



Please Support Carmichael's Parks

Page 2

PLUS:
Spreading the Word About School Choice
Page 7



Carmichael Times

Volume 34 • Issue 8

Serving Carmichael and Sacramento County since 1981

February 20, 2014

Couch Theater
DVD Preview:
Gravity



Page 8

Expert Advice
on Student Loan
Repayment



Page 7

American River
Community Church
Announces Makeover



Page 3

Batter up! Senior Softball Capital of the World



Sacramento has a long history of being a strong baseball town. Baseball has always been very popular in Sacramento schools and with the Sacramento Solons. The Sacramento Solons were a minor league baseball team based in Sacramento, California. They played in the Pacific Coast League during several periods (1903, 1905, 1909-1914, 1918-1960, 1974-1976). The current Sacramento River Cats began play in West Sacramento in 2000.

By Jan Dalske

SACRAMENTO REGION (MPG) - Sacramento is the "Senior Softball Capital of the World". This is what Larry Campbell, the Commissioner of the Golden Seniors Softball League would tell you. And he is convinced this statement is true. The Golden Seniors Softball League includes many areas that are within 60 miles of the city of Sacramento. The region they cover is not just where they play their games, at the baseball park in Carmichael Park, off of Fair Oaks Blvd, and Grant Avenue. The region covers the cities where they travel from to get to their games. The players come from Penn Valley near Grass Valley, Placerville, Marysville, and Magalia, near Paradise, Elk Grove and South Sacramento, Roseville, Lincoln, and Davis, as well as all of the Sacramento metro area.

This large region is the Senior Softball Capital of the World! It started with the introduction of baseball in New York in 1847. Baseball had several creators, but it was Alexander Cartwright who conceived the standardized rules for this new unorganized game. The introduction of those new rules enabled baseball to be played by consistent guidelines in many different cities and communities. His rules included the layout of the diamond, the foul lines, the distance between bases and the pitcher's plate, the number of balls and strikes, etc. The standardized games grew in popularity, so much so that it became America's favorite pastime sport. So, after Baseball began to flourish in New York in 1847, what happened in our state in 1848, just one year later?

Gold was discovered in Northern California. This discovery created a steady

influx of young men, including Alexander Cartwright. Thousands of young men made the hard journey across the plains to Northern California, where Sutter's Fort, located in Sacramento, was the hub. Alexander Cartwright was among the early gold miners. He was in our area for several years before moving on to Hawaii. It is believed that he must have introduced baseball to the gold miners, who were in need of an occasional break from the hard and tedious work of gold mining. California became a new state in 1849

Sacramento has a long history of being a strong baseball town. Baseball has always been very popular in Sacramento schools and with the Sacramento Solons. The Sacramento Solons were a minor league baseball team

Continued on Page 4

Prominent Automotive Dealer to Provide Million Dollar Gift to Museum

SACRAMENTO REGION, CA (MPG) - The Snider family has decided to focus philanthropic support on their distinctive automotive history and will give \$1 million dollars to support the California Auto Museum (CAM) in Sacramento.

According to Karen McClafflin, executive director of the California Automobile Museum,

"We are inspired and humbled by the Snider family's confidence in the Auto Museum's future, as demonstrated by their generous \$1 million pledge to our new museum. This single-largest gift to our organization provides a strong foundation for us to build upon as we move ahead with our plans to create a world-class museum to preserve, exhibit and teach the story of the automobile and its influence on our lives and culture."

"We needed to move on," noted Paul Snider, automobile executive, philanthropist and project lead. "Our commitment to Sacramento and the California Automobile Museum remains strong and is underscored by our \$1 million dollar gift to advance plans for the new automobile museum. We wish them every success."

CAM's McClafflin says, "We are certainly sorry the Sniders have to forego their dream for a Natural History Museum at this time. Paul Snider made a perfect partner given his success in the automobile industry. Even so, we understand their decision and remain grateful for their support."

The Snider family will continue their longstanding commitment to and financial support of conservation and education efforts throughout the world. Plans for a combined Natural History and Automotive Museum within the Docks Waterfront Project have been shelved. "Paul and Renee

Continued on Page 4

Human Trafficking Hits Sacramento Region Hard

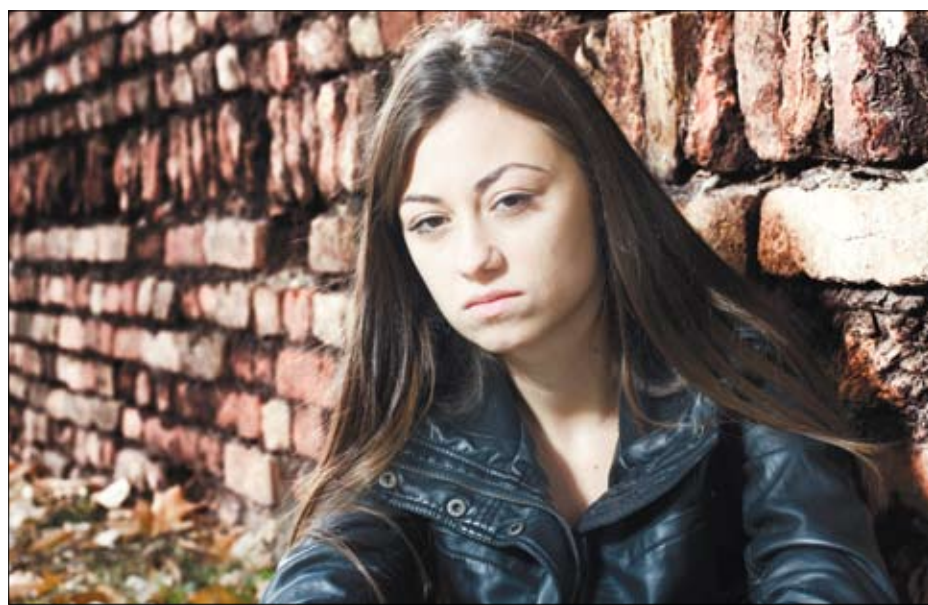
By Jan Dalske

SACRAMENTO REGION, CA (MPG) - Human trafficking has been identified as the largest human rights violation in the history of mankind. It is the fastest growing criminal enterprise in the 21st Century. It is a **9 billion dollar industry**. Human trafficking is the second largest criminal enterprise in the world, after drug smuggling and arms dealing. Victims of human trafficking are exploited for the purpose of commercial sex and forced labor. Human trafficking is a form of modern day slavery. It flourishes from the lack of community awareness. Victims are in plain sight. Those who are being trafficked include young children, teenagers, men and women. They can be domestic citizens or foreign nationals. Foreign-born victims can be either documented or undocumented in the United States. The United States is one

of the top three destination points for trafficked victims. California, New York, Texas and Nevada are the top destination states within our country. Los Angeles is one of the top three points of entry into this country for victims of slavery and trafficking. This trafficking occurs in a triangle from Los Angeles, California to Las Vegas, Nevada, and back to Sacramento, California. The diverse communities of these sprawling cities make it easier to hide and move victims from place to place. This makes it very difficult for law enforcement to locate potential survivors. Sacramento is among the top 5 cities in the United States which is experiencing an epidemic of child trafficking.

Human trafficking is a form of modern-day slavery where people profit from the control and exploitation of others. As defined under U.S. federal law, victims

Continued on Page 5



Like drugs and arms trafficking, human trafficking is a market-driven criminal industry that is based on the principles of supply and demand. Many factors make children and adults vulnerable to human trafficking.



Scan our QR Code for a direct link to our online edition!

PRESORTED STD.
US POSTAGE
PAID
PERMIT 350
Carmichael, CA

Change Service Requested

The Perfect Combination!

Carmichael Times
Serving Carmichael and Sacramento County since 1981

START YOURS TODAY!

- Carmichael Times delivers your local community news every week.
- Get The Sunday Sacramento Bee!

BOTH NEWSPAPERS FOR ONLY \$39 PER YEAR!

See inside for details

THE SACRAMENTO BEE

Please Support Carmichael's Parks



A need for structured walking and jogging trails has been voiced among suggestions for Carmichael Park improvement. Pictured: Susan Powers and sister Julie Pointer carve their own route through redwoods in the reserve. Photo by Susan Maxwell Skinner

Open Letter By County Supervisor Susan Peters

Homeowners located in the Carmichael Recreation and Park District are being asked to vote on an annual benefit assessment of \$44.87 (less than \$4 per month) that will go on their property tax bill. Approval of the measure will generate approximately \$666,000 per year that will be used for park rangers to enhance public safety as well as for improved maintenance and capital improvements of neighborhood parks.

During the last several years when the economy was struggling, the Park District proved its resourcefulness by opening three new neighborhood parks that had been vacant abandoned sites (some in excess of 30 years). Through a combination of innovative techniques consisting of selling unneeded

surplus property, engaging neighborhood volunteers to provide "sweat equity" and securing private donations as well as aggressively pursuing a state grant, Carmichael built three parks - Patriots Park, O'Donnell Heritage Park and Jan Park.

Besides the above locations, the Park District operates the La Sierra Center and 8 other parks—Bird Track, Capra, Cardinal Oaks, Del Campo, Glancy Oaks, Sutter-Jensen, Schweitzer Grove Nature Center and, of course, Carmichael Park which is the community's central park that is home to the popular weekly Sunday Farmers Market, summer concerts and various events. These locations are in need of help and Carmichael's neighborhood parks will benefit from this modest assessment -- and the funding of park rangers will add another level of security for the protection

of residents by patrolling neighborhood parks. Former Sheriff John McGuinness says the addition of park rangers will complement existing law enforcement.

A vote for the measure will also include adoption of four safeguards designed to protect taxpayers on benefit assessments: an annual independent audit, a special public hearing to review that audit, a cap on administrative expenses, and the establishment of a citizens oversight committee.

I support this modest assessment and hope you will, too. Carmichael is known for its wonderful quality of life and a prudent investment in local neighborhood parks will help keep it that way. ★

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

A Sweet Delivery With an Important Message

SACRAMENTO REGION, CA (MPG) - The Regional Water Authority (RWA) and Girl Scouts Heart of Central California (GSHCC) are partnering to provide an important message with Girl Scout cookie deliveries this year - please conserve water.

The Sacramento region is experiencing record-breaking dry conditions, and the Governor has declared a statewide drought emergency. Folsom Lake, a major water supply for people and wildlife, is expected to continue to drop to historically low levels as dry conditions persist.

To help raise awareness about these unprecedented conditions and how to use water wisely, Girl Scouts in Sacramento, Placer, El Dorado and parts of Yolo counties will be distributing as many as 70,000 water conservation tip cards with cookie deliveries in February and March.

"With these historically dry conditions, it's important to find every opportunity to educate the public about the actions they can take

to save water," said RWA Water Efficiency Program Manager Amy Talbot. "We're delighted to partner with Girl Scouts to let the public know that making small changes can save hundreds of gallons of water, keeping more in the lakes and rivers that make our region unique."

Tip cards invite readers to consider how they can save water inside and outside their home while enjoying their Thin Mints, Lemonades, Caramel deLites and Peanut Butter Patties. Suggestions include:

- Keeping showers to five minutes or less
- Fixing leaky toilets, faucets and sprinklers
- Installing high-efficiency toilets, showerheads, faucets, dishwashers and clothes washers

"Girl Scouts has a long tradition of public service and conservation," said Liz Williams, GSHCC's Assistant Vice-President, Girl Experience. "Water efficiency is an important topic in California, especially this year. We

welcome the opportunity to partner on reminding the public about ways to use water efficiently."

More information and tips for using water wisely are available at BeWaterSmart.info.

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

Through the Girl Scout Leadership Experience, girls Discover their interests and talents, Connect with others, and Take Action to improve the world around them. The council is headquartered in Sacramento and serves more than 28,000 girls in 18 counties* in Central California. For more information on how to join, donate or volunteer with Girl Scouts Heart of Central California, visit www.girlscoutshcc.org. ★

Source: Regional Water Authority

A STANDARD OF EXCELLENCE FOR 110 YEARS



Memorial Parks Mortuaries & Crematory



www.EastLawn.com



FREE LUNCHEON & 20 MINUTE PRESENTATION

"THE PRIVILEGE OF PLANNING"

This is not a sales seminar. It is a community educational presentation that focuses on the importance of advance funeral planning and all of the options available, including Veteran's benefits, cremation and burial choices as well as key consumer advice. In addition to lunch, each attendee will receive a FREE Emergency Planning Guide.

Friday, February 7 • Friday, April 11
Thursday, June 12
11:30 am to 12:30 pm

EAST LAWN MEMORIAL PARK & CREMATORY
4300 Folsom Boulevard • Sacramento
RSVP Required: 916.732.2000

Wednesday, February 1 • Wednesday, April 16
Wednesday, June 18
(Spanish & English)
11:30 am to 12:30 pm

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

Thursday, January 30 • Friday, February 28
Friday, March 28 • Thursday, April 24
11:30 am to 12:30 pm

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

Thursday, March 20 • Friday, May 16
11:30 am to 12:30 pm

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

Reservations Required, please RSVP to Lisa West at LisaW@EastLawn.com

Seating is limited to 30 attendees per seminar



\$100 OFF WITH THIS AD

LOCALLY OWNED AND OPERATED ~ SERVING THE SACRAMENTO AREA SINCE 1954

Sierra View FUNERAL CHAPEL & CREMATORY, INC.

(916) 481-1515

www.SierraViewFuneralChapel.net

6201 Fair Oaks Boulevard, Carmichael

Lic. FD-924

FUNERAL PACKAGE: \$3995

Choice of one of four caskets

Basic service of Funeral Director

Embalming care and preparation

Visitation open to the public

Funeral service at Chapel or Church

Hearse and utility vehicle

Carmichael Times

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



Publisher, Paul V. Scholl

Publisher's Statement: It is the intent of the Carmichael Times to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

The Carmichael Times is not responsible for unsolicited manuscripts or materials. The entire contents of the Carmichael Times are copyrighted.

Ownership of all advertising created and/or composed by the Times is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

Subscriptions should be mailed to Carmichael Times, P.O. Box 14, Carmichael, CA 95609. Subscription rate is \$39 per year within Carmichael, \$49 within Sacramento County.

The Carmichael Times is published weekly. Call 916-773-1111 for more information. (ISSN # 1948-1918).

Advertising Sales

Graphics & Layout

Contributing Writers

Distribution Assistant

Accounting

Web Master

News Services

Photography

Paul V. Scholl
Bill Martin • Linda Harper

Baneree Designs • Stump Removal Graphics

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

Nicholson & Olsen CPA

RJ at the sitebarn.com • JWS Promotions • Mikahn Design
StatePoint Media • NewsUSA • PRWEB NewsWire
North American Precis Syndicate • Blue Ridge Press • ARA Content
California News Service • Family Features • WorldNetDaily

Susan Skinner

Member of Carmichael, Citrus Heights, Fair Oaks, and Orangevale Chambers of Commerce

We are proud members of these newspaper associations.



CALL 773-1111 TO ADVERTISE
www.CarmichaelTimes.com



American River Community Church Announces Makeover



By Reverend Richard Reimer, Lead Pastor

Check out the interior of national chain retail stores you frequently shop at (grocery, pharmacy, clothing, restaurants). Have you noticed that they have done some type of remodeling or updating? On average, retail businesses remodel their facilities every five to seven years. With good reason says president of Church Growth Network Dr. Gary L. McIntosh. "New attracts! New packaging, new additives to products or new and improved performance all get the attention of potential new

customers." When it comes to churches, he found that most faith communities renovate their interior facilities about every 25 to 40 years!

When it comes to first time guest's churches and businesses don't get a second chance to make a good first impression. As Marshal McLuhan says, "The medium is the message." Your buildings both outside and inside communicate a message to your first time guests. McIntosh concludes, "Nice facilities don't cause churches to grow, but poorly kept and outdated facilities are barriers to growth."

This is the reason for

American River Community Church's recent worship center "make over". Several thousand dollars in Memorial funds were used to re-paint the interior, re-carpet and refinish the seating. The work took place between December 26 and January 25th! It's done and it looks great!

Doris Reimer, our volunteer Worship Services Coordinator, took on the role of project manager. She utilized the skill and assistance of many church volunteers and put together the plan, the financing and the vendors.

We formally invite the community to visit on any Sunday morning and see the new look of our worship center. We meet at 9:30 and 11:00AM for Sunday worship.

A special ceremony of re-dedication is scheduled for Sunday March 16th. We'd love to meet you!

ARCC wants to be a church for the Carmichael community and beyond. Please check us out online at www.arconline.org and view messages on YouTube. com/ARCCOnline. ★

Reverend Richard Reimer, Lead Pastor

American River Community Church, 3300 Walnut Avenue Carmichael, CA www.arconline.org 916-483-3465

El Camino High School Choir, Band and Drama Departments Presents Smokey Joe's Cafe

SACRAMENTO REGION, CA (MPG) - Choir, Band and Drama departments join forces to present 8 evenings of high energy musical performances. These performances will run from March 5 until March 15. Upping their game, El Camino High has stepped into this exciting show with eager talent and a growing Performing Arts Center. This

show takes you on a musical ride through 39 very popular rock and roll and rhythm and blues songs written by songwriters Jerry Leiber and Mike Stoller. The Original Broadway cast recording, Smokey Joe's Cafe: The Songs Of Leiber And Stoller, won a Grammy award in 1996. These familiar tunes and excellent choreography will have you

singing along, tapping a toe, and wishing you could jump up on stage to dance! ★

Eagle Theater, El Camino High School

4300 El Camino Ave, Sacramento, CA 95821

Call 215-0487 for more information.

Sacramento County DA Reports



Recent cases of interest

CASE: Ladena Presley (02/14/14)

PROSECUTOR: Deputy District Attorney John Pezone, State Targeted Offenses Program, Public Assistance Fraud Unit

District Attorney Jan Scully announced today that the Honorable Emily Vasquez sentenced 37-year-old Ladena Presley to three years in county jail prison. On January 10, 2014, a jury convicted Presley of welfare fraud and perjury.

Between August 2002 and November 2009, Presley was on public assistance claiming aid for her two daughters. In December 2009, an investigative assistant from the Department of Human Assistance's Investigations Unit visited Presley's home and revealed that her daughters were actually residing with their great-grandmother. A criminal investigation ensued and Presley was charged with felony welfare fraud and perjury. As a result of Presley's fraud, a loss of \$51,369 was incurred by Sacramento County.

CASE: Kyacey Uscola (02/14/14)

PROSECUTOR: Deputy District Attorney Kristen Ilharreguy, Domestic Violence Unit

District Attorney Jan Scully announced today that the Honorable Patrick Marlette sentenced Kyacey Uscola to 10 years in state prison for felony assault on the mother of his child. Uscola also received an additional 10 months in county jail for a separate misdemeanor assault.

Uscola is a professionally trained mixed martial arts specialist who has fought several professional fights for the Ultimate Fighting Championship. On June 15, 2013, he assaulted the mother of his child causing her to suffer significant injuries, including a punctured lung, eight broken ribs, two lumbar fractures, an orbital fracture, and a life threatening pancreas laceration.

On January 17, 2014, a jury convicted Uscola of battery on a spouse or cohabitant, battery with serious bodily injury, and corporal injury on a spouse or cohabitant. The jury also found true that Uscola personally inflicted great bodily injury upon the victim under circumstances involving domestic violence and that he has a prior domestic violence conviction.

CASE: Danny Do, Conrad Johnson, Lam Luong, Roderick Randall & Jhordan Villanuva (02/11/14)

PROSECUTOR: Deputy District Attorney William Satchell, Gangs & Hate Crimes Unit

District Attorney Jan Scully announced that a jury convicted all five defendants of four counts of premeditated attempted murder. The jury also found true that the crimes were committed for the benefit of a criminal street gang and that one of the defendants personally discharged a firearm causing great bodily injury to two separate victims.

On January 12, 2012, the defendants were at a shopping center located at the intersection of 65th Street and 53rd Avenue in Sacramento. The shopping center is a known hangout and territory of the street gangs KZT and Viet Pride.

Several of the defendants noticed a rival gang member buying water inside of one of the businesses. They confronted him and challenged him to fight. When several more rival gang members arrived at the scene, Lam Luong and Conrad Johnson produced firearms and shot at them, striking one in the head and one in the buttocks.

All five defendants face a possible maximum sentence of life in prison. Sentencing is set for March 20 and 27, 2014 before the Honorable Allen Sumner.

CASE: Jaime Tewksbury (01/30/14)

PROSECUTOR: Deputy District Attorney Thienvu Ho, Gangs & Hate Crimes Unit

District Attorney Jan Scully announced today that Jaime Tewksbury was convicted by jury for the attempted murder of Armando Marez. The jury also found true that Tewksbury discharged a firearm causing great bodily injury.

On September 10, 2012, Tewksbury and Mr. Marez were involved in a conflict. Later that evening, Tewksbury returned to Mr. Marez's residence, took out a handgun, and shot him multiple times.

Sentencing is set for March 21, 2014 at 10:00 a.m. in Department 37 of the Sacramento Superior Court.

HANK FISHER SENIOR COMMUNITIES

Where Quality Memory Care Meets Quality of Life



The Chateau at Carmichael Park invites you to discover two options for loved ones with memory loss at our Memory Care community.

RESIDENTIAL

- Designed specifically for seniors with Alzheimer's disease or other forms of dementia
- Individual and group activities based on specific needs and abilities
- Staff trained in appropriate memory-care techniques
- Secure entry/exit points and careful monitoring of residents' whereabouts

MEMORY DAY PROGRAM

- Offering full-day or half-day programs
- Educational seminars and facilitated family support groups
- Guests benefit from companionship and physical activity
- Caregivers and family members gain free time to run errands, work outside the home, or relax

Contact us today to find out more—916.481.7105

the Chateau
at Carmichael Park

7125 Fair Oaks Blvd, Carmichael
Between Engle St. and Grant Ave.
916.481.7105 Lic. #347001523



HankFisherProperties.com
When it says Hank Fisher
Properties, it says Quality.

Batter up! Senior Softball Capital of the World



As baseball players age, their game evolves into fast pitch softball, then co-ed slow pitch softball, and finally senior slow pitch softball.

Continued from Page 1

based in Sacramento, California. They played in the Pacific Coast League during several periods (1903, 1905, 1909-1914, 1918-1960, 1974-1976). The current Sacramento River Cats began play in West Sacramento in 2000.

Introducing: the first Golden Senior Softball team: 1976- They were the world's 1st weekly baseball league of four teams of 80+ years/ age players. At that time, the only teams at their senior level of play who would play against them were young women's teams and leagues. In appreciation and honor of those

1976 young women's teams who helped them get started, the 75+years/age league invites all female softball players of any age who want to join them on Thursday AM to please come and feel welcome. The league's mission is to have more fun while playing softball with many friends who have senior aches and pains like they do, and to try to remember their turn at bat while socializing. The Golden Seniors Softball League consists of three different levels of players.

As baseball players age, their game evolves into fast pitch softball, then co-ed slow pitch

softball, and finally senior slow pitch softball. If any men age 50 to 95 or women age 45+ in 2014 would like to play senior slow pitch softball in the evenings after work or during weekday mornings during the season, you can email Larry Campbell at larrywc23@gmail.com or call him at 916-485-4843 with your name, age, phone number and mailing address. Larry is also looking for any and all 75+ and 80+ Golden Geezers to come help them expand to 9 teams! There will be three practice games in February, with one game against each division opponent, weather permitting. ★

Carmichael Emblem Club News Updates

By Norma Pippig, Press Correspondent

CARMICHAEL, CA (MPG) - President Marylyn Herbst and her entourage consisting of Club Vice-President Lynn Mahoney, Club Past-President and current Financial Secretary Rosann Seale, Past State President and current Club Recording Secretary Mary Croxin, Past President and current Marshall Rose Joss, attended the recently held California-Nevada-Hawaii Winter Meeting in Visalia, CA. All shared happy memories of the event at the recent business meeting. Topping their favorite "memory list" was unanimously the "Massing of the Colors." There were approximately 55 clubs present and each club had two representatives carrying the flag of our nation while performing intricate floor work. Representing the Carmichael Emblems were Lynn Mahoney and Rose Joss; both ladies agreed it was a very impressive presentation. Total attendance at this State Meeting was 223.

Locally, our Carmichael Emblem Club #355 recently hosted a most successful fundraiser "Red Hats and Roses" Fashion Show and Luncheon. Chairman Judy Hoising reported there were 180 members and guests present. Fashions were provided by Dress Barn of Carmichael and were modeled by Club Members and guests.

Valentine theme decorations added greatly to the festive mood of the afternoon. Chairman Judy also arranged to have vendors present with their specialized items available for the guests to browse and enjoy. The highlight of the afternoon was the "Red Hat" drawing...only guests wearing a red hat were permitted to participate. Needless to say there were red hats of all styles and variations of the color "red" in the audience. Winner of the "Grand Prize" was Kay Moody of Citrus Height, CA.

The Club's Americanism Committee under the leadership of Rose Joss, continues to be of help to the Sacramento Veterans Resource Center. During the past month assistance was given to a woman veteran who had completed her transitional residency at the Center, and was in need of furniture and household items to set-up her own apartment. Several members contributed gift certificates and items as requested by this veteran in need. For additional information on how you can be of assistance to returning veterans from overseas, contact Chairman Rose Joss at 916/947-1283.

Beginning with the March 4, 2014 business meeting, President Marylyn will begin her second consecutive year as the Club's leader. In year 2013, the membership voted in favor of officers serving a term of two years with the exception of those unable to

serve the full two years for personal reasons. With regrets, the Club accepted the resignation of Corresponding Secretary Lynette Hunter. Our thoughts and prayers are with Lynette and her daughter. Please note, all club correspondence should be addressed to the Carmichael Emblem Club #355; P.O. Box 426; Carmichael 95609.

Members of both the Carmichael Elks #2103 and the Carmichael Emblem Club #355 are reminded that tickets are still available for the Emblems "20 for \$10" fundraiser. This fundraiser has its' own unique rules...In June, winners will be drawn for cash prizes of \$10.00 to \$100.00, however, once the ticket has been drawn, it is not discarded; it is put back in the "pot" for the remaining drawings. This provision allows winners to win again and again, making the initial \$10.00 purchase, a good "investment." Tickets are also available for purchase by the public; winners do not have to be present to win. Inasmuch as this is one of our major Fundraisers, its' success enables the Club to support many of our local charities, i.e. Mustard Seed School, Loaves and Fishes, Salvation Army, to name a few.

Contact President Marylyn (916/346-5079) for details or tickets. Members of the Carmichael Emblem Club also have tickets for sale. ★

Prominent Automotive Dealer to Provide Million Dollar Gift to Museum

Continued from Page 1

Snider are incredibly generous people and have given and done so much for our community," noted John Frisch, senior vice president of Cornish & Carey Commercial Newmark Knight Frank. "Their gift of a new automobile and natural history

museum would have benefitted the entire region and attracted visitors and money to the city. It is a sad day for all of us who want to move Sacramento's Waterfront projects forward."

Currently located in a former warehouse at 2200 Front Street, the \$1 million dollar

gift is the largest single donation ever given to the California Automobile Museum since its inception 1983. The original Towe Ford Museum, predecessor to CAM, opened its doors to the public May 1, 1987. ★

Source: Rick Reed Public Relations

SWITCH TO US & PAY **\$50** LESS THAN LAST YEAR



7044-3 Sunrise Blvd. (near Home Town Buffet) • 721-0200

Inside Orangevale Walmart (at Hazel) • 10:00 am-6:00 pm

Offer valid for tax prep fees paid to a competitor of \$150 or more. Does not apply to an amendment or extension. Proof of last year's tax preparation fee required. Product fees excluded. May not be combined with any other offer. Most offices are independently owned and operated. CODE: 9KT76

Tasty Image loves YOU!



Order Your Valentine's Day Gifts Now!

Delight your Valentine with Fresh, Chocolate Dipped Strawberries!

Fresh & Tasty Treats

3 FREE chocolate covered strawberries **WHEN YOU BUY 3**

www.TastyImage.com

(916) 973-1768

4005 Manzanita Avenue, Suite 39 (Next to Bel Air) • Carmichael

Mission Oaks Recreation & Park District



Spring Craft Faire

March 1, 2014
9am-3pm
New Vendors Welcome!

972-0336

MISSION OAKS COMMUNITY CENTER

Travel the Region!



Ironstone Vineyards

Includes daffodil garden tour, wine & canapé tasting, gourmet lunch and private docent tour of the winery

Thursday, March 20
\$117 per person
Reserve by March 3

Travel the World!

BOOK NOW & SAVE!

The Best of Eastern Canada **JULY 27- AUG 3, 2014**
\$3,249 PP DOUBLE

Discover Tuscany **SEPTEMBER 18-27, 2014** • **\$3,684 PP DOUBLE**

Exploring South Africa, Victoria Falls, & Botswana **NOV. 5-18, 2014**
\$6,999 PP DOUBLE



"We Meet By Accident"

Complete Collision Repair
Free Estimates
24 Hour Towing
We Work with All Insurance Companies

up to **\$500⁰⁰** Instant Rebate towards your DEDUCTIBLE

Some restrictions apply - call for details. Limit 1 coupon per customer. Not valid with any other offer. Expires Feb. 28, 2014.



Before



After

FREE LOANER CAR WITH ANY REPAIR

Present this coupon and receive a free loaner car for the duration of your repairs after authorization. Some restrictions apply - call for details. Coupon must be presented upon authorization. Limit 1 coupon per customer. Not valid with any other offer. Expires Feb. 28, 2014.

6801 Fair Oaks Blvd • Carmichael, CA 95608
Phone 916-339-1776 • Fax 916-339-1700
Email: info@aebodysshop.com • www.aebodysshop.com

Monday - Friday: 8:00 a.m. - 5:00 p.m.
Saturday: By appointment • Sunday: Closed

MISSION OAKS RECREATION & PARK DISTRICT

Office Hours: 8 am-5 pm
Registration Hours:
8:30am-4pm Monday-Friday

www.morpd.com

DISTRICT OFFICE

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

MISSION OAKS COMMUNITY CENTER

(916) 972-0336 • Fax (916) 972-7371
4701 Gibbons Dr., Carmichael, CA 95608

SWANSTON COMMUNITY CENTER

(916) 333-6464 • Fax (916) 488-4349
2350 Northrop Ave., Sacramento, CA 95825

Human Trafficking Hits Sacramento Region Hard

Continued from Page 1

of human trafficking include children involved in the sex trade, adults age 18 or over who are coerced or deceived into commercial sex acts, and anyone forced into different forms of "labor or services," such as domestic workers held in a home, or farm-workers forced to labor against their will. The factors that each of these situations have in common are elements of force, fraud, or coercion that are used to control people. Then, that control is tied to inducing someone into commercial sex acts, or labor or services. Numerous people in the field have summed up the concept of human trafficking as "compelled service." Every year, human traffickers generate billions of dollars in profits by victimizing millions of people around the world, and here in the United States. Human trafficking is considered to be one of the fastest growing criminal industries in the world.

Labor trafficking occurs in diverse contexts that encompass all forms of labor or services. Common places where forced labor has been found in the United States include domestic servitude and small-scale "mom and pop" labor operations, to more large-scale operations such as farms and factories. Certain labor brokers that supply labor to multinational corporations have also been identified as an emerging type of labor traffickers. Sex trafficking includes commercial sexual exploitation of children (CSEC), as well as every instance where an adult is in the sex trade as the result of force, fraud, or coercion. Sex trafficking occurs within numerous venues in the broader sex industry, commonly found in street prostitution, online escort services, residential brothels, and brothels disguised as massage businesses. Under U.S. and international law, commercially sexually exploited children found in the sex trade are considered to be victims of trafficking, even if no force or coercion is present.

Because human trafficking is considered to be one of the fastest growing criminal industries, the U.S. government and academic researchers are currently working on an up-to-date estimate of the total number of trafficked persons in the United States annually. With 100,000 children estimated to be in the sex trade in the United States each year, it is clear that the total number of human trafficking victims in the U.S. reaches into the hundreds of thousands when estimates of both adults and minors and sex trafficking and labor trafficking are aggregated.

Like drugs and arms trafficking, human trafficking is a market-driven criminal industry that is based on the principles of supply and demand. Many factors make children and adults vulnerable to human trafficking. However, human trafficking does not exist solely because many people who are vulnerable to exploitation. Instead, human



Because human trafficking is considered to be one of the fastest growing criminal industries, the U.S. government and academic researchers are currently working on an up-to-date estimate of the total number of trafficked persons in the United States annually.

trafficking is fueled by a demand for cheap labor or services, or for commercial sex acts. Human traffickers are those who victimize others in their desire to profit from the existing demand. To ultimately solve the problem of human trafficking, it is essential to address these demand-driven factors, as well as to alter the overall market incentives of high-profit and low-risk that traffickers currently exploit. Why does demand thrive? Labor trafficking and sex trafficking of U.S. citizens and foreign nationals persist and thrive for a number of reasons, including: 1. Low Risk: When the community is unaware of this issue, when government and community institutions are not trained to respond, when there are ineffective or dormant laws to address the crime, when safety nets for victims do not exist, and when law enforcement does not investigate and prosecute the crime, human traffickers perceive little risk or deterrence to affect their criminal operations. 2. High Profits: When individuals are willing to buy commercial sex, they create a market and make it profitable for traffickers to sexually exploit children and adults. When consumers are willing to buy goods and services from industries that rely on forced labor, they create a profit incentive for labor traffickers to maximize revenue with minimal production costs. Left unchecked, human trafficking will continue to flourish in environments where traffickers can reap substantial monetary gains with relatively low risk of getting caught.

Human trafficking victims make an alarmingly high number of consumer goods and food products that are both imported to the United States and produced domestically. More often than we realize, somewhere in the supply chain of the products we buy, elements of exploitative child labor or forced labor

may be present. As economies around the world integrate, it has become faster and easier for goods produced with forced labor to enter the global market. In the U.S., labor traffickers exploit and enslave both foreign nationals (some of whom enter the U.S. legally) and U.S. citizens. In many cases of labor trafficking, consumers provide the demand, and thus the profit incentive, to the traf-

"Labor trafficking occurs in diverse contexts that encompass all forms of labor or services. Common places where forced labor has been found in the United States include domestic servitude and small-scale operations, to more large-scale operations such as farms and factories."

fickers. These consumers can include companies that subcontract certain types of services, end-consumers who buy cheap goods produced by trafficking victims, or individuals who use the services of trafficking victims. By changing purchasing choices and asking questions about how our products were made, consumers have the power to reduce these types of demand and help stop human trafficking.

Traffickers often threaten foreign national workers with arrest and deportation, even workers who have the legal right to work in the United States. Labor traffickers use violence, threats, lies, and

other forms of coercion to force people to work against their will in many different industries. Common types of labor trafficking include people forced to work in homes as domestic servants, farmworkers coerced through violence as they harvest crops, or factory workers held in inhumane conditions with little to no pay. In the United States, these forms of forced labor are more prevalent than many people realize. However, Polaris Project and others working in the human trafficking field are learning more on a daily basis about the different types of labor trafficking that exist amongst us. In the United States, the Trafficking Victims Protection Act of 2000 (TVPA) defines labor trafficking as: "The recruitment, harboring, transportation, provision, or obtaining of a person for labor or services, through the use of force, fraud or coercion for the purpose of subjection to involuntary servitude, peonage, debt bondage or slavery."

Individuals who buy commercial sex acts create the demand for sex trafficking. Many sex buyers may be unaware, ill-informed, or in direct denial of the abusive realities of sex trafficking situations as they exist within the broader sex trade. When sex trafficking is present, victims are often subjected to violence, threats, controlling behaviors, false promises, lies, and manipulation perpetrated by the traffickers/pimps. Popular media, including certain books, movies, television shows, and music, sometimes glamorize and romanticize the commercial sex industry without properly acknowledging the presence of sex trafficking. This glamorization then fuels the demand for paying someone else to have sex with them. Additionally, it is common that victims of trafficking will not discuss their situation with customers or ask for help because they

are trained by their traffickers to lie and keep up the act. As a result, "johns" may not fully realize the truth behind the facade, or the pain behind the smile. In communities and places where there is a demand to buy sex, sex traffickers directly respond to the demand by seeking to offer a "product" to be sold for profit. To sex traffickers, the "product" they sell are the women and children they control.

How can you recognize the victims of human trafficking in your city? Victims of human trafficking may look like many of the people you see every day. They can be young children, teens, men or women. By looking beneath the surface and asked yourself some questions you may be able to help identify potential victims. Is the person often accompanied by another person who seems controlling? Is the person rarely allowed in public except for work? Can you detect any physical or psychological abuse? Does the person seem submissive or fearful? Does the person lack identification or documentation? Is someone else collected the person's pay or holding their money for "safe keeping"? If you get the opportunity to speak to the person alone, asking these questions can help you determine if you may be dealing with a victim: Can you leave your job or situation if you want? Can you come and go as you please? Have you been threatened if you try to leave? Has anyone threatened your family? What are your working or living conditions like? Where do you sleep and eat? Do you have permission to eat, sleep, or go to the bathroom? Is there a lock on your door so you cannot get out? Does someone prohibit you from socializing or attending church?

If you suspect that someone is a victim or Human Trafficking call the National Human Trafficking Resource Center at 1-888-3737-888. This hotline can help victims safely and securely begin to rebuild their lives by connecting them to basic services which include: Housing, Healthcare, Immigration Assistance, Food, and Employment as well as Legal Assistance. Victims of human trafficking who are not U.S. Citizens are eligible to receive benefits through the TVPRA to the same extent as refugees. Victims who are U.S. citizens may already be eligible to receive many of these benefits. Gaining the trust of a victim of human trafficking is an important first step for providing assistance. Confidentiality is vital for victims of human trafficking.

The Sacramento Rescue and Restore Victims of Human Trafficking Regional Program, which is administered by the Sacramento Employment and Training Agency (SETA), offers training and outreach on human trafficking, services to victims and referrals to resources. My Sister's House 916-428-3271 (24 hour Multilingual Help Line), Opening Doors, Inc. 916-492-2591, SETA 916-263-3800, The Grace Network 916-850-0846, and WEAVE 916-920-2952. ★

Play Bingo with FORGOTTEN WARRIOR



Every Thursday, Friday & Sunday nights

First Time Players Discounts:
New Players Buy In At \$35 Get \$5 OFF
New Players Buy In At \$75 Get \$10 OFF

FIRST TIME VETERAN PLAYER GET \$10 DISCOUNT OFF BUY IN!

Sacramento Bingo Center 3399 Arden Way, Sac. CA 95825
info: (916) 583-9811 email: info@forgottenwarrior.org



CASH 4 GOLD JEWELRY SILVERWARE & VINTAGE WATCHES

WATCH BATTERIES INSTALLED

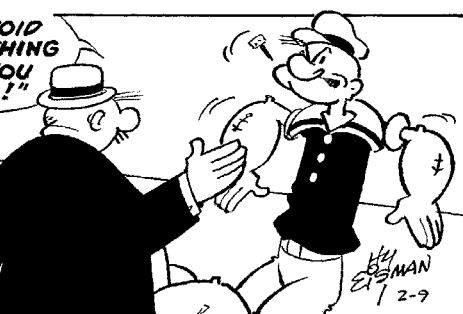
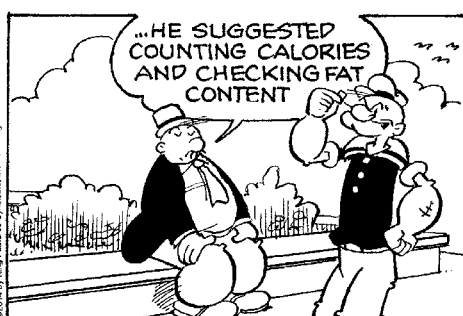
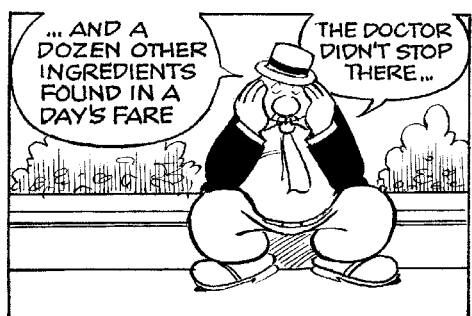
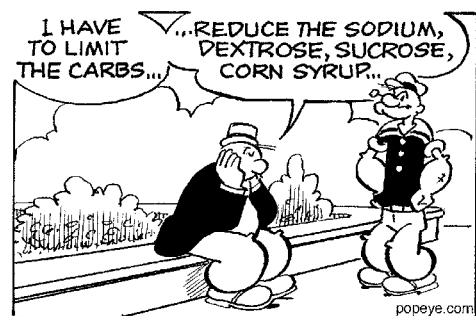
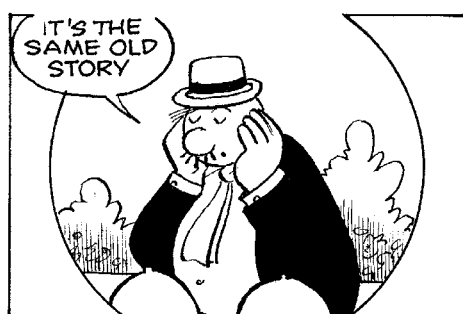
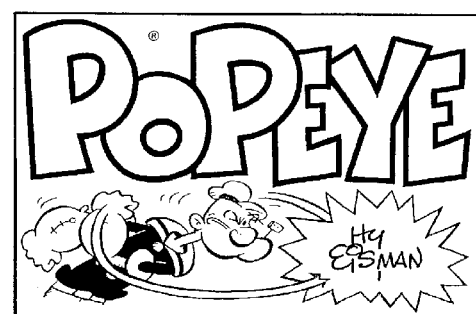
Frank's Jewelry Shop
 7319 Fair Oaks Blvd., Carmichael, CA 95608
 916-481-0176

OFFICE SPACE FOR LEASE

Great Locations Available
Call to Schedule a Tour

<p>7144 FAIR OAKS VACANCIES</p> <ol style="list-style-type: none"> Suite A-1 is 182 SF. Suite A-2 is 109.25 SF. Suite A-3 is 109.25 SF. Suite A-4 is 109.25 SF. Suite #1 is 696 SF. 	<p>3400 COTTAGE WAY VACANCIES (Just off Watt Avenue) Sacramento</p> <ol style="list-style-type: none"> Suite K is 1717 SF. Penthouse is 779 SF. Suite F is 2342 SF. (Coming Available)
---	---

Contact Ben Tiner
 6833 Fair Oaks Blvd. • Carmichael, CA 95608
916-974-6011

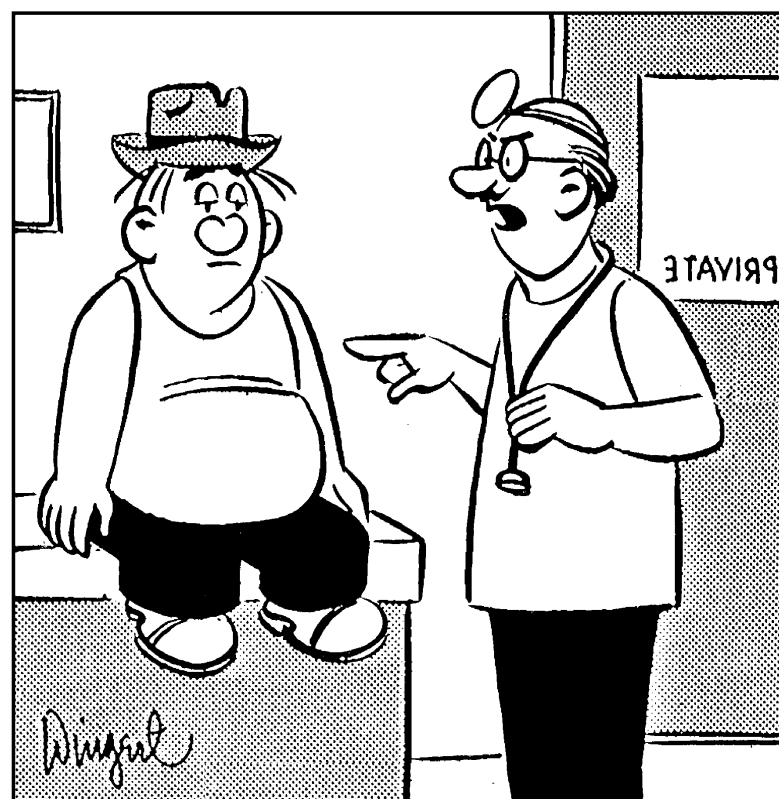


Just Like Cats & Dogs

by Dave T. Phipps



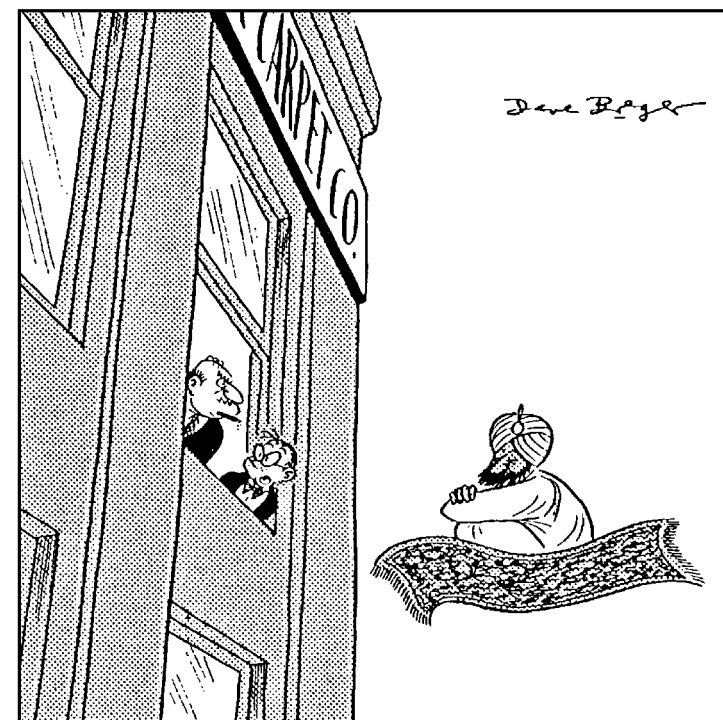
HUBERT - - By Dick Wingert



"If you want to go on enjoying life, you'll have to stop living it so well."

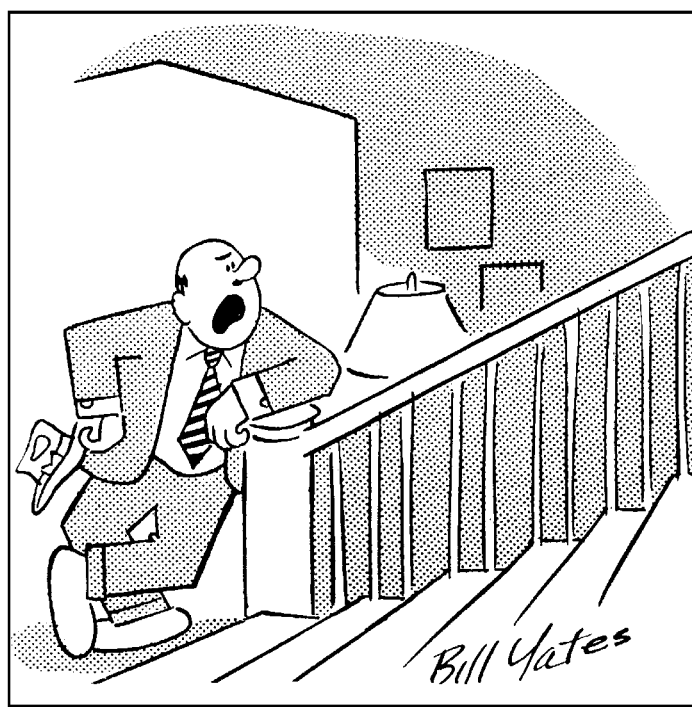
To Subscribe Call 773-1111

MISTER BREGER By Dave Breger



"He wants to know if we can use a foreign sales representative..."

LAFF - A - DAY



"How soon will you be ready? Be specific—give me a date."

SACRAMENTO SYMPHONIC WINDS

Bring the entire family to this audience-participation third and final concert of our 2013-2014 series

"Broadway!"

at the Crowne Plaza Sacramento Northeast.

Sunday, March 16, 2014, 2:30 pm

LOCATION: CROWNE PLAZA SACRAMENTO NORTHEAST, 5321 DATE AVE., SACRAMENTO, 95841 (On Date just north of Madison east of I-80 interchange)

<https://maps.google.com/maps?q=5321+Date+95841>

TICKETS SOLD AT THE DOOR: GENERAL ADMISSION \$10; STUDENT/SENIOR (65+) \$5; CHILDREN UNDER 8 FREE

www.sacwinds.org for map • (916) 489-2576

The Sacramento Symphonic Winds, conducted by Dr. Les Lehr, features a sing-along for *Oklahoma!*, *Carousel*, *South Pacific* and *The Sound of Music*, all by Richard Rodgers; *The Cowboys* by John Williams; our Youth Artist Competition winner, and more!

SACRAMENTO FINE ARTS CENTER, INC.

Contributing to the cultural life of the Sacramento community

Current and Upcoming Events



Animal House Exhibit

February 18 - March 8, 2014

"Tongue Tied", by Sandy Delehanty



WASH

Presents a workshop with Dale Laitinen

April 13, 2014, 10 am to 4pm at the Sacramento Fine Arts Center

Dale Laitinen has been painting in watercolor for over 35 years. He is well known in Northern California for his landscapes of the Sierras, mountains, rocks and water; one of the signatures of Dale's painting is the long view with natural forms of the topography being foremost. He is a signature member of the National Watercolor Society, and Watercolor West. His work has been featured in several magazines and books: *Artist's Magazine*, *Watercolor Magic*, *Splash*, just to name a few. This workshop will concentrate on a Sierra Landscape. His website is www.dalelaitinen.com.

\$65 for WASH members, \$75 for non-members.

Contact Joyce Wilson at (916) 482-8092 for more information and to register.

Art Classes Schedule
New Childrens Classes by Laurie Pefley
Art Classes Grade 3-6
Calligraphy Classes
Italic Calligraphy
MARCH 6 - APR 3, 2014
5 Thursdays from 10:00 am -12:30 pm
See our website for more information

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



HELP WANTED

Messenger Publishing Group

INDEPENDENT SALES AGENT

MPG is seeking an Independent Sales Agent to generate advertising sales for our local newspapers. This is an extra income opportunity that you can work at from your home. Become part of a growing newspaper group that has been very well received by our readers and the business community. Compensation is commission only, but the commission is a very generous rate.

To apply, call 773-1111 and send an email to publisher@mpg8.com



Thinking of Changing Banks?

✓ Check the El Dorado Advantage

- ✓ FREE VISA Debit Card
- ✓ FREE Senior Checking with Interest
- ✓ FREE Direct Payroll Deposit Checking
- ✓ FREE Internet Banking with Check Images
- ✓ FREE Online Bill Payment
- ✓ FREE Mobile Banking
- ✓ FREE Telephone Banking
- ✓ VALUE Checking
- ✓ Interest Checking
- ✓ Investors Money Market Checking
- ✓ Business Checking
- ✓ Gold Money Market Savings
- ✓ Purchase & Refinance Loans
- ✓ Fixed & Adjustable Home Equity Line of Credit Loans
- ✓ Friendly, Personal Service at No Extra Charge
- ✓ 35 ATMs at El Dorado Branches
- ✓ Consistently Awarded the Highest 5 Star Rating by Bauer Financial Reports as One of the SAFEST and STRONGEST Banks in the U.S. Since 1993



EL DORADO SAVINGS BANK

Serving our local communities for over 55 years

www.eldoradosavingsbank.com

CARMICHAEL • 4701 Manzanita Ave. • 481-0664

Se Habla Espanol • 800-874-9779



Expert Advice On Student Loan Repayment

(NAPSA)—Here are two bits of good news for recent and soon-to-be college graduates with student loans:

1. You probably have a six-month grace period after graduation before you have to start making payments.

2. While adding a new payment of any kind into your life can be daunting, the vast majority of Americans with student loans do successfully pay them off, due, in part, to the value of their college education.

These student loan repayment tips can help you be among them:

•**Contact your servicer.** Some students have more than one loan, so it's best to contact each servicer to discuss your payment options. The servicer can also help identify alternatives if you're experiencing difficulty.

•**Pay every month, and pay extra when you can.** Make payments every month. Options to postpone payments typically mean you'll pay more over the life of the loan, so tackle your payments now. Whenever you can, pay extra to reduce your interest costs and pay off faster. Put money from a raise or bonus toward your student loans.

•**Create a budget.** Know how much is due every month and create a budget that's in sync with the amount due. Get the big picture when creating your budget.



Once you graduate from college, you may have a few months before you have to start repaying your student loans.

Put together a snapshot of all your financial obligations, including your credit cards, car loan, student loans and rent.

•**Pay yourself.** Build an emergency savings fund of \$500 to \$1,000 to be prepared for car expenses, an emergency trip or life's other unexpected expenses.

•**Sign up for auto-pay.** Automatic payments not only make sure you never miss a payment, but servicers such as Sallie Mae, the nation's No. 1 financial services company specializing in education, may reduce your interest rate if you pay by automatic debit. It's peace of mind with a bonus.

•**Learn more.** Go to www.SallieMae.com.

Spreading The Word About School Choice

(NAPSA)—There's good news for parents who want to spread the word about the benefits of school choice and educational opportunity.

Parents can now participate in National School Choice Week by holding events in their homes. These "Friends and Family Night" events are designed to spur conversations about the future of educational opportunity in America.



Parents can now participate in National School Choice Week by holding events in their homes.

Said Andrew Campanella, National School Choice Week president, "For 2014, we're expanding the effort and giving families the option of holding an event in their homes. They can plan anything from a movie night to a pizza party or potluck dinner."

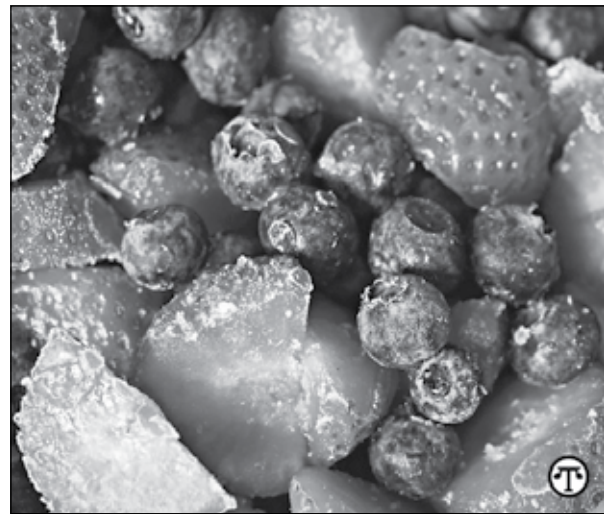
The celebration, which will be held from January 26 to February 1, 2014, is designed to raise awareness of the need for increased schooling options for parents. Focused around independently planned events in local communities, the week celebrates all types of educational environments, including traditional public schools, public charter schools, magnet schools, online academies, and homeschooling.

Complimentary kits include a short film about school choice, 12 embroidered yellow scarves, popcorn bags, a yard sign, posters and other materials.

Campanella anticipates that the celebration will surpass 5,000 events in 2014.

For more information or to reserve complimentary supplies, visit the website at www.schoolchoiceweek.com/familynight.

New Study Shows Consumers Should Consider Frozen When Produce Shopping



Research reveals frozen fruits and vegetables can be nutritionally equal to - and in some cases better than - their fresh counterparts.

(NAPSA) – As Americans strive to eat healthier and add more fruits and vegetables to their diets, a recently concluded "market basket" study has a simple message for consumers: think frozen.

In partnership with the Frozen Food Foundation, a not-for-profit organization dedicated to fostering scientific research, public awareness and education regarding the nutritional value of frozen foods, the University of Georgia recently conducted a unique study comparing the nutrient content of eight commonly purchased frozen and fresh fruits and vegetables.

The study mimicked consumer purchasing and storage habits of blueberries, strawberries, corn, broccoli, cauliflower, green beans, green peas and spinach. To account for variables such as growing conditions, country of origin and time in the supply chain, composite samples were prepared from fresh and frozen fruits and vegetables purchased from six independent grocery stores.

Each fruit and vegetable was analyzed under three conditions: frozen; fresh (on the day of purchase); and fresh-stored (after five days of storage in a kitchen refrigerator). Americans may, on average, store perishable fruits and vegetables for up to five days or more, based on biweekly grocery shopping habits, according to the Food Marketing Institute's "U.S. Grocery Shopper Trends."

The study results reveal that the nutritional value of many frozen fruits and vegetables are generally equal to that of their fresh counterparts. In fact, the study found that the nutritional value—namely the amounts of vitamin A, vitamin C and folates—of some frozen fruits and vegetables is greater than that of fresh-stored produce. This determination likely owes itself to the nutrient degradation that occurs in fresh produce during storage.

"Our research shows that frozen fruits and vegetables are nutritionally equal to—and in some cases better than—their fresh counterparts," said University of Georgia Associate Professor Dr. Ronald Pegg, who led the study. "In particular, vitamin A was greater in frozen fruits and vegetables than select fresh-stored fruits and vegetables."

Frozen fruits and vegetables are picked and frozen at their peak ripeness, locking in the nutrient value at the point of freezing.

"Frozen fruits and vegetables can play an important role in helping Americans easily add more fruits and vegetables to their diets to meet daily recommendations," said Produce for Better Health Foundation President and CEO Dr. Elizabeth Pivonka. "Freezing is nature's pause button. It is a natural and effective way to preserve food nutrition and quality."

For more information, visit www.frozenfoodfacts.org.

Did You Know?



The long and the short of it is this. Humans and giraffes have the same number of bones in their necks: eight. Giraffe neck vertebrae are just much, much longer.



A horse can see better at night than a human. However, it takes a horse's eyes longer to adjust from light to dark and from dark to light than a human's.

To Subscribe Call 773-1111

Chapanian's Carmichael Furniture

Serving Carmichael since 1940 • A Full Line of Quality Brand Name Furniture

BIG STORE BRANDS, SMALL STORE PRICES!!

President's Day Sale!!



Now through February 22

Pay No Sales Tax*
plus

Save an Additional 10% off All Clearance Merchandise

*Since the State of California requires that tax be paid on all retail sales, we reduce the purchase price by an amount equal to the tax on the reduced purchase price.

6649 Fair Oaks Blvd. Carmichael, California 95608
(Corner of Fair Oaks Blvd. & Angelina Ave)

916-487-7895

Closed Sunday and Monday

Store hours: Tuesday thru Friday 10:00 A.M. - 5:50 P.M., Saturday 11A.M. - 7P.M.

We Specialize in Custom Orders!

Visit our web site at www.carmichaelfurniture.us



ARIES (March 21 to April 19) Try to say as little as possible about the work you're doing through the end of the month. Then you can make your announcement and accept your well-deserved plaudits.

TAURUS (April 20 to May 20) You face a more difficult challenge than you expected. But with that strong Taurean determination, you should be able to deal with it successfully by week's end.

GEMINI (May 21 to June 20) Before you act on your "feelings" about that upcoming decision, it might be wise to do a little fact-checking first. You could be very much surprised by what you don't find.

CANCER (June 21 to July 22) A recent workplace success can open some doors that were previously closed to you. On a personal level, expect to receive some important news from a longtime friend and colleague.

LEO (July 23 to August 22) Put your wounded pride aside and do what you must to heal that misunderstanding before it takes a potentially irreversible turn and leaves you regretting the loss of a good friend.

VIRGO (August 23 to September 22) One way to kick a less-than-active social life into high gear or rebuild an outdated Rolodex file is to throw one of your well-organized get-togethers for friends and associates.

LIBRA (September 23 to October 22) Getting out of an obligation you didn't really want to take on can be tricky. An honest explanation of the circumstances can help. Next time, pay more attention to your usually keen instincts.

SCORPIO (October 23 to November 21) Use your Scorpion logic to push for a no-nonsense approach to a perplexing situation. This could help keep present and potential problems from creating more confusion.

SAGITTARIUS (November 22 to December 21) A friend's problem might take more time

than you want to give. But staying with it once again proves the depth of your Sagittarian friendship and loyalty.

CAPRICORN (December 22 to January 19) The Sea Goat can benefit from an extra dose of self-confidence to unsettle your detractors, giving you the advantage of putting on a strong presentation of your position.

AQUARIUS (January 20 to February 18) You might want to ask a friend or relative for advice on an ongoing personal matter. But be careful not to give away information you might later wish you had kept secret.

PISCES (February 19 to March 20) Use the weekend for a creativity break to help restore your spiritual energy. Once that's done, you'll be back and more than ready to tackle whatever challenge you need to face.

BORN THIS WEEK: You get great joy out of creating beautiful things and sharing them with others who appreciate them.

(c) 2014 King Features Synd., Inc.



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

PICKS OF THE WEEK



Scene from "Gravity"

"Gravity" (PG-13) -- Spiraling off into the dark void of space, two astronauts undergo a pulse-pounding struggle for survival as their odds of ever reaching Earth again plummet with each new obstacle. Sandra Bullock plays a medical officer on her first trip into outer space who is paired with a veteran astronaut, played by George Clooney. While working on the Hubble telescope, a patch of space debris cuts them off from the space shuttle and sends the pair careening into space.

During its box-office run, "Gravity" attracted rave reviews from audiences and critics. Cinema purists have hailed it as a model for how 3-D filmmaking should be done. For us home-video audiences, the movie offers a tenacious survival drama that will leave you gasping for sweet, sweet oxygen.

"Thor: The Dark World" (PG-13) -- Long ago, the Norse gods of Asgard banished some ancient evil dudes to a far-off dimension. Natalie Portman, while searching for a way to contact Thor, accidentally unleashes the sealed-away evil powers. Once again, the fate of the universe is in the brawny hands of Thor the thunder god (Chris

Hemsworth). This time, however, Thor needs to recruit the reluctant aid of his evil brother, Loki (Tom Hiddleston), the god of chaos and the villain of "The Avengers."

While Hemsworth carried the first Thor film on his broad shoulders, this sequel is largely propped up by the caustic and sneering screen presence of Hiddleston. As Thor's adopted brother and chief rival, he's also the balancing point for the movie that allows it to make fun of itself. Audiences get to drink in the foamy, hammer-smashy battles, then wash it down with the refreshingly sour lemonade of Loki's anti-hero.

"Nebraska" (R) -- A bitter old man and his disillusioned son take an eye-opening road trip from Missouri to Nebraska in this black-and-white dark comedy. Bruce Dern plays Woody Grant, a crusty Midwestern alcoholic who believes he's won a magazine sweepstakes. His son, Dave ("SNL's" Will Forte), agrees to take him on the road. The film gives a lot of consideration to the landscapes surrounding the minuscule drama; lots of wide open, underwhelming backdrops underscore the brief exchanges of dialogue and quiet realizations of missed opportunities.

"Blue Is the Warmest Color" (R) -- The story starts with 15-year-old Adele (Adele Exarchopoulos), a French high-school student who has caught the eye of one of her male classmates. While Adele's first romance fizzles, she becomes fixated on Emma, a mysterious blue-haired art student she's seen around town. The story of romance, pain and discovery unfolds over decades, taking the viewer on an emotional ride into deepest parts of the human heart. The film has garnered a lot of controversy for its scenes of adult intimacy, but the backlash shouldn't take away from this beautiful drama.

TV RELEASES

- "Mama's Family: Complete Third Season"
- "Adventure Time: The Complete Third Season"
- "Ghost Adventures: Season 5"
- "The Middle: Season Four"
- "Above Suspicion: Set 3"

(c) 2014 King Features Synd., Inc. Series"



THE HISTORY CHANNEL

- On Feb. 26, 1564, poet and playwright Christopher Marlowe is baptized in Canterbury, England, two months before the birth of his fellow playwright William Shakespeare. Historians believe Marlowe served as a spy for Queen Elizabeth while at Cambridge.
- On Feb. 25, 1862, the U.S. Congress passes the Legal Tender Act, authorizing the use of paper notes to pay the government's bills. This ended the long-standing policy of using only gold or silver in transactions, and it allowed the government to finance the enormously costly Civil War.
- On Feb. 27, 1915, "The Valley of Fear" by Arthur Conan Doyle is published. Sherlock Holmes had been a popular character since he first appeared in the story "A Study in Scarlet" in 1887. The detective was modeled partly on Dr. Joseph Bell, a medical-school teacher at the University of Edinburgh.
- On March 2, 1944, a train stops in a tunnel near Salerno, Italy, and more than 500 people on board suffocate and die. The train's locomotives were burning low-grade coal substitutes that produced an excess of odorless and toxic carbon monoxide. Approximately 520 passengers were asphyxiated.
- On March 1, 1961, President John F. Kennedy establishes the Peace Corps as a new agency within the Department of State, which would send trained American men and women to foreign nations to assist in development efforts.
- On Feb. 24, 1981, socialite Jean Harris is convicted of murdering Dr. Herman Tarnower, the author of the bestselling "The Complete Scarsdale Medical Diet." Harris claimed that she had been trying to kill herself but that Tarnower was shot when he tried to wrestle the gun away from her. He was shot four times.
- On Feb. 28, 1993, at Mount Carmel in Waco, Texas, agents of the Bureau of Alcohol, Tobacco and Firearms (ATF) launch a raid against the Branch Davidian compound as part of an investigation into illegal possession of firearms and explosives by the Christian cult. During an extended gun battle, multiple agents and Branch Davidians were killed or wounded.

Thought for the Day: "I don't trust a man who uses the word evil 18 times in 10 minutes. If you're half evil, nothing soothes you more than to think the person you are opposed to is totally evil." — Norman Mailer

(c) 2014 King Features Synd., Inc.



Cowslip is a herbaceous perennial with upright stems bearing bell-shaped, yellow flowers. It is native to the United Kingdom, but can be found in northeastern sections of North America. It is known commonly by many names such as fairycup, lady's keys, palsewort, primerole and St. Peter's wort.

- Brenda Weaver

Detail of *Primula veris humilis*, a woodcut by Carolus Clusius (1526-1609)

Sources: plants.usda.gov; rhs.org.uk; www.picturingplants.com

© 2014 by King Features Syndicate, Inc. World rights reserved.

HELP AT THE PUSH OF A BUTTON



America's "Top Rated" Medical Alert System

BEST OFFER YET



- 24/7 Medical Alert Monitoring
- FREE Equipment
- FREE 2nd Water Proof Alert Button
- NO Activation Fees
- NO Long Term Contracts

Call Now! 1-800-969-5184

Your Only Computer Guy

30 Minutes Free Diagnostics



In Business Since 1998

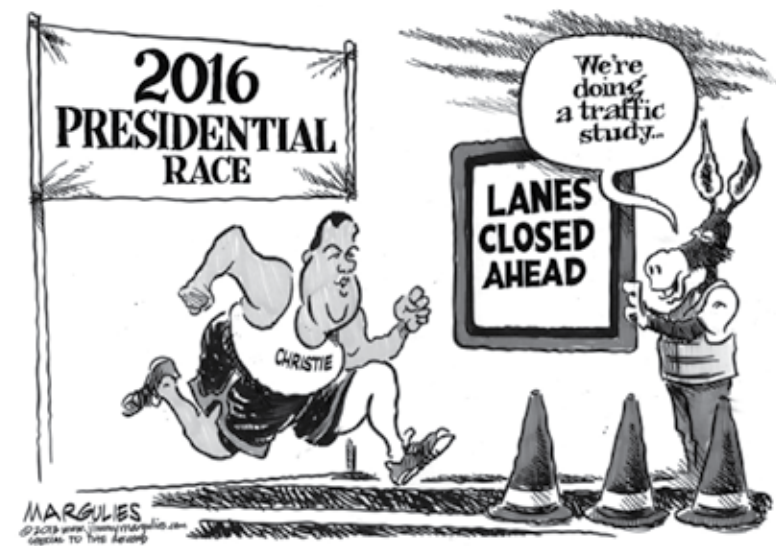
- Computer Cleaning
- Virus Removal
- Spyware/Malware Removal
- Software installation and repair
- Wi-Fi setup and troubleshooting
- Outlook and email setup
- Printer setup and troubleshooting
- New computer setup
- Browser troubleshooting and support
- Home networking and file sharing

Leo Corser
BA, CNA, CNE, MCSE
Senior IT Engineer & Technician

Cell:
(916) 221-0630



youonlycomputerguy.com



THE RICH LOWRY COLUMN
By Rich Lowry

On Keystone, Action Can Wait

President Barack Obama has urged that we make this a “year of action,” and he is going to do his part by acting with vigor and dispatch to continue to study the proposed Keystone XL pipeline project.

The State Department just acted with an 11-volume, 7,000-page environmental review that concludes, like the several reviews prior to this point, that the pipeline poses no environmental hazard. You’ve got to hand it to the State Department -- when it is determined to act, it moves.

White House chief of staff Denis McDonough went on “Meet the Press” to explain all the dizzying activity taking place as the U.S. government marshals its resources to see that Keystone is perpetually reviewed.

“We have one department with a study,” McDonough explained. “Now we have other expert agencies, the EPA, and many others, who have an opportunity -- the Energy Department, an opportunity to look at this and make their determinations.”

For its part, the State Department still needs to evaluate whether the pipeline serves the national interest, necessitating another period of intense action that will include asking “for the views of eight federal agencies identified in [Executive Order] 13337.”

The Keystone project would add roughly 800 miles of pipeline in the U.S. and carry more than 800,000 barrels of oil a day to our refineries in the Gulf from the tar sands of Alberta. It has been under consideration for more than five years, even though Hillary Clinton said in 2010 that the State Department was “inclined” to approve it.

And why not? Paul Knappenberger of the Cato Institute notes that a similar pipeline project, the Alberta Clipper, won approval in two short years back in 2009 with glowing marks from State -- it would “advance a number of strategic interests” and send “a positive economic signal.”

Keystone XL was different; it became a hate symbol for the environmental left. In its fevered imagination, stopping the pipeline became a way to stop the development of the “dirty” tar

sands of Canada and to slow climate change. As Brigham McCown, a former administrator of the Pipeline and Hazardous Materials Safety Administration, puts it, opponents of the pipeline thought it was a Khyber Pass where a glorious stand could be made against Canadian oil.

This was always a childish fantasy. First, because the tar sands will get developed regardless, and more fundamentally, because the numbers don’t add up.

Conservative writer Oren Cass makes the point that the United States accounts for less than six of the 35 gigatons of carbon emissions worldwide, and our emissions growth has been flat, while India and China have been growing at a double-digit rate. We could end all our emissions tomorrow and the rest of the globe would quickly make up the difference. The oil that would be transported by Keystone is but a drop in a vast ocean.

None of this matters, though, because railing against Keystone is such a potent organizing and fundraising tool for its opponents. President Obama is loath to cross them, and so will take swift and certain action -- to keep examining the issue closely.

Rich Lowry is editor of the National Review.

(c) 2014 by King Features Synd., Inc.

HOCUS-FOCUS BY HENRY BOLTINOFF



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

Differences: 1. Hat is reversed. 2. Shell is missing. 3. Sailboat is missing. 4. Palm tree is moved. 5. Palm tree is missing. 6. Flag is missing.

To Subscribe Call 773-1111

The Perfect Combination!

START YOURS TODAY!





Carmichael Times delivers your local community news every week.



Get The Sunday Sacramento Bee!

CLINCHED!
As capture A.L. West title for second year **SPORTS** | Page C1

THE SACRAMENTO BEE
Monday, September 23, 2013

Housing rises from meltdown
SUPER COMMUTERS' INVESTORS FLOCK TO BATTERED AREA

Group in mall attack resilient
KENYA ASSAULT A SIGN AL-SHABAB IS STAGING COMEBACK

As a valued Carmichael Times subscriber, you receive the Sunday *Sacramento Bee* as part of your subscription.

BOTH NEWSPAPERS FOR ONLY \$39 PER YEAR!

IT'S THE PERFECT COMBINATION!

YES! START MY SUBSCRIPTION NOW!

NAME _____

ADDRESS _____

CITY _____ ZIP _____

PHONE () _____ EMAIL (OPTIONAL) _____

MAIL YOUR PAYMENT TO:
MESSENGER PUBLISHING GROUP
7144 FAIR OAKS BOULEVARD, SUITE 5
CARMICHAEL, CA 95608

*Some delivery restrictions may apply.

Offer available to new and current subscribers. To take advantage of this unique opportunity please call (916) 773-1111

CALL A PROFESSIONAL!

Business & Service Directory

PAINTING SERVICE

J & M PAINT SERVICE

A Professional Painting Service of Fair Oaks
Over 20 Years Experience • State Lic. 937799 • Bonded • Insured

Interior & Exterior
Specials!

**20% OFF
REGULAR PRICE**

916-967-0763

Offer Good through November 1, 2013 till February 2014

We cover all areas including Orangevale, Fair Oaks, Carmichael, Citrus Heights, Rancho Cordova, Roseville and all of Sacramento

VACUUM SERVICE AND REPAIR

VACUUM SERVICE CENTER

Repair • Parts • Belts • Bags

Your One-Stop Vacuum Repair Shop

BEL AIR SHOPPING CENTER
4005 MANZANITA AVENUE #26
MONDAY-SATURDAY, 10AM - 6PM ♦ 916-978-0206
(Inside Heirloom Flooring Gallery)

LANDSCAPE SERVICES



Superior Landscape Services
Landscaping and Maintenance

- Sprinkler Repair/Install • Pruning
- Mowing/Trimming • Fertilizing

Insured
Lic#794551

(916) 728-5812 • Cell (916) 761-0999
Dave Cochran Owner • dave_SLS@surewest.net

CONCRETE

**S & D
CONCRETE**

S & D CONCRETE, INC.
Specializing in Homeowner
Concrete Projects

STEVE DeVRIEND
President

916-988-9659
916-425-6984

Lic #646947 - Since 1978
Foundations, Patios, Walkways
Remove & Replace, Stamped, Color
Free Estimates

s.devriend@comcast.net

CEMETERY SERVICES

*Respectful,
Affordable Burial*

Endowment Care Facility
Beautiful Park like setting
Monuments allowed • Cremation Niches
Comingle Scattering Garden
Quality & Affordable Service

Fair Oaks Cemetery District
7780 Olive St., Fair Oaks, 95628
916-966-1613

PET SITTING SERVICE

*Professional, Loving
PET CARE*

Established Reputation
Kennel Free Environment
Lots of TLC

Call Madeline
(916) 723-1608

REAL ESTATE/REFINANCE

RESIDENTIAL LOANS - REFINANCE OR PURCHASE



- Rates are low—pre-qualify to purchase!
- Refinance for lower payments or cash out!
- FREE Home valuation!
- 40 Lenders compete for your business!



[916] 276-9310 www.LeslieGorman.com

Call today for a no obligation consultation.

This offer is made by United Lending Partners, Inc. CA BRE 01846152, NMLS 168352. This is not a loan commitment.

DRUG AND ALCOHOL REHABILITATION



HELPING PEOPLE AND THE COMMUNITY WITH
THE ALCOHOL AND DRUG PROBLEM!
18 YEARS IN BUSINESS!

DETOX (916) 965-3386 SOBER LIVING (916) 961-2691

FUNERAL SERVICES

RUSS MONROE'S

FUNERALS & CREMATIONS

FD 1404

7960 WINDING WAY
FAIR OAKS, CA 95628

Tel (916) 9611265
Fax (916) 9612430

PRINTER AND COPIER SERVICE

Specialties Plus

- Machine Repairs (all makes & models)
- Toner Cartridge Refills (Using Cartridge World? Take 10% off their price & try mine)
- Free Cleaning (with our cartridge)
- We are Local
- Service Contracts (monthly or yearly)
- Lease or Rent
- High Volume Copying (save wear & tear on your machine)



Specializing in Digital
Printers, Copiers,
Fax & Multifunction
Machines

E-mail:
specplus@comcast.net
(916) 723-8430

DENTAL CARE

Dr. John C. Riach
Dr. Michael B. Holm
Dr. Guy E. Acheson

AMERICAN RIVER DENTAL

Appointments 7 a.m. to 7 p.m. • New patients welcome
IV Sedation-Nitrous Oxide • Orthodontics

10350 Coloma Rd. 362-9247

HOME OWNERSHIP

1st Time Home Buyer??



Me out

Charles Vines
Broker Associate
(916) 216-9349
DRE# 01789423



Scan QR Code to see YouTube Video

REAL ESTATE

Sherm Grady

REALTOR@BRE #01925823

916.768.7704 Mobile
916.773.8027 Office • 916.722.7947 Fax
sherm.grady@cbrnocal.com
www.shermgrady.com



2270 Douglas Blvd., Ste 120
Roseville, CA 95661



HMF DENTISTRY
Family
Located at 11230 Gold Express Dr. #306
Gold River, CA • 916-852-7660

- Restorative and Cosmetic Dentistry • Oral Sedation
- Invisalign • Extractions (including wisdom teeth)
- 1 hour Teeth Whitening (as seen in extreme makeover)
- White Fillings • Digital X-Rays (uses less radiation) • Financing Available

PAINTING SERVICES

Anni The Painter



One Room
at a Time
Okay!

- Perfectionist
- Fun Ideas • Kid's Rooms
- Cabinets • Bathrooms
- Kitchens • Etc.

New Molding Installs • Small Jobs OK!
Lic # 733938 • Free Bids
916-532-6194

FUNERAL SERVICES



Lind Brothers FD 1141
A Family Owned Funeral Home
and Crematory Since 1964
4221 Manzanita Ave.
Carmichael
916-482-8080

GLASS NEW & REPAIR

DICK'S RANCHO Fogged or Leaky Windows?

Glass

New & Repaired
Patio Door Rollers,
Custom Mirrors, Shower Doors
& Window Screens
Since 1956
363-6554

STATEPOINT CROSSWORD • THE OSCARS

CLUES

- CROSSWORD**
- | | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | |
| 13 | | | | | 14 | | | 15 | | | | | |
| 16 | | | | | 17 | | | 18 | | | | | |
| | 19 | | | | 20 | | | 21 | 22 | | | | |
| | | | 23 | | | | 24 | | | | | | |
| 25 | 26 | 27 | | 28 | | 29 | | 30 | | 31 | 32 | 33 | 34 |
| 35 | | | 36 | | 37 | | | 38 | | 39 | | | |
| 40 | | | | | 41 | | | 42 | | 43 | | | |
| 44 | | | | 45 | | 46 | | | | 47 | | | |
| 48 | | | | | 49 | | | 50 | | 51 | | 52 | |
| | | | | 53 | | 54 | | | 55 | | 56 | | |
| 57 | 58 | 59 | 60 | | | | | 61 | | | 62 | 63 | |
| 64 | | | | | | 65 | 66 | | | 67 | | | 68 |
| 69 | | | | | | 70 | | | | 71 | | | |
| 72 | | | | | | 73 | | | | 74 | | | |
- ACROSS**
- *"Nebraska" leading man
 - *Phelomena's quest
 - Immanuel ___ of "Critique of Pure Reason"
 - B on Mendeleev's table
 - WSW opposite
 - "None the ___"
 - Lawyers' loads
 - Hula welcome
 - Right-hand page
 - Kind of tire
 - *Bullock's force of attraction
 - Canny
 - *Enterprise of "Star Trek Into Darkness"
 - 20s dispenser
 - Apiece
 - Part of India
 - "Wanted!" state
 - LeBron's goal
 - Deen or Abdul
 - Against
 - Slow sipper's equipment
 - Smiley face
 - Heat-conducting solid
 - ___-a-Sketch
 - Makes a great puppet
 - *___ Adler's students won many Oscars
 - Folio page
 - Between do and mi, pl.
 - *Oscar of sports world?
 - "Before" prefix
 - Punk hairdo, pl.
 - Chemical cousin
 - Accord
 - Credit card acr.
 - Some sorority girls
 - Popular synthetic fabric
 - *2013 "wolf" portrayal
 - Bert's sidekick
 - ___sack
 - Adult male
 - African antelope
- DOWN**
- British broadcaster
 - Women's lib cry?
 - Celestial bear
 - Campus gods
 - Store as fodder
 - Auction off
 - The loneliest number?
 - Sound like Secretariat
 - Capital on the Dnieper
 - Fungal spore sacs
 - Post-deductions amount
 - Site of Trojan War
 - Get through
 - Nursemaid in India, pl.
 - Mourner's wish
 - Soon enough
 - *Nominated "Hustler"
 - Article of faith
 - Opposite of glossy
 - Pigeon's home
 - Old scolds
 - One of "12 Angry Men," e.g.
 - Rabbit hole wonderer
 - **Saving Mr. ___
 - Obsolescent phone feature
 - Tempo
 - Wallops
 - "Folk singer" ___ Davis
 - Pose a question
 - *Nominated animated feature
 - Church song
 - Manicurist's board
 - *Previous Supporting Actor nominee Wahlberg or Ruffalo
 - Arab League member
 - "Hey!"
 - Above
 - *"___ Man 3," nominated for Visual Effects
 - European erupter
 - Commuter line
 - Princess tormentor
 - Yellow ___

dish
Make the Switch to Dish Today and Save Up To 50%
Call Now and Ask How!
1-800-318-5121
Call 7 days a week 8am - 11pm EST Promo Code: MB0113 *Offer subject to change based on premium channel availability

Promotional Packages starting at only...
\$19.99 mo.
for 12 months

FREE PREMIUM MOVIE CHANNELS* For 3 months.
HBO CINEMAX SHOWTIME starz

dish

SUDOKU

you could save 28%
Call 1-866-929-9071 to see how much you could save on car insurance.

esurance
on Allstate company

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

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

For Solutions See Page 11

Imagine The Difference You Can Make
DONATE YOUR CAR
1-800-309-2405

FREE TOWING
TAX DEDUCTIBLE

Heritage for the Blind

Help Prevent Blindness
Get A Vision Screening Annually

Ask About A FREE 3 Day
Vacation Voucher To Over
20 Destinations!!!



Come back every week for Crossword and Sudoku!

Adoption

PREGNANT? CONSIDERING ADOPTION? Talk with caring adoption expert. Choose from families Nationwide. LIVING EXPENSES PAID. Call 24/7 Abby's One True Gift Adoptions 866-413-6296 Void In Illinois/New Mexico/Indiana (NANI)

Announcements

DID YOU KNOW 144 million U.S. Adults read a Newspaper print copy each week? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

DID YOU KNOW 7 IN 10 Americans or 158 million U.S. Adults read content from newspaper media each week? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

DID YOU KNOW that not only does newspaper media reach a HUGE Audience, they also reach an ENGAGED AUDIENCE. Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

Antiques/Collectibles Wanted

Old Railroad Items Wanted: lanterns, locks, china, paper, etc. Call (916) 663-2463 (MPG 06-30-14)

Old Porcelain Signs Wanted: oil & gas, highway, RR, etc. Call (916) 663-2463 (MPG 06-30-14)

Apartments For Rent

RETIREMENT APARTMENTS, ALL INCLUSIVE. Meals, transportation, activities daily. Short Leases. Monthly specials! Call (877) 210-4130 (NANI)

Auto Donations

DONATE YOUR CAR - Fast Free Towing 24 hr. Response - Tax Deduction. UNITED BREAST CANCER FOUNDATION. Providing Free Mammograms & Breast Cancer Info 888-792-1675 (Cal-SCAN)

Auto Donations

Donate Your Car to Veterans Today! Help those in need! Your vehicle donation will help US Troops and support our Veterans! 100% tax deductible Fast Free pickup! 1-800-263-4713 (NANI)

Autos Wanted

WE BUY CARS! Running or Not. Any Make, Model or Year. Call today for an INSTANT OFFER. Free Towing/Pickup. Top Dollar. We're Local! 1-800-844-3595 (SWAN)

CARS/TRUCKS WANTED!

Top \$\$\$\$ PAID! Running or Not, All Years, Makes, Models. Free Towing! We're Local! 7 Days/Week. Call Toll-Free: 1-888-416-2330 (NANI)

GET CASH TODAY for any car/truck.

I will buy your car today. Any Condition. Call 1-800-864-5796 or www.carbuyguy.com (NANI)

Automobiles

\$21 Car Insurance - Instant Quote - All Credit Types - Find Out If You Qualify - As Low As \$21/Month. Call 1-888-250-5440 (NANI)

AVON For Sale

Avon Online! youravon.com/terrirussell (MPG 02-28-14)

Business Opportunity

\$392+ DAILY MAILING POST-CARDS! Easy! All Postcards Supplied! www.PostCardsToWealth.com ZNY Referral Agents Wanted! \$20-\$84/Per Referral! www.FreeJobPosition.com. Big Paychecks Paid Friday! www.LegitCashJobs.com (NANI)

Cable/Internet Services

AT&T U-Verse for just \$29/mo! BUNDLE & SAVE with AT&T Internet+Phone+TV and get a FREE pre-paid Visa Card! (Select plans). HURRY, CALL NOW! 800-319-3280. (Cal-SCAN)

Cable/Satellite TV

DISH TV Retailer - Starting at \$19.99/month (for 12 mos.) & High Speed Internet starting at \$14.95/month (where available.) SAVE! Ask About SAME DAY Installation! CALL NOW! 1-800-357-0810 (Cal-SCAN)

DirectTV 2 Year Savings Event!

Over 140 channels only \$29.99 a month. Only DirectTV gives you 2 YEARS of savings and a FREE Genie upgrade! Call 1-800-291-0350 (Cal-SCAN)

REDUCE YOUR CABLE BILL!

Get a whole-home Satellite system installed at NO COST and programming starting at \$19.99/mo. FREE HDDVR Upgrade to new callers, SO CALL NOW 1-866-982-9562 (Cal-SCAN)

DISH TV Retailer.

Starting at \$19.99/month (for 12 mos.) & High Speed Internet starting at \$14.95/month (where available.) SAVE! Ask About SAME DAY Installation! CALL NOW! 1-800-375-0156 (MB 06-30-14)

Career Training/Education

AIRLINE CAREERS begin here - Get FAA approved Aviation Maintenance Technician training. Job placement and Financial assistance for qualified students. CALL Aviation Institute of Maintenance 888-242-3382 (Cal-SCAN)

YOU CAN BECOME an expert in HVAC installation and repair.

Pinnacle Career Institute Online HVAC education in as little as 12 months. Call us today. 1-877-851-3961 or go online: www.HVAC-Online-Education.com (Cal-SCAN)

Credit/Debt Services

GET FREE OF CREDIT CARD DEBT NOW! Cut payments by up to half. Stop creditors from calling. 855-341-6281 (MB 12-31-13)

Divorce

Before you list your home, order Free Special Report that reveals what happens to your matrimonial home before, during, and after a divorce. Free recorded message 1-800-213-4205 ID# 1009 DRE # 06092220 R Dumont (MPG 08-30-12)

Electrical Services

RETIRED MASTER ELECTRICIAN, problem solver! 30 yrs experience, senior discounts, Save big - don't replace panel - rebuild it. Lic.# 513168, 916-595-3052 (MPG 09-30-13)

Financial Aid

Cut your STUDENT LOAN payments in HALF or more even if Late or in Default. Get Relief FAST! Much LOWER payments. Call Student Hotline 855-341-7551 (MB 06-30-14)

Financial Services

Do You Want to Know What Your Home is Worth? Home Values Have Increased Over 30% in our Area in the Last Year! Call Now for a FREE Market Analysis of Your Home (916) 992-9922 Dare & Associates Real Estate License #01228753 (MPG 09-30-13)

Guaranteed Income For Your Retirement.

Avoid market risk & get guaranteed income in retirement! CALL for FREE copy of our SAFE MONEY GUIDE Plus Annuity Quotes from A-Rated companies! 800-748-3013 (Cal-SCAN)

For Sale Travel Trailer

2013 Wildwood Extra lite 22 ft, self-contained with awning and air conditioning. Like new. Includes Hitch. \$16,500 OBO. 916-726-1275. (MPG 02-28-14)

Foster Parenting

Aspiranet is seeking loving homes for foster children in need. Contact 1-877-380-HERO for info and register for training. aspiranetheroes.org (MPG 04-30-13)

Handyman

QUALITY LABOR & MAINTENANCE Yard Work, Hauling, Gutter Clean, Odd Jobs You Name It! (916) 613-8359

One call, does it all!

Fast and Reliable Handyman Services. Call ServiceLive and get referred to a pro today. Call 800-958-8267 (Cal-SCAN)

Health & Medical

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 75 percent on all your medication needs. Call today 1-800-281-3958 for \$10.00 off your first prescription and free shipping. (MS 06-30-14)

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

Our licensed Canadian mail order pharmacy will provide you with savings of up to 75 percent on all your medication needs. Call today 1-800-356-4170 for \$10.00 off your first prescription and free shipping (SWAN)

Health & Medical

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 75 percent on all your medication needs. Call today 1-800-357-0810 (Cal-SCAN)

Safe Step Walk-In Tub Alert for Seniors.

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

Liberation by American Standard Walk-In Bath - Don't Struggle Getting Out of A Normal Bath.

Stay in your home longer, safely, independently. Liberation Walk-In Baths Commended by the Arthritis Foundation. Best Lifetime Warranty in the industry. Hydrotherapy, Chromotherapy, Aromatherapy no extra cost. Installation Included! Get \$1,000 Off - Call Toll-Free Today 1-866-599-2186. (Cal-SCAN)

Heating & Air

AC Repair Low Prices 487-4609 (MPG)

Help Animals

SPCA Thrift Shop Helpless animals need your donations. The Real Non-Profit. Will pick up. Call 916-442-8118. 1517E Street for donations-10-4pm (MPG)

Help Wanted

AIRLINE CAREERS Get FAA approved Aviation Technician training. Housing and Financial aid for qualified students. Job placement assistance. Apply now with AIM Dallas 877-205-0503 or Houston 888-216-1687 (SWAN)

HELP WANTED Earn Extra income

Assembling CD cases From Home. Call our Live Operators Now! No experience Necessary 1-800-405-7619 Ext 2605 www.easyywork-greatpay.com (NANI)

HOMEWORKERS NEEDED!!!

-\$500 - \$1,500 WEEKLY Potential MAILING BROCHURES - \$575/ Weekly ASSEMBLING Products - Easy ONLINE COMPUTER WORKS\$384/Day - MYSTERY SHOPPERS \$150/Day www.HiringLocalHelp.com (NANI)

Caring Compassionate Seniors WANTED!

SENIORS HELPING SENIORS, a leader in the Senior in-home service industry, has immediate PT openings for Providers. Qualified candidate will have life experience, an interest in making a difference in the lives of other seniors and be comfortable working with senior citizens. Flexible schedules...we'll work around your schedule! Valid driver's license and use of auto is required. Call us today for more information. (916) 372 9640 (MPG)

Help Wanted Drivers

Truck Drivers - Obtain Class A CDL in 2 1/2 weeks. Company Sponsored Training. Also Hiring Recent Truck School Graduates. Experienced Drivers. Must be 21 or Older. Call: (866) 275-2349 (Cal-SCAN)

DRIVERS: 12 Pro Drivers needed.

Full Benefits + Top 1% Pay. Recent Grads Welcome. CDL A Req. Call 877-258-6782 www.ad-drivers.com (Cal-SCAN)

DRIVERS: CDL-A train and work for us!

Professional, focused CDL training available. Choose Company Driver, Owner Operator, Lease Operator or Lease Trainer. Call 877-369-7126 www.CentralTruckingJobs.com (Cal-SCAN)

Help Wanted Sales

NEED EXTRA INCOME - 100 yr old company has PT/FT positions available. Flexible hrs. Will train. No fee required. Work from home servicing established customers. Fuller Brush Co. 800-655-5435 davidfroshaug@gmail.com (Cal-SCAN)

Inhome Childcare

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

Legal Services

Auto Accident Attorney - INJURED IN AN AUTO ACCIDENT? Call InjuryFone for a free case evaluation. Never a cost to you. Don't wait, call now. 1-800-958-5341 (Cal-SCAN)

Medical Supplies /Equipment

Medical Guardian - Top-rated medical alarm and 24/7 medical alert monitoring. For a limited time, get free equipment, no activation fees, no commitment, a 2nd water-proof alert button for free and more - only \$29.95 per month. 800-761-2855 (Cal-SCAN)

Medical Alert for Seniors - 24/7 monitoring.

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

Miscellaneous

REDUCE YOUR CABLE BILL! Get an All-Digital Satellite system installed for FREE and programming starting at \$24.99/mo. FREE HD/DVR upgrade for new callers, SO CALL NOW! (877)366-4509 (Cal-SCAN)

SAWMILLS from only \$4897.00-MAKE & SAVE MONEY with your own bandmill.

Cut lumber any dimension. In stock ready to ship. FREE Info/ DVD: www.NorwoodSawmills.com 1-800-578-1363 Ext.300N (Cal-SCAN)

Have fun and find a genuine connection!

The next voice on the other end of the line could be the one. Call Tango 1-800-905-0676. FREE trial! (SWAN)

Feel The Vibe! Urban woman and men ready to MAKE THE CONNECTION.

Call singles in your area! Try FREE! Call 1-800-974-0356 (SWAN)

Order Dish Network Satellite TV and Internet Starting at \$19.99!

Free Installation, Hopper DVR and 5 Free Premium Movie Channels! Call 800-597-2464 (NANI)

DIRECTV, Internet, & Phone From \$69.99/mo + Free 3 Months!

HBO+ Starz+SHOWTIME+CINEMAX+FREE GENIE 4 Room Upgrade + NFL SUNDAY TICKET! Limited offer. Call Now 888-248-5961 (NANI)

AIRLINES ARE HIRING - Train for hands on Aviation Career.

FAA approved program. Financial aid for qualified students - Job placement assistance. CALL Aviation Institute of Maintenance 888-686-1704 (NANI)

Meet singles now! No paid operators, just people like you.

Browse greetings, exchange messages, connect live. FREE trial. Call 1-877-737-9447 (NANI)

CASH FOR CARS: All Cars/Trucks Wanted.

Running or Not! Top Dollar Paid. We Come To You! Any Make/Model. Call For Instant Offer. 1-800-864-5960 (NANI)

ADT Security System NEW Customer Special!

Call NOW to set up an appointment for your FREE in-home NO obligation evaluation. Call 1-866-634-4613 (NANI)

Where Local Singles Chat!

Real callers in YOUR area! Fun and Discreet! Live 1-on-1 phone chat. Try FREE! Call 1-800-963-7493 (SWAN)

Miscellaneous

OLD PHOTOS RESTORED LAWS STUDIO. 916-483-6051. (MPG 03-31-14)

TOP CASH PAID FOR OLD GUITARS!

1920's thru 1980's. Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg, and Gibson Mandolins/Banjoes. 1-800-401-0440 (NANI)

ROTARY INTERNATIONAL - Start with Rotary and good things happen.

Rotary, humanity in motion. Find information or locate your local club at www.rotary.org. Brought to you by your free community paper and PaperChain. (NANI)

CASH PAID - UP TO \$25/BOX for unexpired, sealed DIABETIC TEST STRIPS!

1 DAY PAYMENT & PREPAID shipping. BEST PRICES! Call 1-888-776-7771. www.Cash4DiabeticSupplies.com (NANI)

DISH TV Retailer.

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

DirectTV Over 140 channels only \$29.99 a month.

Triple savings! \$636.00 in Savings, Free upgrade to Genie & 2013 NFL Sunday ticket free for New Customers. Start saving today! 1-800-416-7254 (SWAN)

Guitar Lessons - Beginner to Advanced.

\$10/half hour. \$20/hour. freddiebbalbert1@yahoo.com. 916-335-9741 (MPG 12-31-13)

Piano lessons for children and adults by experienced, creative teacher.

Citrus Heights. For more information, visit www.anitraalexander.com, or call (916) 725-1054 (MPG)

Music Lessons Piano Beginner and Classical.

\$60 (916) 899-8529

Anni The Painter One Room at a Time Okay!

Perfectionist Fun Ideas • Kid's Rooms • Cabinets • Bathrooms • Kitchens • Etc. New Molding Installs • Small Jobs OK! Lic # 733938 - Free Bids 916-532-6194

Personals

Looking for a special man. I am healthy and active and have many interests. Quiet time with a special person. Long or short trips, little theatre, dancing, cruising, dining and conversation. The ideal man should share some of these and be in his seventies. 916-967-6289. (MPG 10-31-13)

MEET SINGLES RIGHT NOW!

No paid operators, just real people like you. Browse greetings, exchange messages and connect live. Try it free. Call now 1-800-945-3392. (Cal-SCAN)

Want to Buy

WANTED JAPANESE MOTORCYCLE KAWASAKI 1967-1980 Z1-900, KZ900, KZ1000, ZIR, KZ1000MKII, W1-650, H1-500, H2-750, S1-250, S2-350, S3-400 Suzuki GS400, GT380, CB750 (69.70) CASH PAID. 1-800-772-1142, 1-310-721-0726 usa@classicrunners.com (NANI)

CASH PAID FOR DIABETIC TEST STRIPS

Cash Paid On-The-Spot. Factory Sealed & Unexpired Only. We Are Local & Will Meet With You. Call Donna or Mick: 916-549-0576 Or 916-729-5154. (MPG 02-28-14)

CASH FOR DIABETIC TEST STRIPS!!

Don't throw boxes away! Help others. Unopened/Unexpired boxes only. All Brands Considered! Call Anytime! 24hrs/7days (888) 491-1168 (Cal-SCAN)

School Bus Driver's Training Class

Folsom Cordova Schools Offer Original School Bus Driver's training class. Will start MONDAY, 2/24/2014 THROUGH 3/13/14 FROM 9:00 AM TO 1:00 PM! Please call 631-0401 ext 102 to register or for more information. (MPG 02-28-14)

DOG RESCUE Gary (916) 334-2841

Please Adopt or Foster Because so many really great dogs are dying for a good home... ShelterMOU@hotmail.com

Position Wanted

Classy Senior Lady with 16 yrs experience seeks caregiver/companion position including house-keeping, cooking, transportation, etc. Call 896-5882 (MPG 02-28-14)

Sudoku Puzzle on Page 10

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

Senior Needs Items For Sale

Wheel chair in excellent condition \$200
Walker with basket \$35
Shower chair for personal care \$50
Tub handrail that clamps to side of tub \$65
Get all for \$300

Call Paul at 916-773-7337 days or evenings. Will deliver to local area.

Real Estate

Hope for Troubled Homeowners WE PROVIDE SOLUTIONS Call Our Short Sale Hotline for a FREE Consultation (916) 331-3311 Sac Short Sale Pros License #01128753 (MPG 06-30-13)

Real Estate

HONEST LOCAL INVESTOR BUYS HOUSES FOR CASH... Call Me First! Mike (916) 203-1586 mike@rsproperty.com (MPG 02-28-14)

Real Estate Loans

STRUGGLING WITH YOUR MORTGAGE AND WORRIED ABOUT FORECLOSURE? Reduce Your Mortgage & Save Money. Legal Loan Modification Services. Free Consultation. Call Preferred Law 1-800-587-1350 (Cal-SCAN)

Roofing

Roof Repairs, Free Estimate. Licensed & Bonded. Call Dave 373-0637 (MPG 02-28-14)

Volunteers Needed

LIKE TO PLAY BINGO? Support Veterans While You Play! Bingo Volunteers needed every Thursday, Friday, Sunday nights from 4-10pm at Sacramento Bingo Center. 916-533-9811. (MPG 03-31-14)

Bristol Hospice is looking for volunteers to provide companionship with our hospice patients and families.

We provide the training and match you with a family in your area. Please call volunteer services for more information at (916) 782-5511. (MPG 12-31-13)

Sutter Auburn Faith Hospice Thrift Store invites volunteers to work as cashiers, sales floor assistants, donation processors or printers.

Training is provided; a four hour weekly commitment is requested. Location: 13342 Lincoln Way, Auburn. Call store coordinator, Kim Chase, 530-887-0561. (MPG 12-31-13)

Volunteers Needed: A Community For Peace, formerly the Domestic Violence Intervention Center, offers ongoing opportunity for volunteers.

Call 728-5613 or visit our office at 6060 Sunrise Vista Dr, Suite 2340, Citrus Heights, CA 95610. (MPG 12-31-13)

HEALTHCARE OCCUPATIONAL THERAPIST in Auburn, CA

Plan & Conduct O.T. prog. Required: Bachelor's Degree in O.T. and 5 Years Experience and CA OT License. Mail resume to: Pamela Wright, HR/Payroll Coordinator, Rock Creek Care Center, 260 Race Track Street, Auburn, CA 95603 (MPG 02-28-14)

Station for Rent A & R Salon

Established Salon Mills Plaza Next to Heritage Credit bank Robbie 916-631-7361 owner. (MPG 03-31-14)

NOTICE TO READERS California law requires that contractors taking jobs that total \$500 or more (labor and/or materials) be licensed by the Contractors State License Board.

State law also requires that contractors include their license numbers on all advertising. Check your contractor's status at www.cslb.ca.gov or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.

DISCLAIMER Be wary of out of area companies. Check with the

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

LEGAL ADVERTISING

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

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

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-08169. Fanica B. Sims, 3615 6th Ave., Sacramento, CA 95817 is doing business under the Fictitious Business Name "Fanica's Faithful Services" at 3615 6th Ave., Sacramento, CA 95817. Filed with the Clerk of Sacramento County on October 15, 2013. Publish: January 30, February 6, 13, 20, 2014. FANICA'S 140203 02-20-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00653. George Johnson, 735 University Ave., Sacramento, CA 95825 and Lisa Mangels, 2 Brant Ct., Lafayette, CA 94549 are doing business under the Fictitious Business Name "LEG Investments" at 735 University Ave., Sacramento, CA 95825. Filed with the Clerk of Sacramento County on January 23, 2014. Publish: January 30, February 6, 13, 20, 2014. LEGINV 140203 02-20-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00137. Virginia Cannon, 1213 Eastern Ave., Sacramento, CA 95864 is doing business under the Fictitious Business Name "Cutsie Wear, 1213 Eastern Ave., Sacramento, CA 95864. Filed with the Clerk of Sacramento County on January 7, 2014. Publish: January 30, February 6, 13, 20, 2014. CUTSIE 140203 02-20-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00509. Miguel Marin and Estephani Marin, 8149 Port Royale Way, Sacramento, CA 95823 are doing business under the Fictitious Business Name "MM Granite & Tile" at 3516 La Grande Ave., No. C, Sacramento, CA 95823. Filed with the Clerk of Sacramento County on January 21, 2014. Publish: January 30, February 6, 13, 20, 2014. MM GRANITE 140203 02-20-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-09931. Melany George, 979 Fulton Ave., No. 496, Sacramento, CA 95825 is doing business under the Fictitious Business Name "Interpreters Association" at 979 Fulton Ave., No. 496, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on December 26, 2013. Publish: January 30, February 6, 13, 20, 2014. INTERP 140203 02-20-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00062. John Best Jarvis, 5523 Tierra Garden Ln., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Brave Men Step Forward" at 5523 Tierra Garden Ln., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on January 24, 2014. Publish: January 30, February 6, 13, 20, 2014. BRAVE 140203 02-20-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00090. Sara Janee Fargo, 7057 Westchester Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "Accountability Bookkeeping" at 7057 Westchester Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on January 6, 2014. Publish: February 6, 13, 20, 27, 2014. ACCT 140204 02-27-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-09380. Roberta Lapid, 131 Ashwick Loop, Sacramento, CA 95823 and Michael Morris, 4900 Ehrhardt Ave., Sacramento, CA 95823 is doing business under the Fictitious Business Name "All The Cart Cafe & Catering" at 2721 Citrus Rd., Ste. C, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on December 2, 2013. Publish: February 6, 13, 20, 27, 2014. ALLTHE 140204 02-27-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00729. Malaki Seku-Amen, 2548 Portola Way, Sacramento, CA 95818 and Diana Ramson, 9822 Kapala Lane, Elk Grove, CA 95624 are doing business under the Fictitious Business Name "Dzign Strategies" at 980 9th St., 18th Fl., Sacramento, CA 95814. Filed with the Clerk of Sacramento County on January 27, 2014. Publish: February 6, 13, 20, 27, 2014. DZIGN 140204 02-27-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00384. Hidee Cardona, 4944 Travertine Cir., Sacramento, CA 95841 and Judy Huynh, 5958 Brooktree Dr., Citrus Heights, CA 95621 are doing business under the Fictitious Business Name "Eat Me" at 4944 Travertine Cir., Sacramento, CA 95841. Filed with the Clerk of Sacramento County on January 15, 2014. Publish: February 6, 13, 20, 27, 2014. EATME 140204 02-27-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00073. Green Pallet Solutions Worldwide, Inc., 2377 Gold Meadow Way, Ste. 100, Gold River, CA 95670 is doing business under the Fictitious Business Name "Eco Paktrak" at 2377 Gold Meadow Way, Ste. 100, Gold River, CA 95670. Filed with the Clerk of Sacramento County on January 6, 2014. Publish: February 6, 13, 20, 27, 2014. ECO 140204 02-27-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00725. Fleet LLC, 5337 Fawn Crossing Way, Antelope, CA 95843 is doing business under the Fictitious Business Names "Fleet", "Fleet Lux Car" and "Fleet Car" at 5337 Fawn Crossing Way, Antelope, CA 95843. Filed with the Clerk of Sacramento County on January 27, 2014. Publish: February 6, 13, 20, 27, 2014. FLEET 140204 02-27-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00136. Jace M. Hall, 7319 Sunset Ave., Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Hallways Tackle" at 7319 Sunset Ave., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on January 7, 2014, 2013. Publish: February 6, 13, 20, 27, 2014. HALL 140204 02-27-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00748. Alexei Mitrolog, 4339 Galbraith Dr., No. 545, Sacramento, CA 95842 is doing business under the Fictitious Business Name "MAA" at 4339 Galbraith Dr., No. 545, Sacramento, CA 95842. Filed with the Clerk of Sacramento County on January 27, 2014. Publish: February 6, 13, 20, 27, 2014. MAA 140204 02-27-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00650. Inessa Cherniogo, 8861 Williamson Dr., No. 50, Elk Grove, CA 95624 is doing business under the Fictitious Business Name "Lions Gate Real Estate" at 8861 Williamson Dr., No. 50, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County on January 23, 2014. Publish: February 6, 13, 20, 27, 2014. LIONS 140204 02-27-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00765. Tami Wright, 5920 Moon Rock Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "Love At First Bite Cafe" at 7405 Winding Way, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on January 28, 2014. Publish: February 6, 13, 20, 27, 2014. LOVEAT 140204 02-27-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00907. Debra Bakerjian, 3620 Charring Lane, Carmichael, CA 95608 is doing business under the Fictitious Business Name "geniHEALTHsolutions" at 3620 Charring Lane, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on February 3, 2014. Publish: February 13, 20, 27, March 6, 2014. GERI 140301 03-06-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00758. Debra Norman, 8121 Prior Way, Antelope, CA 95843 is doing business under the Fictitious Business Name "Debbies Clean Sweep" at 8121 Prior Way, Antelope, CA 95843. Filed with the Clerk of Sacramento County on January 28, 2014. Publish: February 13, 20, 27, March 6, 2014. DEBBIES 140301 03-06-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00896. Stacy Hayden, 3615 38th St., Sacramento, CA 95817 is doing business under the Fictitious Business Name "Luft Design Studio" at 3615 38th St., Sacramento, CA 95817. Filed with the Clerk of Sacramento County on February 3, 2013. Publish: February 13, 20, 27, March 6, 2014. LUFT 140301 03-06-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00872. Mary Ann Baker, 8206 Dutcher Ct., Sacramento, CA 95829 is doing business under the Fictitious Business Name "Press The Chest" at 8206 Dutcher Ct., Sacramento, CA 95829. Filed with the Clerk of Sacramento County on January 31, 2014. Publish: February 13, 20, 27, March 6, 2014. PRESS 140301 03-06-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-10016. Geomat A. Jehani, 801 Watt Ave., Sacramento, CA 95864 is doing business under the Fictitious Business Name "Guideline Construction" at 801 Watt Ave., Sacramento, CA 95864. Filed with the Clerk of Sacramento County on December 31, 2013. Publish: February 13, 20, 27, March 6, 2014. GUIDE 140301 03-06-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00873. Sacramento Wine & Nightlife Tours, Inc., 1017 L St., Ste. 580, Sacramento, CA 95814 is doing business under the Fictitious Business Name "SacTrips" and "SacTrips.Com" at 2572 21st St., Sacramento, CA 95818. Filed with the Clerk of Sacramento County on January 31, 2014. Publish: February 13, 20, 27, March 6, 2014. SACTRIPS 140301 03-06-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00649. Ken Law, 20 Pinnacles Cir., Sacramento, CA 95835 is doing business under the Fictitious Business Name "Star City Softball" at 20 Pinnacles Cir., Sacramento, CA 95835. Filed with the Clerk of Sacramento County on January 23, 2014. Publish: February 13, 20, 27, March 6, 2014. STAR 140301 03-06-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01064. Wendi A. Dickson, 4853 Scotch Ct., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Freshlook Florist" at 4784 Manzanita Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on February 7, 2014. Publish: February 13, 20, 27, March 6, 2014. FRESH 140301 03-06-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00708. Brian Faucett, 4401 Wyman Dr., Sacramento, CA 95821 is doing business under the Fictitious Business Name "Revolution Ink Merchandise" at 6834 Fair Oaks Blvd., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on January 24, 2014. Publish: February 13, 20, 27, March 6, 2014. REVOL 140301 03-06-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00698. Dmitro Serdiuk, 5211 Madison Ave., No. 201, Sacramento, CA 95841 and Nadia Serdiuk, 5324 Hemlock St., No. 224, Sacramento, CA 95841 are doing business under the Fictitious Business Name "Interactive-AD" at 5211 Madison Ave., No. 201, Sacramento, CA 95841. Filed with the Clerk of Sacramento County on January 24, 2014. Publish: February 13, 20, 27, March 6, 2014. INTER 140301 03-06-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00796. Robert Bird and Jennifer Bird, 1612 Esplanade Cir., Folsom, CA 95630 are doing business under the Fictitious Business Name "Bird Box" at 1612 Esplanade Cir., Folsom, CA 95630. Filed with the Clerk of Sacramento County on January 29, 2014. Publish: February 13, 20, 27, March 6, 2014. BIRD 140301 03-06-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01005. Angel Kostadinov and Deyan Kostadinov, 1905 Broadford Drive, Folsom, CA 95630 is doing business under the Fictitious Business Name "Proprium Marketing" at 1905 Broadford Drive, Folsom, CA 95630. Filed with the Clerk of Sacramento County on February 5, 2014. Publish: February 20, 27, March 6, 13, 2014. PROPRIUM 140207 03-13-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00687. Axis Energy Partners LLC, 3604 Fair Oaks Blvd., Ste. 140, Sacramento, CA 95864 is doing business under the Fictitious Business Name "Axis Led Lighting" and "Axis Led" at 3604 Fair Oaks Blvd., Ste. 140, Sacramento, CA 95864. Filed with the Clerk of Sacramento County on January 24, 2014. Publish: February 20, 27, March 6, 13, 2014. AXIS 140207 03-13-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01083. Jonathan Sandoval, 2365 Rudat Circle, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name "Capitol F" at 2365 Rudat Circle, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County on February 7, 2014. Publish: February 20, 27, March 6, 13, 2014. CAPITOL 140210 03-13-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00360. Martin Steiner, 8805 Barrister Lane, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "M.A. Steiner Construction" at 8999 Greenback Lane, Orangevale, CA 95662. Filed with the Clerk of Sacramento County on February 14, 2014. Publish: February 20, 27, March 6, 13, 2014. MASTEINER 140211 03-13-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00654. Eric L. Lamb, 2119 McGregor Drive, Rancho Cordova, CA 95670 and Margaret Pennington, 4184 Anatolia Drive, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name "The Lamb Pennington Group" at 4184 Anatolia Drive, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on January 23, 2014. Publish: February 20, 27, March 6, 13, 2014. LAMB 140211 03-13-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00856. Ronald J. Seto, 5209 Burbery Court, Elk Grove, CA 95757 is doing business under the Fictitious Business Name "Eden's Home Care - RCFE" at 5917 Kifsia Way, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on January 30, 2014. Publish: February 20, 27, March 6, 13, 2014. EDEN 140213 03-13-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01175. Michael Dorman, 9821 Crimmonwood Way, Sacramento, CA 95827 is doing business under the Fictitious Business Name "Dorway Studios" at 9821 Crimmonwood Way, Sacramento, CA 95827. Filed with the Clerk of Sacramento County on February 11, 2014. Publish: February 20, 27, March 6, 13, 2014. DORMAN 140212 03-13-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00975. Christine Nicole Larson, 3143 Walnut Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name "chris & charisma" and "chris & charisma beauty" at 225 30th Street, Suite 311B, Sacramento, CA 95816. Filed with the Clerk of Sacramento County on February 5, 2014. Publish: February 20, 27, March 6, 13, 2014. CHRIS 140210 03-13-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00864. Justin Phipps and Eddie Gonzalez, 1340 Castle Creek Ranch Road, Newcastle, CA 95658 is doing business under the Fictitious Business Name "J & E Motors" at 320 N 10th Street, Suite 100-V, Sacramento, CA 95811. Filed with the Clerk of Sacramento County on January 31, 2014. Publish: February 20, 27, March 6, 13, 2014. JEMOTORS 140209 03-13-14

ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE #FBNF2008-12337.

The following individual has abandoned the use of the FICTITIOUS BUSINESS NAME OF "Back2Basics K-9 Training" at 6340 Millwood Dr., Citrus Heights, CA 95621: Charlotte Pascual, 6340 Millwood Dr., Citrus Heights, CA 95621. The Fictitious Business Name Statement was filed on December 16, 2008, in the County of Sacramento. Abandonment filed with the Clerk of Sacramento on December 24, 2013. Publish: February 6, 13, 20, 27, 2014. BACK2 140204 02-27-14

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00157055

WHEREAS, Tommy Gerard Lyons II has filed a petition with this court for a decree changing the name of Tommy Gerard Lyons II to Lyric Tommi Lyons. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on March 12, 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: January 22, 2014. David I. Brown Judge of the Superior Court County on January 7, 2014. Publish: January 30, February 6, 13, 20, 2014. LYONS 140203 02-20-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00157046

WHEREAS, Lidia Braga Strohm has filed a petition with this court for a decree changing the name of Lidia Braga Strohm to Lidia Maria Dumar Braga Strohm. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on March 11, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: January 22, 2014. David I. Brown Judge of the Superior Court County on January 7, 2014. Publish: January 30, February 6, 13, 20, 2014. STROHM 140203 02-20-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00157384

WHEREAS, Joseph Rodney Patrick Carroll has filed a petition with this court for a decree changing the names of Joseph Rodney Patrick Carroll to Julia Rae Carroll. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on March 19, 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: January 29, 2014. Raymond M. Cadei Judge of the Superior Court Publish: February 6, 13, 20, 27, 2014. CARROLL 140204 02-27-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00157453

WHEREAS, Artemisa Vega Heredia has filed a petition with this court for a decree changing the name of Artemisa Vega Heredia to Artemisa Vega De Green. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on March 20, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

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: January 29, 2014. David I. Brown Judge of the Superior Court Publish: February 6, 13, 20, 27, 2014. HEREDIA 140204 02-27-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00157410

WHEREAS, Michael Iseley and Sabrina Bentley have filed a petition with this court for a decree changing the name of Michael Logan Bentley to Michael Logan Iseley. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on March 19, 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: January 29, 2014. Raymond M. Cadei Judge of the Superior Court Publish: February 6, 13, 20, 27, 2014. ISELEY 140204 02-27-14

Classified Advertising

MPG 773-1111

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00156703

WHEREAS, Carmen Polk has filed a petition with this court for a decree changing the name of Dominic Eugene Polk-Bailey to Dominic Eugene Polk. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on March 7, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: January 15, 2014. David I. Brown Judge of the Superior Court Publish: February 6, 13, 20, 27, 2014. POLK 140204 02-27-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00157083

WHEREAS, Kit J. Syn and Genise Syn have filed a petition with this court for a decree changing the name of Dang Van Long to Benjamin Tyger Yin Syn. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on March 13, 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: January 22, 2014. Raymond M. Cadei Judge of the Superior Court Publish: February 6, 13, 20, 27, 2014. SYN 140204 02-27-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00157050

WHEREAS, Charles Chau Tran has filed a petition with this court for a decree changing the name of Charles Chau Tran to Charles Minh Chau Nguyen. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on March 11, 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: January 22, 2014. David I. Brown Judge of the Superior Court Publish: February 6, 13, 20, 27, 2014. TRAN 140204 02-27-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00157058

WHEREAS, Brenda Zavala Esquivel has filed a petition with this court for a decree changing the name of Brenda Zavala Esquivel to Vicente Zavala. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on March 12, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

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: January 22, 2014. Raymond M. Cadei Judge of the Superior Court Publish: February 6, 13, 20, 27, 2014. ZAVALA 140204 02-27-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00157789

WHEREAS, Chizoba Florence Okeke has filed a petition with this court for a decree changing the name of Chizoba Florence Okeke to Chizoba Florence Ifyefobi. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on March 26, 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 5, 2014. David I. Brown Judge of the Superior Court Publish: February 13, 20, 27, March 6, 2014. OKEKE 140301 03-06-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00157816

WHEREAS, Jesse Joseph Herbert has filed a petition with this court for a decree changing the name of Jesse Joseph Herbert to Jesse Joseph Gebauer. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on March 27, 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 5, 2014. Raymond M. Cadei Judge of the Superior Court Publish: February 13, 20, 27, March 6, 2014. HERBERT 140301 03-06-14

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00157818

WHEREAS, Mikala Rae Rivera has filed a petition with this court for a decree changing the name of Mikala Rae Rivera to Mikala Rae Pulig. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on March 27, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

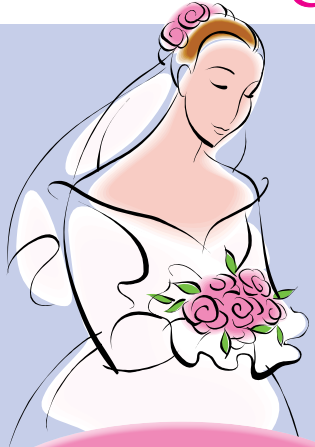
IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: February 5, 2014. David I. Brown Judge of the Superior Court Publish: February 13, 20, 27, March 6, 2014. RIVERA 140301 03-06-14

PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION FOR PROBATE AND TO ADMINISTER ESTATE OF MARY S. THIBAUT (deceased) ESTATE NO. 34-201400156625

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 S. THIBAUT, aka MARY LOUISE THIBAUT (deceased): A petition for probate has been filed by AMY THIBAUT in the Superior Court of California, County of Sacramento, requesting that AMY THIBAUT 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

The Orangevale Grange No. 354



Presents It's
**First Annual
Wedding Fair**
for all Brides to be!



Check out the Assortment of Vendors
Looking for a venue for your wedding,
rehearsal dinner, engagement dinner?
Check out the Grange while you visit
our bridal vendors.

**Your Theme
Your Wedding**

**Sunday, March 16th, 2014
11:00 A.M to 5:00 P.M.
5807 Walnut Ave Orangevale, Ca 95662**

**\$5:00 entry fee at the door:
Bring this ad and get the
second person in FREE!**

There will be RAFFLES throughout the day!

If you are interested in having a booth
Please Contact Cindysue Jones at
988-4810 or Cindysu3@comcast.net



For more information
you can go to www.
OrangevaleGrange.org

CDPH Warns About Consuming Cactus Imported From Mexico

Special CDPH Report

SACRAMENTO REGION, CA (MPG) - California Department of Public Health (CDPH) Director and state health officer Dr. Ron Chapman has recently warned people not to eat cactus imported from Mexico that were sold at specific retail and wholesale locations around the state due to the presence of unapproved pesticides.

A recent routine surveillance sample collected by the California Department of Pesticide Regulation (CDPR) isolated as much as 5.8 parts per million of Monocrotophos, an organophosphate based pesticide that has been barred from use in the United States since 1989. CDPR immediately took action to remove all of the product it could locate from store shelves and distribution centers. It has been quarantined and/or destroyed so that it doesn't pose a threat to consumers.

The contaminated cactus was

sold and offered for sale to consumers and wholesale customers locally at La Superior SuperMercados in Sacramento, Stockton, Woodland and Pittsburg between 2/6/2014 and 2/12/2014

Whole cases of the cactus purchased from the wholesale produce companies were likely labeled with a supplier sticker that stated "Comercializadora De Chiles, Selectos Nieto S. De R.L. De C.V."

Washing or peeling the cactus prior to preparation as well as some cooking methods (boiling) can remove some of the pesticide, however, since consumers are unable to measure the effectiveness of these procedures, it is not recommended that consumers try to salvage any of this contaminated product. If consumers have any of this product remaining in their possession, they should return it to the place of purchase or dispose of it in the garbage.

No illnesses have been reported to date, but symptoms of acute poisoning may include sweating, headache, weakness, nausea, vomiting, hypersalivation, abdominal cramps, and diarrhea. Consumption of Monocrotophos can lead to neurotoxicity and permanent nerve damage.

CDPH and CDPR are working with the U.S. Food and Drug Administration to identify the growers and importers responsible for shipping pesticide contaminated cactus into the United States, so that future shipments can be examined and verified.

CDPH recommends consumers experiencing any ill effects after consuming cactus products consult their health care provider. Consumers that observe the product being offered for sale are encouraged to report the activity to the CDPH toll free complaint line at (800) 495-3232. For more information see www.cdph.ca.gov

Persian Lamb Chop Kabob \$14⁹⁹

Juicy marinated pieces of lamb chops, delicately prepared and cooked over an open flame, served over aromatic long grain Basmati Saffron rice, and grilled Tomatoes.



TAKFoodMarket.com
call 916-944-3188
9045 Fair Oaks Blvd, Carmichael



★★★★
THE SACRAMENTO BEE
FOOD REVIEW
FEB 2013




Announcements & Events

Dr. Seuss Birthday Party

Saturday, March 1, 10am-12pm
Ages 3-7 Years Old ♦ Parent Participation Required

Held in the John Smith Hall at
La Sierra Community Center, 5325 Engle Road

\$2 per child

Pre-registration required so call 485-5322

Co-Sponsored by the
Carmichael Library and Phoenix Schools

There will be
sweet treats, games
and activities!

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



SPRING CRAFT FAIRE

Saturday, March 1
9am-3pm



Mission Oaks Community Center
4701 Gibbons Drive
Carmichael, CA 95608
972-0336



Elegant senior living with the comforts of home



Atria Carmichael Oaks offers lush surroundings, industry-leading quality standards and superlative services and amenities, including:

- Our signature Engage Life® events program for active lifestyles
- Gourmet dining with table service three times daily
- Scheduled transportation for local appointments, errands and outings
- A beauty salon, barber shop and fitness center
- State-of-the-art media center and social parlor
- Movie theater and computer center
- Weekly housekeeping
- 24-hour care staff



GOT LOCAL NEWS?

Call 773-1111



Visit us at CarmichaelTimes.com

Atria

CARMICHAEL OAKS

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE

8350 Fair Oaks Boulevard | Carmichael, California
916.944.2323 | www.atria-carmichaeloaks.com

Solutions for the Local Water Crisis Requires Action



Whether it's government shutdowns or droughts, Congress tends to wait until a crisis to act — and often it's too late. This is why who you elect matters.

By Doug Ose, Republican Candidate for Congress

SACRAMENTO REGION, CA (MPG) - We know that government has no control over Mother Nature, but if there was a plan to store more water for dry years, we would not be experiencing such a water crisis today.

Whether it's government shutdowns or droughts, Congress tends to wait until a crisis to act — and often it's too late. This is why who you elect matters.

This may be the most severe drought in history, but it is not the first, and it won't be the last.

To date, Congressman Ami Bera has not introduced a single piece of legislation to help the region's immediate and long-term shortage of water. Instead it's been nothing but

speeches and roundtable discussions — everything short of real leadership.

Underscoring his inaction, after voting against a California drought bill, Bera told the Sacramento Bee, 'We all agree there's a problem. Let's sit down and talk about a solution.'

Talk is cheap. Action is required now.

Congressman Bera should call for an immediate reduction in water released from Folsom Dam — with less water flowing to the ocean, more of our local needs would be served. He has refused to call for legislation denying Federal funding for the Governor's \$25 billion pipe dream that will send what little water we have south.

For the long-term, let's build new water supply facilities so we

have enough affordable water to protect our community, jobs, and food supply in the coming years.

Water is not a partisan issue. It is essential to protecting our quality of life. That's why finding real and lasting solutions to protecting our local water supply is simply common sense.

I worked with both Republicans and Democrats to secure funding for water projects, like increasing the water capacity of Folsom Lake. We got things done, and we can do it again.

Now, more than ever before, action is required. ★

When in Congress, Doug Ose helped secure funding for the Folsom Dam and public water projects to increase water supply. For more information, www.DougOse.com.

Farmers Markets!

California Certified

SUPPORTING LOCAL FARMERS, YOUTH AND COMMUNITIES



EAT HEALTHY. BUY LOCAL

SUNDAY

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

SATURDAY

Sacramento Midtown Farmers Market
2020 J Street (Between the STANF Native American Health and Bioware buildings). Every Saturday from 8 am to 1 pm - all year round, rain or shine.

SATURDAY

Sunrise Mall Farmers Market
6190 Sunrise Boulevard, Citrus Heights (behind Sears located in SE Parking Lot). Open every Saturday from 8 am to 1 pm - all year round.

SATURDAY

Historic Folsom Farmers Market
915 Sutter Street, Historic Folsom Public Plaza, Folsom. Every Saturday from 8 am to 1 pm - all year round

Visit Your Local Farmer's Market

BeMoneySmartUSA.org



BMSUSA Certified Farmers Markets offer fresh grown organic produce and specialty food products weekly rain or shine, all year round and seasonal! All Markets include Live Music, Chef Demonstrations, Quarterly Crafting Events and Health Fairs along with special events and activities.



Union Gospel Mission Sacramento



For more than 50 years, Union Gospel Mission has been serving Sacramento's homeless with shelter, meals, clothing, a rehabilitation program and a life-changing Gospel message. Founded in 1962 by concerned Christians for men in need, the Mission now serves women and children, too, and is an amazing testament to the good that comes with committed volunteers, inspired leadership and the community's support.

We accept donations, clothing and goods, 7 days a week... and prayer always!

Matthew 25:40
"Caring for the Least"

50+ Years of Service

(916) 447-3268
400 Bannon Street • Sacramento, CA 95811
Exec. Director, Pastor Tim Lane
P.O. Box 1108, Sacramento, CA 95812

Tune in our Radio Program:
KFIA 710 AM, Sun & Mon 3 PM
listen online & visit us at:
www.ugmsac.com
[Facebook.com/UGMSAC](https://www.facebook.com/UGMSAC)

Sacramento Hospice.com



**Hospice Resources
Patient Needs
Caregiver Needs**

www.CarmichaelTimes.com

**Conveniently Located on Auburn Blvd.
Between Manzanita & Garfield**

NEED STORAGE?

**ARMOR
MINI STORAGE**

Since 1980

**Computer Gate Access
6am-9pm 365 Days A Year**

Award Winning Customer Service
Digital Video Surveillance
Competitive Rates
Daily / Monthly / Annual Rentals
Easy Drive-Up Access
Professional Resident Managers

916.332.6455

5714 Auburn Blvd., Sac 95841

Office Hours:
Mon-Sat 9-6 • Sun 9-4

www.armorministorage.com

Northern California Egg Artists Show and Sale



SACRAMENTO REGION, CA (MPG) - The Northern California Egg Artists Show and Sale show benefits the Shriners Hospital for Children - Transportation in Sacramento. Many talented local, national and international artists have donated egg art that will be both raffled and auctioned throughout the show. All proceeds will go the Shriners.

The event will be held at Crowne Plaza located T 5321 Date Ave. off I-80E at Madison Ave. (not Business 80). Call (916) 338-5800 for more information.

The show has artists participating and teaching seminars from the countries of China, S. Korea, Japan, Mexico, Canada, The Netherlands, The UK, Australia,

Spain, and the United States.

The artwork is done with real infertile eggshells from Ostrich, Rhea, Emu, Goose, Duck, Chicken, Finch, and quail to name a few.

The styles include but are not limited to beaded, carved, etched, jewel boxes, purses, painted, jewelry, pysanky, and diorama. The jeweled are in the Fabrege style.

The event includes four days of seminars: Feb 27, 28, Mar 1 & 2 and two days which is open to the public & 'egggers' for shopping and viewing the artwork. For any information, please call Diana Macias (916) 687-8721. ★

DR. COY F. CROSS

Author Coy Cross II, Ph.D.
"The Dhance"

A Caregiver's Search for Meaning

STRENGTH IN UNITY



For a moment life seemed surreal. It's Friday afternoon, my friend Greg and I are having coffee in Peet's coffee-shop on 19th Street in Sacramento. Yesterday, my wife was diagnosed with Stage III, Level C, ovarian cancer. Her surgery is scheduled for Tuesday. As Greg and I are talking, I share with him: (1) I know there are profound spiritual lessons in this for both my wife and me; (2) I have to do it differently this time; (3) I have to accept this and "let everything be as it is." The only thing I can do is be "consciously present with her."

After walking away from a fundamentalist church as a teenager, by age 40 I felt something missing from my life and started looking for answers. I started going to a small Unity church in Modesto and later Carol Ruth Knox, a guest speaker, delivered the Sunday talk. For the first time in my life, I heard a message that resonated to the core of my being. I knew this was Truth, capitalized, emboldened and underlined.

A few months after that first meeting, I bought a small busi-

ness in Walnut Creek, near her church. Over the next few years, her teachings on "Non-duality," "Progressing Spiritually from Victim to Victor to Vehicle," and "The Dark Night of the Soul" changed my life and the way I see God. This helped me see that my wife's cancer would have a profound spiritual impact on us both.

I had been a caregiver about 30 years before and it didn't go well. I tried to do everything myself and avoid the pain by "stuffing" my feelings and numbing out with alcohol. Part of "doing things differently" was to recognize I couldn't fix my wife. I could take care of many of her physical needs: cooking, driving her to doctor's appointments, buying groceries, cleaning house, etc. I realized this time I needed to take care of myself, if I was to remain strong enough to take care of her. I would ask for help or hire someone to do the routine chores.

The greatest gift I could give to her and to me was to remain conscious throughout the experience. I said to God, "Okay, I am going to

be present for all of this. I am going to feel it all." My promise to my wife was, "I will be consciously present with you and hold your hand throughout." As we move forward in time each of us will face a 'dark night of the soul,' a moment when we can feel alone in the Universe. How to find mental, physical and spiritual strength to cope, survive and assist those in need as a caregiver is just the beginning of finding strength in Unity.

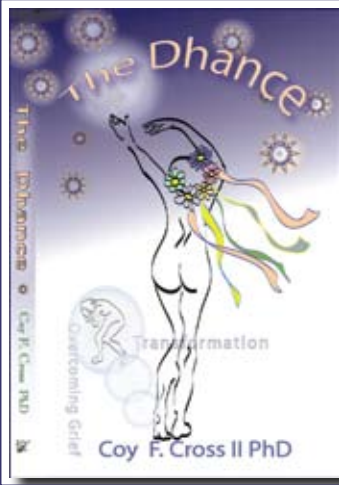
Share with us each month here and visit Facebook to learn more at *The Dhance*. See author Cross as he discusses discoveries, lessons and shares insights on YouTube.

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

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

Meet The Author: Coy Cross

When They Need You Will You Be There? *A Caregiver's Search For Meaning*
Arcade Library Community Room • 2443 Marconi Ave. • Saturday, March 1, 2014 • 1 pm - 2:30 pm
Granite Bay Library • 6475 Douglas Blvd. • Saturday March 8, 2014 • 11:30 am - 1:00 pm



CAREGIVING ♦ CRISIS DISCOVERY ♦ ACCEPTANCE

A cancer diagnosis instantly changed a loving couple's lives forever. Read of their discovery, lessons, resources and where to find the strength you need to be a caregiver when crisis comes to your house, read "The Dhance: A Caregiver's Search for Meaning."

Visit www.thedhance.com.

Published by Koho Pono Press, LLC. Library of Congress Control #2012938521, ISBN: 978-0-9845424-2-0. Available from Amazon.com, Barnes & Noble or Kohopono.com.

The Roseville Rock Rollers Gem and Mineral Society 501(C)

52nd Roseville Gem, Jewelry, Fossil & Mineral Show!

FREE PARKING!

March 22 & 23
Roseville (Placer County) Fairgrounds
Saturday 10 am - 5 pm • Sunday 10 am - 4 pm

The Big Show!!

50 Vendors
Family Fun ♣ *Exhibits*

- Crystals • Beads • Jewelry • Gemstones
- Gold Panning • Meteorites • Fossils
- Minerals • Free Door Prizes • Fabulous Food!

Family Fun!

General Admission \$6.00
Seniors 60+ \$5.00
Kids 12 and Under FREE
Rain or Shine • Inside & Outside
\$1 OFF ADMISSION WITH THIS AD

www.rockrollers.com

Kids & Scout's "Education Station"

Foster Care

The need is great for loving, safe homes for foster children ages 0-18 & pregnant/parenting teens.

We offer free training, fingerprinting, CPR/ 1st aid, 24 hr support, monthly reimb.

Call Lenka (916) 338-7156

You're unique. Your community should match.

Why are there so many smiling faces at Eskaton Village Carmichael? Because we offer more variety than any other community in the area. From cuisine to culture, and classes to clubs, our residents create a vibrant atmosphere designed to support each person's specific interests, passions and goals.

It's more than a lifestyle. It's your plan for happiness. Come for a visit and see the difference Eskaton Village Carmichael can make for you.

Your community. Your life. Your choice.

Call 916-967-1017 to schedule a personal appointment today.

Eskaton Village Carmichael

3939 Walnut Avenue | Carmichael, CA 95608
eskaton.org

A community of
ESKATON
Transforming the Aging Experience

License #340313383 / COA #202



LIGHTHOUSE Living Services Inc



Free Pie & A 30 Minute Presentation

Lighthouse Living Services was established in 1999. Lighthouse is an agency that caters to the non-medical needs of the senior community.

We want to show you how affordable our services are. We look forward to this opportunity to meet you and answer your questions regarding living independently.

Visit our website or call for a free assessment.

Visit our website: www.lighthouseils.com

Call for free assessment: 916-454-4381

Reservations Required, please call to RSVP

Call for Dates and Locations near you.



SPRING SEASON 2013-2014

Donald Kendrick Music Director



EUROPEAN MASTERWORKS

Stabat Mater (Area Premiere) | Charles Villiers Stanford
Symphony No. 2, op 52 (Lobgesang) | Felix Mendelssohn

Marina Boudart Harris, Soprano
Carrie Hennessey, Soprano
Malin Fritz, Alto
Mathew Edwardsen, Tenor
Eugene Villanueva, Baritone

Saturday, March 8, 2014 at 8:00 PM
7:00 PM – Pre-concert talk by Donald Kendrick

Sacramento Community Center Theater
1301 L Street, Sacramento

SACRAMENTOCHORAL.COM

Community Center Box Office | 916 808-5181 or Tickets.com

Tickets | \$55, \$45, \$35 | Students 50% discount

The Exciting New World of Snap On Dentures



There are millions of people in the U.S. who are edentulous (meaning without teeth) who struggle daily with dentures. A majority suffer from discomfort as a result of loose or illfitting dentures. Many prosthetic wearers simply withdraw from any type of social engagement as a result of having to wear their dentures.

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.

Partial Dentures can be a source of discomfort due to lack of supporting teeth or an illfitting partial. Partials also use clasps to secure to existing teeth which can be noticeable and can put added pressure to the existing teeth.



Now there is a solution to these issues, Implants with "snap on" dentures!



Whether you are new to dentures or have worn them for years, a snap on denture is a great solution to uncomfortable chewing and slippery painful dentures. There are several types of snap on dentures available, including snap on partials. We make your denture or partial fit and function in harmony with the space available in your mouth, and give custom attention to the delicate fabrication of your snap on denture.

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

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

If you already wear a conventional denture or partial denture, we can sometimes use your denture to accommodate the snaps to fit on your new dental implants.

If you are interested in learning more about improving your quality of life with an implant retained snap on denture or partial, please contact us for a **FREE CONSULTATION** today!

Carmichael Dental Group

**8329 Fair Oaks Blvd., Ste B
Carmichael, CA 95608**

(916) 944-7700 www.YourCarmichaelDentist.com