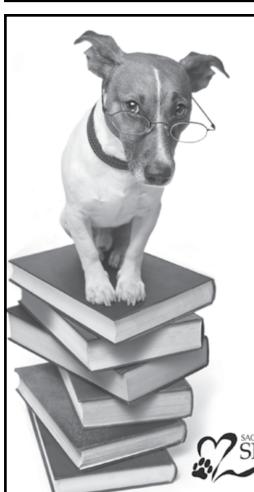
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March 20, 2014



Sacramento SPCA

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rab Feed



St. Mark's United Methodist Church

Saturday, March 22, 2014 6:00pm

La Sierra Community Center 5325 Engle Road, Carmichael, CA 95608 \$50 Per Person

Dungeness Crab • Pasta • Bread • Salad • Dessert Proceeds Benefit: St. Mark's United Methodist Church

Tickets Available: St. Mark's - Sunday Mornings **Church Finance Office - Tuesdays-Fridays** Online - www.stmarksumc.com

Info: Deanna King • (916) 483-7848 ext. 113



SHRED DAY 2014

St. Vincent de Paul Fund Raiser

"Help Us Help The Poor"

At: Our Lady of the Assumption School Parking Lot **2141 Walnut Ave. (**Corner of Cottage and Walnut)

Heart of Carmichael

April 26, 8am - Noon Rain or Shine!

Two On-site Shred Trucks → You Can Watch!!

✓ Bring all old or new tax records and/or any other old dust-gathering confidential documents for professional shredding

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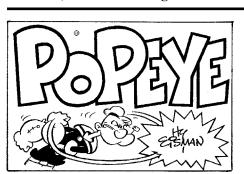
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Carmichael Times Page 6



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FROM A LONG LINE OF WITCHES?











Just Like Cats & Dogs

March 20, 2014

by Dave T. Phipps

HUBERT By Dick Wingert







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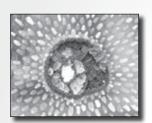


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Current and Upcoming Events



Mira Loma High School **IB Art Show** March 11-29, 2014

Watercolor Artists of Sacramento Horizons WASH 2014 Members Show

The 2014 Annual WASH Member Watercolor Competition, Awash With Color will be on display from April 1st through April 19th at the Sacramento Fine Arts Center. The Artists Reception and Awards Ceremony is scheduled for the Second Saturday on April 12th from 5:30 p.m. - 8:30 p.m. See website for more information.

The Complete Pouring Watercolor Workshop **Presented by Tony Rogone**

Sunday, April 6, 2014, 10:00 am-4:00 pm



Skip Lee An Exhibit of Recent Work

Carnie by Skip Lee

March 1-31, 2014, Gallery 3

Poetry/Art/Jazz... Live at the Arts Center



A cross-genre concert of art, poetry and jazz on March 22, 2014, featuring the Dave Brubeck Institute Quintet.

5330 – B Gibbons Dr., Carmichael, CA • Ph. 916-971-3713 Hours: Tuesday 11 am-7 pm, Wednesday through Saturday 11 am-3 pm. www.sacfinearts.org





March 20, 2014

Carmichael Times Page 7

A New Study System To Help Students Pass AP Course Exams

(NAPSA)—There's good news for high school students who take Advanced Placement (AP) courses. A new study system from McGraw-Hill, **5 Steps to a 5 on the Advanced Placement Examinations**, has been created to help students prepare more effectively for these rigorous tests.

AP courses are intended to help students stand out during the college admissions process, earn college credits before entering school—helping reduce the cost of tuition—and, in some cases, skip introductory-level classes.

On the AP exam, 5 is the top score. But if students don't score at least a 3, all their work on the course for a year is wasted. Recent statistics show that approximately 40 percent of high school graduates who took at least one exam failed to score even a 3.

Better exam preparation and study habits are needed to ensure that students pass the test.

New Study System

The new study system—outlined in the test prep guides 5 Steps to a 5 on the Advanced Placement Examinations—is designed to coincide with the most current AP exams. Each subject-specific course guide is structured around a five-step plan and contains several features that separate the system from other guides.

The first step is to develop a study plan, the second step is concerned with building knowledge, the third and fourth steps focus on honing test-taking skills and strategies, and the fifth is designed to foster the confidence students need to ace the tests. The unique system also takes into account the fact that not everyone learns the same way.



AP courses are designed to help high school students acquire study skills and information that can benefit them as they move on to college.

There is one approach that follows the school year, another that follows the calendar year, and one that accommodates the "last-minute" student who is just looking for the highlights of the course.

Sample Tests and Links Other student-friendly features

Other student-friendly feature include:

- •Sample tests that closely sim-
- ulate real exams
 Review material based on the
- contents of the most recent tests
 Icons highlighting important facts, vocabulary, and frequently
- Advice from AP teachers, college professors, and students who have achieved high marks on pre-
- Access to websites and links to valuable online test resources, along with author e-mail addresses for students with follow-up

questions.

To learn more and get more tips for your child or classroom, visit www.facebook.com/aptestprep.

Healthy Ideas

(NAPSA)—Pet owners with allergies can use the new BEAM Alliance Central Vacuum System by Electrolux to remove 100 percent of captured dander from the living area without stirring up dust. Its quiet operation also prevents startling the dog or cat. Learn more at www.beam.com.



Don't Feed the Dogs

Sharon from New Whiteland, Ind., likes to feed extras to the birds like bread and popcorn. To prevent her beagles from eating these items, she throws the extra snacks on her garage roof. "The birds enjoy this and the dogs can't get to it. Problem solved!" Thanks for sharing, Sharon!

E-mail: birdingbits@cfl.rr.com © 2014 King Features Syndicate, Inc.

Better be sparing at first than at last.

—Irish Proverb

If you buy what you don't need you might have to sell what you

—Irish Proverb

The Facts About Your Weight And Well-Being



A bowl of oatmeal and fruit for breakfast can help you control your appetite and your weight. Photo Credit: CDC/Debora Cartagena.

(NAPSA) – If you or someone you care about feels there's a slim chance of keeping fit, it may be because of certain common but false ideas. Here's a look at a few, as well as some facts about weight loss and nutrition.

1. Myth: Healthy eating costs too much

Fact: Eating better doesn't have to cost a lot. Try these ideas for healthful eating on a budget:

- Use canned or frozen fruits and vegetables, which may provide as many nutrients as fresh ones at lower cost. Rinse canned veggies before you cook them to remove extra salt. Choose fruit canned in its own juice or packed in water.
- Canned, dried or frozen beans, lentils and peas are healthful sources of protein that last a long time and may not cost much.

2. Myth: If I skip meals, I can lose weight.

Fact: Skipping meals may make you feel hungrier and lead you to eat more than you normally would at your next meal. Consider these ideas:

- For a quick breakfast, make oatmeal with low-fat milk, topped with your favorite fruit.
- For healthful snacks on the go, pack a small low-fat yogurt, whole-wheat crackers with peanut butter, or veggies with hummus.

3. Myth: Physical activity only counts if I can do it for a long time.

Fact: The U.S. government recommends 150 to 300 minutes of activity each week, but you don't need to do it all at once. To benefit, you can exercise for as few as 10 minutes at a time. Here are some ways to fit activity in:

- If you're in a safe, well-lit area, get off the bus or train one stop early and walk the rest of the way to where you're going.
- Plan a game of basketball or soccer or go dancing with friends.

Learn More

You can get more information from the "Weight-loss and Nutrition Myths" fact sheet created by the Weight-control Information Network (WIN), a national information service of the National Institute of Diabetes and Digestive and Kidney Diseases, part of the National Institutes of Health. The fact sheet covers more myths, presents facts and offers ways to make healthy eating and physical activity part of your daily life. It also explains the Nutrition Facts label, suggests ways to "eat the rainbow" of healthful fruits and veggies, and lists smart choices for vegetarians and people with lactose intolerance.

For a free copy or more information, call (877) 946-4627 or visit www.win.niddk.nih.gov or www.facebook.com/win.niddk.nih.gov.

Did You Know?



A klazomaniac is someone who feels like shouting.



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Salome's Stars

ARIES (March 21 to April 19) You'll want to discourage well-meaning but potentially ill-advised interference in what you intend to accomplish. Your work has a better chance to succeed if it reflects you.

TAURUS (April 20 to May 20) The Bovine's well-deserved reputation for loyalty could be tested if you learn that it might be misplaced. But don't rely on rumors. Check the stories out before you decided to act.

GEMINI (May 21 to June 20) You've been going on adrenaline for a long time, and this unexpected lull in a recent spate of excitement could be just what you need to restore your energy levels. Enjoy it.

CANCER (June 21 to July 22) Friends can be counted on to help you deal with a perplexing personal situation. But remember to keep your circle of advisers limited only to those you're sure you can trust.

LEO (July 23 to August 22) Security-loving Lions do not appreciate uncertainty in any form. But sometimes changing situations can reveal hidden stresses in time to repair a relationship before it's too late.

VIRGO (August 23 to September 22) This is a good time for single Virgos to make a love connection. Be careful not to be too judgmental about your new "prospect" -- at least until you know more about her or him.

LIBRA (September 23 to October 22) Yoursense of justice helps you resolve a problem that might have been unfairly attributed to the wrong person. Spend the weekend doing some long-neglected chores.

SCORPIO (October 23 to November 21) You might feel justified in your anger toward someone you suspect betrayed your trust. But it could help if you take the time to check if your suspicions have substance.

SAGITTARIUS (November 22 to December 21) Ignore distractions if you hope to accomplish your goal by the deadline you agreed to. Keep the finish line in sight,

and you should be able to cross it with time to spare.

CAPRICORN (December 22 to January 19) Your creative self continues to dominate through much of the week. Also, despite a few problems that have cropped up, that recent romantic connection seems to be thriving.

AQUARIUS (January 20 to February 18) As curious as you might be, it's best to avoid trying to learn a colleague's secret. That sort of knowledge could drag you into a difficult workplace situation at some point down the line.

PISCES (February 19 to March 20) Instead of spending too much time floundering around wondering if you can meet your deadline, you need to spend more time actually working toward reaching it.

BORN THIS WEEK: You have a natural gift for attracting new friends, who are drawn to your unabashed love of what life should be all about. (c) 2014 King Features Synd., Inc.

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COUCH THEATER --DVD PREVIEWS By Sam Struckhoff EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of March 24, 2014.



Toni Servillo in "The Great Beauty"

PICKS OF THE WEEK

"The Wolf of Wall Street" (R) Jordan Belfort (Leonardo DiCaprio) was a kid from Long Island who went from working in a strip mall to the financial district in a whirlwind of corruption and indulgence. Before he was 30, he already had inflicted considerable harm on the economy, not to mention the damage to his brain and his soul. In the late '80s, the twentysomething penny-stock broker learned a few (illegal) tricks of the larger stock trade, and rocketed to a world of sex, drugs and vulgar displays of wealth.

Martin Scorsese put this movie in fast-forward and full volume. I don't think there's another movie about financial fraud that has this much reckless abandon. Yet it all still works: the film pulled five Oscar nominations, including Best Picture.

"The Great Beauty" (unrated)
-- This Oscar-winning Italian
film could be considered the
older, more thoughtful cousin
to "The Wolf of Wall Street" or
the latest version of "The Great
Gatsby." It begins with the lavish
65th birthday party of Rome's
most jaded journalist, Jep (Toni
Servillo). While his gorgeous

guests swirl around him, he's concerned with existential problems that amount to bubbles in the champagne. His character starts to shift when he learns that his sweetheart from his teen years has recently passed away.

The movie features the highest, lowest and strangest people in Rome -- each one serving as a different jumping-off point for Jep's musings. Servillo is an accomplished and immensely watchable performer. His character is at once smug and vulnerable, curious and disillusioned.

"Delivery Man" (PG-13) --David Wozniak (Vince Vaughn) is an adult underachiever who never grasped the whole responsibility thing. His chance to change as a person comes from a lawsuit -- 142 of his 533 children want to know who he is. David made plenty of contributions to a sperm bank in the '90s, and he has a chance to connect with his many offspring, who are now in their 20s. While Vaughn is charming enough, the movie takes a slow slide into distracted storytelling and sentimentality.

"Odd Thomas" (unrated) -- In a small desert town somewhere, there's a fry cook (Anton Yelchin) who can see the invisible demons lurking all around us. His name is Thomas, and his condition has made him understandably odd. Only Thomas can see the "bodachs" moving in -- bodachs are these are unbelievably coollooking and well-animated monsters that show up just before awful things happen. Thomas and his girlfriend (Addison Timlin) team up with the sheriff (Willem Dafoe) to take up the fight against supernatural evil and Thomas' unending weirdness.

TV RELEASES

"Mystery Science Theater 3000: XXIX3"

"Continuum: Season 2"

"Californication: Sixth Season"
"Dragons: Defenders of Berk
Part 1"

"Veep: The Complete Second Season"

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Dog Can't Resist Jumping on People

DEAR PAW'S CORNER: Our dog "Bailey" is about a year and a half old, and he has always gotten very excited around the kids and guests, and jumps up to paw at them. The kids love to play with him, which encourages him to jump up more. He is otherwise very lovable. How can I stop this behavior?

— Sign me "Muddy Shirt" in Madiana 1875.

son, Wis.

DEAR MUDDY SHIRT: Jumping up is a very common behavior in dogs. The key here is to teach Bailey

that it isn't acceptable.

How? Well, yelling or getting excited yourself when Bailey jumps up will likely do nothing, or even make the problem worse. Pushing Bailey away or swatting his nose isn't helpful, either.

Instead, try the "I'm not interacting with you" method. When Bailey starts to jump up (such as when you come home) stay calm, but look away and fold your arms. Say "off!" in a strong but calm voice. Turn your back on him if need be.

Now — this is important — as soon as Bailey stops the behavior, reward him by looking at him and calmly petting him. If he starts to jump again (and he will), repeat the steps.

Basic obedience training plays a key role here. Every day, teach Bailey to sit, stay, lie down, come and heel. When he begins to jump or get hyper, use the non-interaction method, and as soon as he stops jumping, say "sit." When he obeys you, reward him with calm petting.

What you're teaching Bailey is that he will not get the attention he craves if he behaves a certain way (jumping). Make sure to teach your kids to do the

There are lots of resources and methods to address jumping up, such as the ASPCA's pet-care section. Keep researching, or contact a professional trainer to help.

Send your questions or comments to ask@pawscorner.com.

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Spring begins

In 2014, the *vernal*equinox (a term derived from the Latin words for spring, equal and night) occurs

March 20. On this day, the sun shines directly on the equator, and the length of day and night is nearly equal.

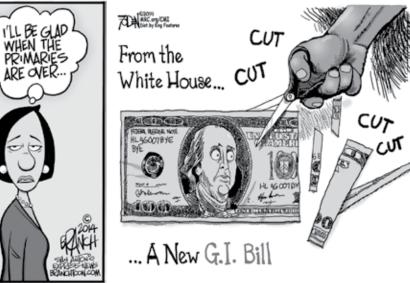
It marks the start of springtime in the northern hemisphere: increasing daylight, warming temperatures, and the rebirth of plant and animal life. - Brenda Weaver

Source: www.almanac.com, www.timeanddate.com

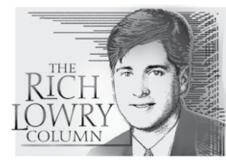
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THE RICH LOWRY COLUMN By Rich Lowry

President Obama's Potent Changes

There are few, if any, people who have more moral authority in the black community than President Barack Obama. A few weeks ago, he put it to good use.

The president launched the "My Brother's Keeper" initiative, aimed at fostering achievement among minority young men. He gathered black and Latino teenagers in the East Room of the White House to exhort them in a highly personal speech.

He recounted visiting a program in Chicago for promising kids who have gotten into some trouble. They sat in a circle and shared their stories. "I explained to them," the president said, "that when I was their age I was a lot

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like them. I didn't have a dad in the house. And I was angry about it, even though I didn't necessarily realize it at the time. I made bad choices. I got high without always thinking about the harm that it could do. I didn't always take school as seriously as I should have. I made excuses. Sometimes I sold myself short."

This is a potent message from one of the most powerful and famous men on the planet to kids who find themselves growing up in exactly such tough circumstances. He coupled his message of encouragement with a call to reject "excuses" and to realize "you've got responsibilities, too."

At times, the president spoke in terms you would expect to hear at the American Enterprise Institute, the conservative think tank. He cited the dismaying numbers of black and Latino kids who grow up in fatherless households, before noting, "We know that boys who grow up without a father are more likely to be poor, more likely to underperform in school."

It may have been the most conservative speech of his presidency (granted, a low bar), in that it acknowledged contributions of family that can't be replaced by government. When it comes to the lives of these kids, government interventions "cannot play the only -- or even the primary -- role."

The building block of family is, of course, marriage, a word that the president uttered only once, when he said we should remove "the barriers to marriage." He didn't say that couples should marry before they have kids and that fathers should be married to the mothers of their children. He said instead, in deliberately hazy language, that "we need to encourage fathers to stick around."

But the absent-father crisis is almost entirely a function of the breakdown of marriage. "For most men, marriage and fatherhood are a package deal," University of Virginia scholar Bradford Wilcox points out. "If you want one, you need the other." President Obama has often said that he set the goal for himself of being a better dad than his own AWOL father. But it's not just that Obama is involved in his daughters' lives, it's that he's married to Michelle.

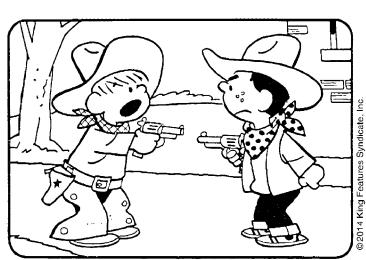
The president doesn't want to outrage eliteleft-wing sensibilities by forthrightly advocating heterosexual marriage. So he leaves out the one institution that can have the biggest impact on the lives of children he is passionate about. Until he is willing to cross this cultural red line, his bully pulpit can only be half-full.

Rich Lowry is editor of the National Review.

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HOCUS-FOCUS

BY
HENRY BOLTINOFF



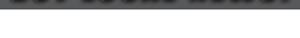
CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.

Differences: 1. Poster is missing. 2. Holster is reversed. 3. Bullet belt is missing. 4. Gun is moved. 5. Star is missing. 6. Rope is missing.

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37. Plenty

44. Correct

drink in French

disgust

71. Wild goat

2. Kosher establishment 3. Unacceptable to some

5. Ingratiate

6. Sacrificed for gain?

8. Condescend 9. Conveat

15. Escargot

22. Shoshonean 24. MOMA display

25. *A #16 over a #1, e.g. 26. Andean pack animal

1. "Haste makes waste,"

9. Deadly slitherers 13. Bad car

hold your peace

21. *Point and shooting

40

25. Final, abbr. 28. Essen basin

39. 6 in 1/6 40. Fill to satisfaction

46. Japanese stringed

48. It's to be brushed off 50. Invitation letters

53. Exclamation of

55. Diamond stat

68. Fluorescent red dye 69. Down with the flu 70. Blew it

72. Red Cross bed 73. Midway attractions

7. Formerly Cassius Clay

11. Stationer's stock 12. *NCAA's Big ____ Conference

64. Waikiki wear 66. United Nations labor agency 27. Luggage handler, e.g.

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CLUES

6. Helicopter landing

18. Down and out

players 24. Not in favor of

30. Firstborn 35. Story part

41. Pisa attraction 43. Not far

instrument 47. Any of several languages of Celts

52. England's favorite

57. Gluteus, pl. 60. *Grid

64. Grassy plain 65. *What teams do 67. Brownish gray

1. "The Sound of Music" backdrop

merchants 4. *As opposed to heroes

10. *One of basketball sixteen

20. Feel like a champ

34. *Value outside the arc 36. Backpacker's shelter 38. Best of 5 of these in men's tennis 42. Red 45. *Opening round locale in OH

29. *Kind of shot down low

33. Money under mattress

32. Make an effort

49. To feel regret

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

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MPG 16-02-14)

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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-01011. David Sharv. 3760 W. River Drive, Sacramento, CA 95833 is doing business under the Fictitious Business Name "USA Great Buys" at 3760 W. River Drive, Sacramento, CA 95833. Filed with the Clerk of Sacramento County on February 5, 2014. Publish: February 27, March 6, 13 and 20, 2014 **USAGREAT** 140217 03-20-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-00916. Sean and Tracy Jackson, 6816 Duckling Way, Sacramento, CA 95842 is doing business under the Fictitious Business Name "Legacy Tattoo" at 5140 Folsom Boulevard, Sacramento, CA 95819. Filed with the Clerk of Sacramento County on February 3, 2014. Publish: February 27, March 6, 13 and 20, 2014 LEGACY 140217 03-20-03-20-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-00700. Seng Dieng, 6137 Ivory Way, Sacramento, CA 95824 is doing business under the Fictitious Business Name "Silver Garden" at 4321 Madison Avenue, Suite A, Sacramento, CA 95842. Filed with the Clerk of Sacramento County on January 24, 2014. Publish: February 27, March 6, 13 and 20, 2014 140214 03-20-14 SILVER

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-01133. NationalTeacher.org, 1912 Richmond Street, Sacramento, CA 95825 is doing business under the Fictitious Business Name "InsideCaliforniaEducation" at1912 Richmond Street, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on February 10, 2014. Publish: February 27, March 6, 13 and 20, 2014 140211 03-20-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-00904. James A. Larejeno, 5008 Marconi Avenue, Apt. 75, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Esoteric Records" at 1139 Fulton Avenue. Suite B-1, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on February 3, 2014. Publish: February 27, March 6, 13 and 20, 2014 140215 03-20-14 **ESOTERIC**

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-00812. Nancy S. Paterson, 5658 Gerard Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "The Right Sign" at 5658 Gerard Way. Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on January 30, 2014. Publish: February 27, March 6, 13 and 20, 2014 RIGHTSIGN 140214 03-20-03-20-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-01382. Donald & Wendi Dickson, 4853 Scotch Court, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Freshlook Florist" at 4764 Manzinita Avenue. Carmichael, CA 95608. Filed with the Clerk of Sacramento County on February 20, 2014. Publish: February 27, March 6, 13 and 20, 2014 FRESH 140220 03-20-

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-010927. ABMS Limited and Sutherlan Family LLC, 1508 Eureka Road, #230, Roseville, CA 95661 is doing business under the Fictitious Business Name "Auburn Blvd, Mini Stor" at 6230 Auburn Blvd., Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on February 4, 2014. Publish: February 27, March 6, 13 and 20, 2014 AUBURN 140221 03-20-

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-01150. Filo Real Estate Inc., 1150 Sunset Blvd., #158, Rocklin, CA 95765 is doing business under the Fictitious Business Name "Citadel Management Company" at 1508 Eureka Road, #230, Roseville, CA 95661. Filed with the Clerk of Sacramento County on February 11, 2014. Publish: February 27, March 6, 13 and 20, 2014 CITADEL 140221 03-20-

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-00880. Winona Mae Marshall, 2856 Rockway Drive, Sacramento, CA 95235 is doing business under the Fictitious Business Name "CLC Property Management" at 5704 Dry Creek Road, Rio Linda, CA 95673. Filed with the Clerk of Sacramento County on February 3, 2014. Publish: February 27, March 6, 13 and 20, 2014 CLC 140221 03-20-

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-01054. Ralph Delgado, 9008 Clarissa Drive, Orangevale, CA 95662 is doing business under the Fictitious Business Name "A-1 Car Wash" at 5123 Madison Avenue, Sacramento, CA 95841. Filed with the Clerk of Sacramento County on February 6, 2014. Publish: February 27, March 6, 13 and 20, 2014 140221

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-00892. Michael Brown,600 Harbor Blvd., #B, West Sacramento, CA 95691 is doing business under the Fictitious Business Name "Carmichael Appliances" at 6210 Fair Oaks Boulevard #B, Sacramento, CA 95608. Filed with the Clerk of Sacramento County on February 3, 2014. Publish: February 27, March 6, 13 and 20, 2014 CARMICHAEL 140221 03-20-1

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-00546. Eric Myers,158 River Run Circle, Sacramento, CA 95833 and Cody Reeves 2227 Gateway Oaks Drive, Sacramento, CA 95833 is doing business under the Fictitious Business Name "Cire Origins" at 158 River Run Circle, Sacramento, CA 95833. Filed with the Clerk of Sacramento County on January 21, 2014. Publish: February 27, March 6, 13 and 20, 2014 140221

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-01438. Joseph Hilary Heflin, 5601 Natomas Boulevard #15308, Sacramento, CA 95835 is doing business under the Fictitious Business Name "Chef Hef Enterprises" at 701 16th Street, Sacramento, CA 95814. Filed with the Clerk of Sacramento County on January 21, 2014. Publish: February 27, March 6, 13 and 20, 2014 CHEFHEF 140221

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-01066. Behaviorial Educational Assessment Services, 6056 Rutland Drive #7, Carmichael, CA 95608 is doing business under the Fictitious Business Name Respite Services" at 6056 Rutland Drive #7, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on January 7, 2014. Publish: March 6, 13, 20 and 27, 2014 140225

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-01313. Maria Popa, 2004 Trimble Way Sacramento, CA 95825 is doing business under the

Fictitious Business Name "Mia Cleaning" at 2004 Trimble Way, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on January 18, 2014. Publish: March 6, 13, 20 and 27, 2014 SERENITY 140226 03-27-14 FICTITIOUS BUSINESS NAME STATEMENT

#FBNF2014-01404. Karl's RV Inc., 1470 Vinci Avenue, Sacramento, CA 95838 is doing business under the Fictitious Business Name "AFP Trailer Parts" and "AFPSALES.com at 1470 Vinci Avenue, Sacramento, CA 95838. Filed with the Clerk of Sacramento County on January 20, 2014. Publish: March 6, 13, 20 and 27, 2014 KARLSRV 140226 03-27-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-01213.LindaGilbert,8776KilldeeCourt, Orangevale, CA 95662 is doing business under the Fictitious Business Name "Fluid Protocol" at 8776 Killdee Court, Orangevale, CA 95662. Filed with the Clerk of Sacramento County on January 13, 2014. Publish: March 6, 13, 20 and 27, 2014 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-01415. Sophia Agnes Benedetto 3742 Gibbons Parkway, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Just Babies" at 3742 Gibbons Parkway, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on February 21, 2014. Publish: March 13, 20, 27 and April 3, 2014 04-03-14 **BABIES** 140304

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-00937. Jamie M. Lyon, 8436 Noel Drive, Orangevale, CA 95662 and Sonya S. Raya, 5805 Pecan Avenue, Orangevale, CA 95662 is doing business under the Fictitious Business Name "OVTee's & Apparel" at 8436 Noel Drive, Orangevale, CA 95662. Filed with the Clerk of Sacramento County on February 4, 2014. Publish: March 13, 20, 27 and April 3, 2014 04-03-14 OVTEES 140304

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-01807. Thomas Galownia. 104 Countess Way, Sacramento, CA 95827 is doing business under the Fictitious Business Name "JT Customs" at 104 Countess Way Sacramento, CA 95827. Filed with the Clerk Sacramento County on March 5, 2014. Publish: March 13, 20, 27 and April 3, 2014 JTCUSTOMS 140307 0 04-03-14

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

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 04-10-14 CAPITOL 140310

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

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-01998. Magnified Video Devices, Inc., 3371 Hanks Street, Sacramento, CA 95827 is doing business under the Fictitious Business Name "Tecwarehouse, 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

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 10535 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

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 04-10-14 SPORTBLING 140313

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 Garment" 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

140313

GOATEE

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 04-10-14 140313

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-02120. Deborah M. Oyler, 1051 Brightwood Court, Walnut Creek, CA 94598 is doing business under the Fictitious Business Name "VSĒ Insurnace 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

140314

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-02074. Al's Auto Repair, Inc., 6636 Tonzi Road, Ione, 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 IFIXCARS 140314

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

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00158258

WHEREAS, Thomas Bernard Clark has filed a petition with this court for a decree changing the name of Thomas Bernard Clark to Cathy Clark, IT IS ORDERED that all persons interested in

the above entitled matter appear before this court at 2:00 p.m. on April 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: February 19, 2014

David I. Brown, Judge of the Superior Court Publish: February 27, March 6, 13 and 20, 2014 140219

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2014-00158274

WHEREAS, Iris L. Sandoval has filed a petition with this court for a decree changing the name of Iris L. Sandoval to Damian Saul Sandoval, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 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: February 19, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: February 27, March 6, 13 and 20, 2014 SANDOVAL 140219 03-20

> SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00159349

WHEREAS, Kayla M. Brown and Logan Brown has filed a petition with this court for a decree changing the name of Juliett Marie Simms to Juliett Marie Brown, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 10, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento. CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

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: February 26, 2014 David L. Brown, Judge of the Superior Court

Publish: March 6, 13, 20 and 27, 2014 03-27-14 BROWN 140226

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00158253

WHEREAS, Hong Anh Nguyen has filed a petition with this court for a decree changing the name of Hong Anh Nguyen to Anh Hong Nguyen, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at

9:00 a.m. on April 1, 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

prior to the date set for hearing on the petition. Dated: February 19, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: March 6, 13, 20 and 27, 2014

circulation, printed in Sacramento County,

California, once a week for four consecutive weeks

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00159351

WHEREAS, Katherine Brubeck has filed a petition with this court for a decree changing the name of Katherine Brubeck (AKA), Tina Brubeck (AKA), Katherine McGee (AKA), Katherine McGee-Brubeck (AKA) to Tina McGee-Brubeck,

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 10, 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: February 26, 2014

Publish: March 6, 13, 20 and 27, 2014

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00159673

WHEREAS, Laura Gonzales De Lumen has filed a petition with this court for a decree changing the name of Laura Gonzales De Lumen to Laura Buan Gonzales, IT IS ORDERED that all persons interested in

the above entitled matter appear before this court at 2:00 p.m. on April 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: March 5, 2014 David I. Browni, Judge of the Superior Court Publish: March13, 20, 27 and April 3, 2014 GONZALES 140305 04

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00159725

WHEREAS, Jerry Robert Edwards has filed a petitionwiththiscourtforadecreechangingthenameof Jerry Robert Edwards to Jeremiah Waya EngleBear, IT IS ORDERED that all persons interested in

the above entitled matter appear before this court at 2:00 p.m. on April 18, 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

David I. Brown, Judge of the Superior Court Publish: March13, 20, 27 and April 3, 2014 **EDWARDS** 140305 04-03-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00159734

WHEREAS, Carlos Magana Garcia has filed a petition with this court for a decree changing the name of Carlos Magana Garci to Karla Garcia, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 18, 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

Dated: March 5, 2014 David I. Brown, Judge of the Superior Court Publish: March13, 20, 27 and April 3, 2014 GARCIA 140305

prior to the date set for hearing on the petition.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00159742

WHEREAS, Blayne Iving has filed a petition with this court for a decree changing the name of Blayne Iving to Scott Blayne, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 21, 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 David I. Brown, Judge of the Superior Court Publish: March13, 20, 27 and April 3, 2014 IVING 140306 0

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00157480 WHEREAS, Joshua P. Calistro has filed a petition

with this court for a decree changing the name of Joshua Pomaikai Calistro to Joshua Pomaika' I Sowa 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 10, 2014

Dated: March 10, 2014
David I. Brown, Judge of the Superior Court
Publish: March 20, 27, April 3 and 10, 2014 140312

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 For 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

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

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

Dated: March 5, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: March 20, 27, April 3 and 10, 2014 04-10-14 140314 BROWNE

> 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 Svyatetskiy 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-

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 Keelie Michaelle Dickson to Keelie Michaelle Lockhart 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

140314

LOCKHART

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

WHEREAS, Anthony Bryce Barber has filed a etition 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.

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

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

WHEREAS, Maria Sydney 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. Raymond M. Cadei, Judge of the Superior Court Publish: March 20, 27, April 3 and 10, 2014

140314 PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION FOR PROBATE AND TO ADMINISTER ESTATE OF MARY E. MYERS (deceased)

ESTATE NO. 34-2014-00157802 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Mary E. Myers, Mary Edith Myers, Mary Myers, Mary Quinlisk, Mary Edith QUINLISK, MARY E. QUINLISK (deceased):

A petition for probate has been filed by CHARLES M. MYERS, JOHN P. MYERS in the Superior Court of California, County of Sacramento, requesting that CHARLES M. MYERS, JOHN P. MYERS be appointed as Executor to administer the estate of the decedent The petition requests the decedent's will and codicils, if any, be admitted to probate.

The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good

A hearing on the petition will be held in this court as follows: March 27, 2014, 9:00 a.m. in Dept. No. 129, at William R. Ridgeway Family Relations, 3341 Power Inn Road, Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and

state your objections or file written objections

with the court before the hearing. Your

cause why the court should not grant the authority.

appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

The name and address of the attorney is: Peter Robert Stone, P.O. Box 41199, Sacramento, CA 95841 (916)348-5600 Publish: February 27, March 6 and 13, 2014 03-13-14 140218

NOTICE OF PETITION FOR PROBATE AND TO **ADMINISTER**

ESTATE OF TANJA KELEMEN (deceased) ESTATE NO. 34-2014-00158556 To all heirs, beneficiaries, creditors, and

contingent creditors of and persons who may be otherwise interested in the will or estate, or both of TANJA KELEMEN (deceased): A petition for probate has been filed by ANTHONY ELMER in the Superior Court of California, County of Sacramento, requesting that ANTHONY ELMER be appointed as Executor to administer the estate of the decedent.

The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A hearing on the petition will be held in this court as follows: April 15, 2014, 9:00 a.m. in Dept. No. 129, at William R. Ridgeway Family Relations. 3341 Power Inn Road, Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your

appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult vith an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

The name and address of the attorney is: Peter A. Galgani. attorney at law, 1120 D Street. Suite 100, Sacramento, CA 95814 (916)498-1357. Publish: March 6, 13 and 20, 2014 03-20-14 KELEMEN 140226

NOTICE OF PETITION FOR PROBATE AND TO ADMINISTER ESTATE OF LOUIE JOSEPH RAMOS, JR.

(deceased)

ESTATE NO. 34-2014-00159629 To all heirs, beneficiaries, creditors, and

contingent creditors of and persons who may be otherwise interested in the will or estate, or both of LOUIE JOSEPH RAMOS, JR. (deceased): A petition for probate has been filed by MARY RAMOS in the Superior Court of California, County of Sacramento, requesting that MARY RAMOS be appointed as Executor

to administer the estate of the decedent The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration

authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows: April 22, 2014, 9:00 a.m. in Dept. No. 129, at William R. Ridgeway Family Relations, 3341 Power Inn Road, Sacramento, CA 95826.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and

state your objections or file written objections

with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other

your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for

California statutes and legal authority may affect

Special Notice form is available from the court clerk. The name and address of the attorney is: Peter A. Galgani, attorney at law, 1120 D Street, Suite 100, Sacramento, CA 95814 (916)498-1357. Publish: March 13, 20 and 27, 2014 140304 RAMOS

NOTICE OF PETITION FOR PROBATE AND TO ADMINISTER ESTATE OF JEAN MARY BESSIE BAIN

(deceased) ESTATE NO. 34-2014-001597329 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or

both of JEAN MARY BESSIE BAIN (deceased):

A petition for probate has been filed by MARVIN L. MILLER in the Superior Court of California, County of Sacramento, requesting that MARVIN L. MILLER be appointed as Executor to administer the estate of the decedent. The petition requests the decedent's will

and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority

A hearing on the petition will be held in this court as follows: March 19, 2014, 9:00 a.m. in Dept. No. 129, at William R. Ridgeway Family Relations, 3341 Power Inn Road, Sacramento, CA 95826.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult

with an attornev knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for

Special Notice form is available from the court clerk. The name and address of the attorney is: Kim Bingham, Attorney for petitioner, 2281 Lava Ridge Court, Suite 340, Roseville, CA95661 (916) 520-4881. Publish: March 13, 20 and 27, 2014

140305 NOTICE OF PETITION FOR PROBATE AND TO **ADMINISTER**

ESTATE OF MELVIN ALBERT BAIN (deceased) ESTATE NO. 34-2014-00157809 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may

be otherwise interested in the will or estate, or both of MELVIN ALBERT BAIN (deceased): A petition for probate has been filed by CHARLES BAIN in the Superior Court of California, County of Sacramento, requesting that CHARLES BAIN be appointed as Executor to administer the estate of the decedent.

The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer

the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority

A hearing on the petition will be held in this court as follows: March 27, 2014, 9:00 a.m. in Dept. No. 129, at William R. Ridgeway Family Relations, 3341 Power Inn Road, Sacramento, CA 95826.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

with an attorney knowledgeable in California law.

The name and address of the attorney is: KimBingham, Attorney for petitioner, 2281 Lava Ridge Court, Suite 340, Roseville, CA95661 (916) 520-4881. Publish: March 20, 27 and April 3, 2014

140310

Bera speaks Out on Hobby Lobby Birth Control Case

SACRAMENTO COUNTY, CA (MPG) -

Congressman Ami Bera, M.D. spoke out on March 13th about the Hobby Lobby Supreme Court case that will be heard later this month. The case will determine whether corporate CEOs can deny women their right to insurance coverage for birth control.

"As a doctor, I took an oath to provide my patients with the best options available to them and to explain the risks and benefits of these choices," said Bera.

"Women should be free to make health care decisions that work best for them, and respect their own faith, family and personal circumstances. Bosses and out-of-touch politicians have no right to impose their religious views on others, and they have no place in the exam room."

Congressman Ami Bera, M.D. represents Sacramento County. For more updates on Rep. Bera visit http://www.bera.house.gov. ★



Ose Wins RRC Endorsement Again

SACRAMENTO COUNTY, CA (MPG)

- Carl Burton, Chairman of the largest Republican volunteer club in Sacramento County, released the results of the club's February mailin ballot poll. Former Congressman Doug Ose, who is running for congress in the 7th Congressional District, won with 88% of the vote.

Burton said it was no surprise to him when the members of RRC once again voted to endorse Doug in his effort to return to Congress.

He also reminded members that Ose was one of the few members of Congress to honor his pledge of serving no more than three terms and didn't run for reelection in 2006.

Burton, Past Executive Director of the Sacramento County Taxpayer League told the members of RRC that Ose voted for a \$1.35 trillion tax reform package that ended the marriage penalty tax, lowered the estate tax and increased child tax credits

And while in Congress Ose voted to use new technology and additional agents to secure America's borders, and fought the Democrats efforts to block construction of a border fence. Ose also authored a resolution in keeping the phrase "under God" in the Pledge of Allegiance and he supported legislation against defiling the American flag.

Ose told the members of RRC that his first action if elected this time will be to protect our local water supply by slowing the discharge of water from Lake Folsom to the ocean and secondly to help stop Governor Browns big pipe dream to send more of our water to the LA area. Ose said we need to protect local water for future generations of California's and build more water storage.

Ose said, "If Obamacare truly provided better healthcare at a lower

cost, big business, big labor and all members of Congress would not demand exemptions that treat them differently than average American citizens," And "the laws Congress passes should also apply to members of Congress too.'

Ose was born and raised in Sacramento. He attended Rio Americano High School and received a degree in Business Administration from the University of California at Berkeley. He is a developer and businessman in Sacramento.

RRC is the largest volunteer membership organization in the county; we are a year-round Republican organization focused on registering Republicans to vote, recruiting and endorsing candidates, helping grass roots volunteers and actively communicating our endorsed list of candidates to RRC membership and fellow Republicans http://www.

By Eric Nelson

Hearing the story of Matthew Boger and Tim Zaal makes you wonder if anything is truly unforgivable.

In 1980, a teenaged Boger found himself living on the streets of West Hollywood after having been thrown out of his home for being gay. One evening, he was brutally beaten by a group of neo-Nazi skinheads, including Zaal, who had attached razor blades to his boots prior to kicking

Boger in the face and leaving him for dead.

Twenty-eight years later, the two happened to meet again by chance in, of all places, the

Museum of Tolerance in downtown Los Angeles. What followed was an unimaginable journey of forgiveness and reconciliation, an improbable collaboration and a friendship that remains to this day.

"To tell you the truth, I don't know if I could forgive somebody the way he's been able to forgive me," says Zaal in "Facing Fear," nominated for an Academy Award this year for "Best Documentary Short Subject."

"The words [he said] and what I saw were far more painful

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and the blades," says Boger. "I knew the only way I was going to get past it was to forgive

Oscar Hopeful 'Facing Fear' Turns

Spotlight On Power Of Forgiveness

The question is, how could anyone forgive such a heinous act? And why bother?

Both questions were touched on in an earlier column about Dr. Fred Luskin, who characterizes forgiveness as a kind of practical spirituality that not only makes you a better person but can improve your health as well.

"Forgiveness is one of those ways where we wipe clean a major threat to our well-being,' said the Stanford psychologist and author of Forgive For Good. "That causes the body to have more time to repair. Immune function goes up, blood pressure goes down."

As Luskin describes it, forgiveness is one of the best tools we have to protect ourselves from further pain, mentally and physically. He also describes forgiveness as an innate if latent quality of thought that can be taught and nurtured.

Given Luskin's 20-plus years of research on the subject – not to mention Boger and Zaal's remarkable example – one can also assume that the capacity to forgive is not just a nice add-on but an indispensable element of our personal and societal wellbeing.

When asked to offer up a good role model or two of forgiveness, the first name Luskin mentions is

Most are probably familiar with Jesus' encouragement during his so-called Sermon on the

Mount to "forgive us our sins as we have forgiven those who sin against us." What is often

overlooked, however, is that he amplifies this same message only moments later, as if to say, "For those of you who may

throughout my life than the boots have shown up late, this is the crux of what I've been preaching all afternoon."

> Jesus knew perhaps better than anyone else that forgiveness isn't so much about what the

> Divine is asking us to do, but what He or She is forever causing us to express – an irresistible if delayed impulse to do the right thing.

> Luskin is quick to point out, however, that it's not just religious types like Jesus that inspire us, but people like Matthew Boger and Tim Zaal whose stories may resonate with a more contemporary-minded audience.

> Speaking of which, "Facing Fear" Director Jason Cohen would like to see his film audiences finding ways to relate this story to their own lives. "We obviously hope people haven't gone through as dramatic a situation as Matthew and Tim," said Cohen in an interview on the

> "Entertainment Weekly" web site, "but we do feel there are themes in this film that anyone could take away and apply on a smaller scale."

As we learn that little if anything in life is truly unforgivable, it's likely that the desire for revenge – and the pain that often goes with it – will become less tolerable, and the world a moreforgiving place to live.

Eric Nelson's columns on the link between consciousness and health appear weekly in a number of local and national online publications. He also serves as the media and legislative spokesperson for Christian Science in Northern California (norcalcs. org). This article originally appeared on Communities @ WashingtonTimes.com and is used with permission.

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Haaland Calls on Legislators to Oppose SCA 5

SACRAMENTO REGION, CA (MPG) -Candidate for the 8th Assembly District Doug Haaland (R-Arden Park) today issued the following statement in response to Senate Constitutional Amendment (SCA) 5 (E. Hernandez), which, if passed, will allow California's public colleges and universities to discriminate based on an applicant's race, sex, color, ethnicity or national origin:

"Last night I attended a forum hosted by the Asian Pacific Islander American Public Affair Association (APAPA) to discuss the merits of SCA 5. I agree with the leaders of this group that the enactment of such a measure would hurt not just the Asian-American community, but potentially all communities of color.

"Regardless of its intent, this bill would undo a generation of civil rights progress here in California. While we all want to ensure that California's top-notch public



8th Assembly District candidate Doug Haaland (R-Arden Park)

will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.' SCA 5 seeks to erode this dream and return us to those troubling times by reversing the work of Dr. King and others who sought to focus our institutions on individual merit.

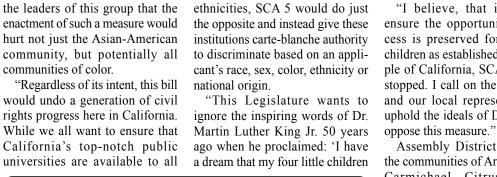
"Immigrants come to this country and our state seeking an opportunity of a better life for themselves and their children.

We cannot make it more difficult for that dream to come true by

ignoring the talents that they bring to our shores.!!

"I believe, that in order to ensure the opportunity for success is preserved for all of our children as established by the people of California, SCA 5 must be stopped. I call on the Legislature and our local representatives to uphold the ideals of Dr. King and

Assembly District 8 includes the communities of Arden-Arcade, Carmichael, Citrus Heights, Rancho Cordova, Rancho Murieta, Rosemont, Wilton and portions of unincorporated Sacramento



LEGAL ADVERTISING Continued from Page 12

NOTICE OF PUBLIC SALE OF LIENED PROPERTY

Notice is hereby given that a public lien sale will be held at:

Hazel Mini Stor 6108 Hazel Avenue Orangevale, CA 95662

On April 3, 2014 at 10:00 AM in accordance with Section 21700 et seq of the Business and Professions Code of the State of California The Auctioneer is Forrest O'Brien, Bond # 001040533207, telephone # (925) 679-8679 General Description of the goods: clothing furniture; appliances; misc. household goods; bicycles, scooters, and similar misc. motorized & non-motorized wheeled transportation devices; hand/garden and power tools; construction and hardware equipment/ supplies/tools and materials: musical instruments; exercise equipment; ambulatory equipment; beds and bedding materials and soft goods; misc, boxes/containers and bags contents unknown; craft, hobby and pet supplies/materials; artwork; sporting goods; engine and auto parts and accessories: toys electronic and audio/video equipment; office machinery, supplies and equipment; misc. computer parts and components; fishing equipment; electric scooter; deer (buck) taxidermy; baseballs & gear; plastic (+/-4x5x4) Thermosafe durable transport box with hinged

The self-service storage units under contract with the following tenants will be auctioned a this public lien sale

(Hawkins) Crews, Cindy G.; Bond, Samantha; Cabral, Steffanie; Flachman, Jennifer; Harless, Clint: Harrison, Michelle: Hayden, Joseph Jobbins, Wayne; Knepshield, Mike & Lou Anne; Lui, Marc; Marshall Jr., Charles A.; McCary Brad; Pratt, Michael; Veiga, Vicki

This is a cash auction due immediately when sold; no checks or credit cards accepted. Each person attending as bidder must sign in and agree to follow all Rules and Regulations of the sale. All purchased goods are sold "as is' and must be removed by 12:00 PM (Noon) on the second day following the sale. This sale is subject to cancellation.

Published in the Carmichael Times and Grapevine Independent on the following dates 03/20/14, 03/21/14, 03/27/14 & 03/28/14

NOTICE OF PUBLIC SALE OF LIENED PROPERTY

Notice is hereby given that a public lien sale will be held at:

Auburn Blvd. Mini Stor 6230 Auburn Blvd. Citrus Heights, CA 95621

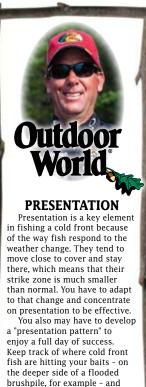
On April 3 2014 at 12:00 PM (Noon) accordance with Section 21700 et seg of the Business and Professions Code of the State of California. The auctioneer is Forrest O'Brien Bond # 001040533207, telephone # (925) 679.8679. General description of the goods clothing; furniture; appliances; misc. household goods; bicycles, scooters, skateboards and similar misc. motorized & non-motorized transportation devices; hand/garden and power tools; construction equipment/tools and materials; musical instruments; exercise equipment; beds and bedding; misc. boxes/ containers and bags, contents unknown; craft art, hobby and pet supplies/materials; artwork sporting goods; engine and auto parts and accessories; toys; electronic equipment; office furniture, machinery, equipment and supplies arge screen TV(s); drill press; electrical control panel box & equipment; snowboard(s) keyboard and stand; Delta drill press; guitar(s) drums; kitchen cabinetry; portable keyboard.

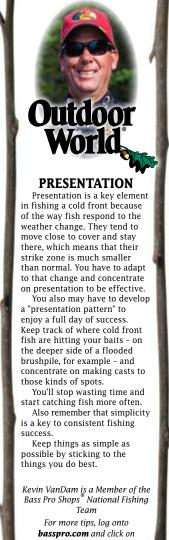
The units belonging to the following selfservice storage unit tenants will be auctioned at this public lien sale:

Arnett, Jeff; Banks, Donna; Besso, Rozalyr R.; Blodgett, Tara; Downes, Amanda; Fairchild Adriane; Garrett, Richard; Haggerty, Robert; Hart, Cheryl; Jolley, Jamie; Kendrick, Ericka; Ostby, Duane Carl; Rivas, Noelle; Salazar Sheena R.; Taufavaki, Heu.

This is a cash-only auction due immediately when sold; no checks or credit/debit cards accepted. Each person attending must sign in and agree to follow all Rules and Regulations of the sale. All purchased goods are solo 'as is" and must be removed by 12:00 PM noon) on the second day following the sale. This sale is subject to cancellation in the event of settlement between landlord and

Published in the Carmichael Times and Grapevine Independent on the following dates 03/20/14, 03/21/14, 03/27/14 & 03/28/14





News & Tips





Carmichael

Carmichael Times Page 14 March 20, 2014

Sacramento County DA Reports

Recent cases of interest



CASE: Jermaine Barnes, Fitima Goodman, Alexander Lewis & Laquwon Warr (03/14/14)

PROSECUTOR: Deputy District Attorney Jeff Hightower, Homicide Unit

District Attorney Jan Scully announced today that the Honorable Raoul Thorbourne sentenced Jermaine Barnes to life in prison without the possibility of parole plus 25 years to life in prison. Barnes was the gunman in the murder of Fernando Vichez in the course of a robbery that occurred on Howe Avenue on June 15, 2010.

Fitima Goodman was sentenced to life in prison without the possibility of parole plus 1 year for her role as the getaway driver. Alexander Lewis and Laquwon Warr were sentenced to 25 years to life in prison for their roles in the robbery.

CASE: Matthew Steven Jones (03/07/14)

PROSECUTOR: Deputy District Attorney Nancy Cochrane, Special Assault & **Child Abuse Unit**

District Attorney Jan Scully announced that Matthew Steven Jones, known as the Carmichael Creeper and the Boogey Man, was sentenced by the Honorable Laurie Earl to 7 years, 4 months and 115 years to life consecutive to four terms of life without the possibility of parole. This is the first time in Sacramento County that the District Attorney's Office has charged an individual with a life without possibility of parole crime based on a sexual molest against a child occurring during the commission of a residential burglary.

Matthew Jones was an 18-year-old resident of a sexual offender group home in Sacramento County. He devised a plan and scheme to break out of the group home at night and wander the streets searching for homes where young children lived. In July and August of 2012, Jones entered at least five homes with the specific intent to molest children he found inside

In two of those homes, Jones found children who were 10 and 12 years old asleep in their beds and committed numerous sexual acts against them. Because surveillance cameras caught Jones entering and leaving one of the residences, he was identified after a media release by the Sacramento County Sheriff's Department.

During the investigation, Jones admitted that while housed in a sexual offender program in Stockton in December 2009 and January 2010, he entered the home of a family near the group home on five separate occasions, spending up to three hours at a time molesting a 5-year-old disabled boy in his bed. The child had a feeding tube and was unable to communicate or move. On four separate occasions during this time, the boy's mother found him in states of undress in the morning and was puzzled how her son's clothing and diaper came off since he did not possess the motor skills to do that himself. That remained a mystery until the detective contacted her. In addition to this boy's home, Jones admitted to breaking into three other homes in Stockton with the same intent of molesting children.

Deputy District Attorney Nancy Cochrane states, "Special thanks go to Sacramento County Sheriff's Detective Earl Helfrich and Sergeant John Linke for their tireless effort and compassion in investigating this case. I also commend the hard work and dedication of District Attorney Victim Advocates Ann Tran and Rafaela Perez and District Attorney Investigator Dale Jo for making the victims feel comfortable and secure in coming forth to testify in this matter."

The Honorable Laurie Earl stated during sentencing that "Jones made a choice to hunt for and molest victims" and that he "stole the victims' innocence, trust, and sense of security."

River City Bank Welcomes Eric Johnson as Senior Vice President, Chief Information Officer

Information Technology Expert And Industry Leader Joins Bank To Execute Technology Vision

SACRAMENTO REGION, CA (MPG) -In its efforts to deliver the best possible banking experience for its valued clientele, River City Bank is proud to announce the hiring of Eric Johnson as senior vice president (SVP), chief information officer. Johnson brings a unique combination of information technology (IT) acumen and leadership experience to his new role.

Johnson boasts a successful and extensive career in the IT industry, beginning with his work in computer technical support and software development at Apple. For more than six years, he was a partner at Vital Networks, where the company provided outsourced IT services to small and mid-sized businesses.

"Eric is ideally qualified to aid in our mission of delivering premier business banking services to the Sacramento region," notes River City Bank President and CEO Steve Fleming. "As chief information officer, Eric will develop and implement strategic plans for banking technology, both employee and client-facing, while overseeing the daily information services function for River City Bank. In addition, we are excited to have a Davis resident and UC Davis alumnus in this integral position, as he already possesses the local roots that are so important to our



President, Chief Information Officer

business culture."

Johnson's additional duties at River City Bank include the management of technology maintenance and acquisition, including software, hardware, application development, systems programming, systems support, data processing operations, telecommunications, ATMs, Internet banking, cash management, voice response and related systems. With information security threats at a record high, a primary focus for Johnson is to oversee River City Bank's information security program.

"I'm thrilled to be joining the most distinguished bank in the region," states Johnson. "River City Bank prides itself on providing its clients unmatched business banking, and IT is a

central part of that experience." Johnson attended the University of California, Davis earning both a Bachelor of Science in Computer Science and a Master of Science in Agricultural and Resource Economics. Married and residing in Davis, Johnson enjoys playing golf and staying plugged-in to all things tech-related.

About River City Bank:

River City Bank is the Sacramento region's premier business bank with assets of more than \$1.2 billion. River City Bank offers a comprehensive suite of banking services, including loans, deposits and cash management tools to the business, consumer and commercial real estate sectors. With tailored, executive-level service and a Five-Star "Superior" financial rating from the nation's leading independent bank-rating firm, BauerFinancial, River City Bank redefines the banking experience and every touch point that surrounds it. River City Bank is the largest, independent, locallyowned bank in the Sacramento region, maintaining 12 branches in El Dorado, Placer, Sacramento and Yolo counties. For additional information, please visit www. rivercitybank.com or call (916) 567-2600. Member FDIC. Equal Housing Lender.



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Dare to Live Without Limits

The Power of the Individual

by Bryan Golden

"You can't fight city hall." "What can one person do?" "Things never change." "That's just the way it is." "There's nothing you can do." "You're just beating your head against the

"You have to learn how to accept reality.'

You've probably heard all of the above phrases. The only purpose they serve is to obstruct individual initiative and achievement. This results in the propagation of the erroneous belief that individuals are at the mercy of groups, governments, and committees.

History has repeatedly shown that the power of the individual is the basis for all discoveries and advances. There has never been a statue erected to any group. Just think of all the notable people you are aware of.

After many years of conditioning, we conclude that we are virtually powerless as individuals.

It's ironic that we develop this erroneous belief in the face of thousands of years of evidence to the contrary. Holding on to this outlook impedes your success and can even limit your happiness.

Feeling powerless as an individual leads to the formation of a victim mentality. This attitude causes you to blame others for your circumstances while looking outside yourself for solutions.

In so doing, you put the direction of your life in someone else's

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Within you exists the power to change, innovate, and create. Don't be deterred by truisms. I'll debunk each one listed in the first paragraph. As you exercise your power on a consistent basis, you will make things happen rather than waiting for them to happen.

"You can't fight city hall." The government is nothing more than a collection of individuals who are supposed to serve the people. You can fight city hall if you have a strong enough motivation and drive. The history of our country is filled with individuals who took a stand and made a difference.

'What can one person do?" Every accomplishment starts with one person who has a dream.

Some people are leaders who attract others to their cause. Some people work alone. Either way, everything that has ever been attained is traceable to an individual.

"Things never change." Circumstances don't change on their own. If you want things to change, you have to change them. It doesn't matter how old you are or how long your situation has persisted. You can begin to take action today to change it.

"That's just the way it is." If this were true, the human race would never have advanced from living in caves. This phrase is used to justify inaction. Things are the way they are until one person decides to alter them.

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"There's nothing you can do." If you are willing to put in the effort, there is always something you can do. When you do nothing, nothing happens. It is a proven fact that it's the squeaky wheel that gets the grease.

"You're just beating you head against the wall." A definition of insanity is doing the same thing and expecting a different result. If what you are doing isn't working, alter your strategy. Often, only a small adjustment is needed for a successful outcome.

"You have to learn how to accept reality." Who's reality does this statement refer to? Your reality is defined by your beliefs. If you think something is possible, you are right. Conversely, if you feel something is impossible, you are also right. Your mind won't allow you to act in a manner contrary to your ideology.

As an individual, you have the power to accomplish anything you set your mind to. Looking anywhere else for satisfaction in your life will lead to disappointment. Whatever you can conceive and believe you, as an individual, can achieve.

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



ROCK DOC

By Dr. E. Kirsten Peters

We've all seen globes in classrooms. They represent the Earth well -- better than flat maps can do. But all the globes I've seen in schools have national boundaries on them, usually indicated by having nations in different colors. The U.S. is yellow, Canada is light green, Mexico is pink, and so on. When I was a child my big brother owned a globe like that, and I got to pore over it sometimes.

My sister-in-law has a different globe, one specially purchased for her by her father. It has no national boundaries -- so all of North America is presented as a unit, as indeed is each of the land masses. I think her globe may have been inspired by the view of Earth from the moon, an image beamed back to us by astronauts.

Recently I thought of my sister-in-law's globe when I read

No Borders the news about a study con- the associated air pollution as

Air Pollution Knows

cerning how air pollution in China affects us here in North

"Pollution from China is having an effect in the U.S.," said Dr. Don Wuebbles, a faculty member in atmospheric sciences at the University of Illinois at Urbana-Champaign. His remarks were reported by

Wuebbles is co-authored a piece recently published in the Proceedings of the National Academy of Sciences. At first, I was taken by surprised by the research findings. My thinking was that the Pacific Ocean is vast and would protect us from Chinese air pollution. But apparently winds carry particulates and ozone over the ocean and some of it reaches our shores. It takes just days for the pollution to travel long distances, crossing both the Earth's largest ocean and national boundaries as it does so.

It's not that China can be criticized for air pollution while we congratulate ourselves for being "green." One of the reasons China is the world's leading emitter of man-made air pollution is that China is producing so much of the world's manufactured goods. A lot of those goods come to us. In other words, we have outsourced our manufacturing to China, and that means we've outsourced

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Wuebbles and his colleagues argue that air pollution in China that's related to exports contributes meaningful amounts of sulfate pollution in the western U.S. Ditto for ozone. Those results are nothing to sneeze at.

One way of putting the facts in simple terms is to note that it's a small world. We don't see China's smokestacks from our shores, but they impact the air those of us in the western U.S. breathe. We Americans are connected to our Chinese brothers and sisters, just as they are to us for a market for their many goods.

The bottom line for me is that my sister-in-law's globe has the best representation of the Earth I've ever seen. There are no national boundaries when it comes to either Earth processes or man-made pollution. And what happens in one place can affect conditions on the ground thousands of miles away. ★

Dr. E. Kirsten Peters, a native of the rural Northwest, was trained as a geologist at Princeton and Harvard. Follow her on the web at rockdoc.wsu.edu and on Twitter @RockDocWSU. This column is a service of the College of Agricultural, Human, and Natural Resource Sciences at Washington State University.

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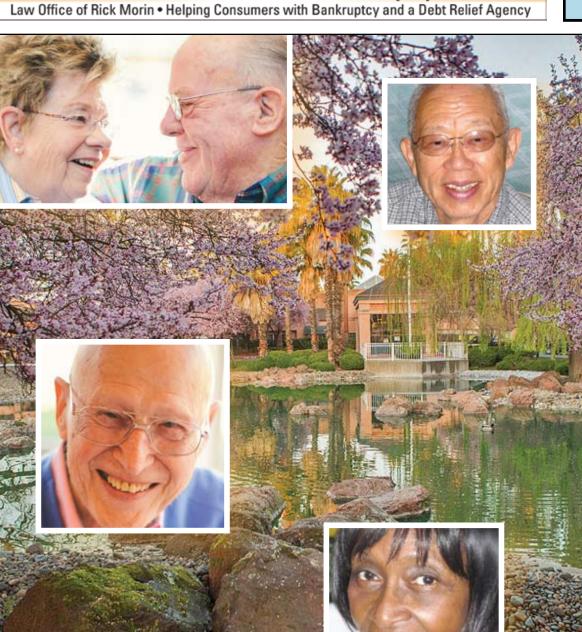
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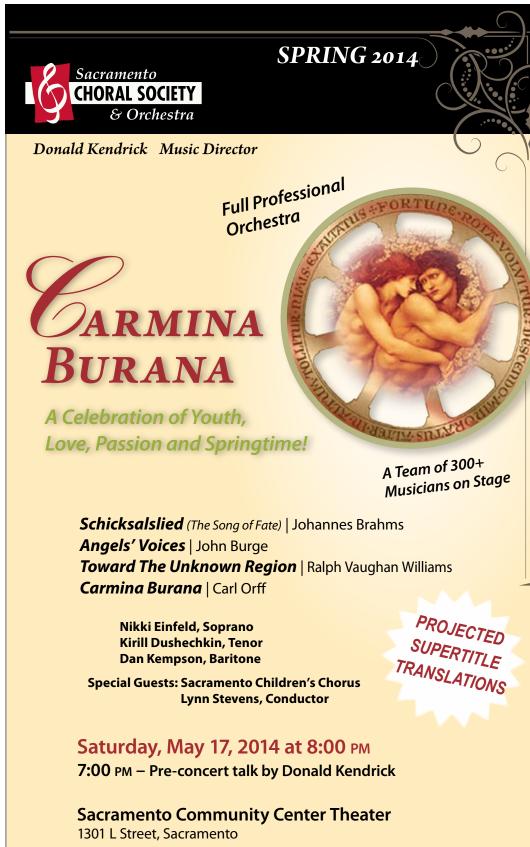






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Lower dentures almost never fit properly. They are loose fitting due to less surface area which can't create a suction, shrinking gum tissue and bone loss, which can cause irritation in the mouth, sores and pain. The only relief is using sticky dental adhesive to help it, but it is very messy, hard to clean off and needs multiple applications throughout the day.

Upper dentures are better than lower dentures due to a suction in the upper palate that keeps the denture in place. However, having the palate covered reduces the tastes of foods and the ability to tell the temperature of foods.

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