

Hollywood Glitz and **Glamour Galore**

PLUS: Water Wise Art Contest Winners!

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Carmichael Times

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Serving Carmichael and Sacramento County since 1981

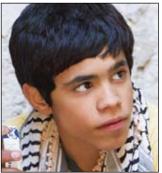
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Put The Cloud To Work For **Your Business**



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Couch Theater DVD Preview: Zaytoun



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Overcoming Workplace Bullying



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direct link to our online edition!

Meet the Needs of Low-Income

30 percent or less of their metro area's median household income. More than fifty percent of extremely low-income households are elderly or disabled and living

In the past five years, 79 percent of state and federal investment in affordable homes has disappeared. The elimination of Redevelopment funding in 2012 and the exhaustion of state housing bonds funded by Propositions 46 and 1C, has meant the loss of more than \$1 billion per year in state investment that is critical to spur the production and preservation of affordable homes. Combined with reductions in federal funds, investment in affordable homes in California has been reduced by more than \$1.5 billion annually.

The California Housing Partnership Corporation calls

1: Replace exhausted state housing bonds by passing the Homes and Jobs Act (SB 391) and by making an immediate general fund investment to the state's existing rental housing production program. Area 2:

Strengthen local jurisdictions' tools for building and preserving affordable homes by taking three important steps: Lower the threshold for voter approval of local infrastructure measures, including affordable homes, to 55 percent, as it is with education bonds; create a new tax increment financing mechanism that gives local governments the ability to fund the development of basic infrastructure including transportation, housing and parks; and allow local jurisdic**tions** to require the inclusion of a

Continued on Page 15

Dogged Efforts Earns Dividends



Therapy dogs and their owners recently received a \$2,900 check from PetsMart representatives at the El Camino Gardens senior residence in Carmichael. Lend-A-Heart volunteers have been visiting the Carmichael senior residence for over 20 years.

Story and Photo by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - The pitterpatter of little paws brightens one Thursday every month for El Camino Gardens residents. Licking a senior's arthritic hand, Willow the Doberman shows her softer side. Poodles strut their stuff and Chihuahuas are shakin' all

The pets are part the Lend-A-Heart organization. Volunteers from this group regularly trot their critters around care facilities, schools and libraries to provide creature comfort, education and sound advice.

The group was recently recognized with a \$2900 grant from the PetsMart Corporation, whose PetsMart Gives Back program rewards groups that enrich lives through the power

of pets. "Their check represents half of our Visiting pets are temperament and obedienceannual budget," enthused Lend-A-Heart tested. When owners put on their red vests, the President Barbara Street. "It will enable us to forget fundraising for a while and concentrate on growing membership and serving more people who want to see our pets."

Started 26 years ago, the organization began with hospital and senior facility visits and has since spread paws into Read-to-Rover children's literacy programs and to school visits where young people learn about responsible pet ownership

But residents at Carmichael's Atria El Camino Gardens – who have enjoyed therapy animal visits for over 20 years -- remain favorites. "The seniors know all our pets' the names," says Street.

"We arrive to find the ladies dressed up, waiting in the lobby. Everyone has a smile.

dogs know they are going out to work. They know to be gentle and sociable. We only have to say 'go visit' and they'll do it." Sometimes seniors are lonely or anxious. Petting animals and talking to handlers takes their minds off worries and brings back memories of animals they once loved."

Says El Camino Gardens manager Staci Weisz: "Our residents love the visits. When we say the dogs are coming, their faces light up. We allow residents to have cats and dogs but some can't care for pets any more. Animal visitors let our seniors keep relating to wonderful, giving creatures."

For information on the Lend-A-Heart Program, visit www.lendaheart.org

American Heritage Day Event Set at Mt. Vernon

SACRAMENTO REGION, CA (MPG)

- Mount Vernon Memorial Park - 8201 Greenback Lane, Fair Oaks, Ca. will host it's 12th Annual American Heritage Day event on February 17th, 2014, Presidents Day Holiday from 10 a.m. to 2 p.m., rain or shine, with indoor & and outdoor displays. The event is free to the public and will be your opportunity to see history come alive. Great fun for families and children of all ages as they visit with American Revolution and Civil War soldiers, George and Martha Washington, The Mountain Men, and Sierra Ghost Riders.

Try your hand at some gold panning or climb into an authentic Wells Fargo stagecoach and a U.S. Army Viet Nam era Huey helicopter. See American vehicles from the 1920s to 1965 along with military representation. See the special display of WW II motorcycles, 1949 and late model Harley Davidsons, Victory, Boss Hoss V-8 powered cycle, special Citrus Heights Police Department motorcycle display, The Red Barons R.C. airplane static and flying demonstration, a scale model of a live steamer locomotive and much more. Bring the family and bring the cameras for a nice day of entertainment and enjoy fun and educational event.

For more information, contact Mount Vernon at (916) 969-



New Study Details Depth of California's Affordable Home Crisis

SACRAMENTO, CA (MPG) -The California Housing Partnership Corporation released a report February 11th that shows California's private housing market is not providing an adequate number of homes affordable to low- and moderate-income households and calls on California's legislators to take immediate action to meet the housing needs of California's lowest-income residents.

Contrary to common belief, the study "How California's Housing Market Is Failing to

San Juan Fundraiser

Families," finds that the housing bubble burst and the ensuing foreclosure crisis have not made housing more affordable to lower-income households. In fact, rents were higher in 2012 than they were at the height of the housing boom in 2006 in nearly all metro areas. One million lowincome households in California do not have access to an affordable home, and not one county or legislative district in the state has an adequate supply of homes affordable to extremely low-income households, those earning

on a fixed income.

on state leaders to implement policies in three key areas. Area

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Carmichael Times delivers your local community news every week.



Winners recognized for the 2014 "Carmichael Water Wise Art Contest"

Fourteen Barrett Middle School students have been selected as winners of the eighth annual Carmichael Water Wise Art Contest. These students were among over 200 others who submitted artwork for the competition, which promotes the arts, encourages creative expression, and the responsible use of

The art contest was created with the support of Carmichael Water District and the Kiwanis Club of Carmichael. The goal of the art contest is to engage the students in educating the Carmichael community about the importance of water efficiency. The student's artwork has since been turned into a calendar that Barrett Middle School



will sell to benefit their school programs. The resulting calendar conveys a youthful view of the value of protecting this great

natural resource

On January 27, 2014 an awards ceremony was held at Carmichael Water District to

celebrate the contest winners and their vision. Representatives from the Kiwanis Club of Carmichael. Barrett Middle

District presented the winning students with gift certificates and poster sized copies of their art-

Contest Winners: Annie Kudilil Grade: 7 -**Grand Prize Winner**

Nick Rees Grade: 8 Ashlee Charnow Grade: 6 Inna Maystrenko Grade: 7





Trevor Brouhns Grade: 8 Bissan Elqut Grade: 7 Valerie Fonseca Grade: 8 Rafael Noriega Grade: 8 **Madeline Wade Grade: 7** Raquel Johnson Grade: 6 Vladimir Melnik Grade: 8 **Abraham Lizaola Grade: 7 Aidan Dinneny Grade: 7** Nicoleta Lupan Grade: 6



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Carmichael Times Page 3 February 13, 2014

Hollywood Glitz and Glamour Galore

Ballet Presents Sacramento's Premier Social Event Hollywood Glitz and Glamour Galore

SACRAMENTO REGION, CA (MPG) -

On March 15th, 2014, from 7 to 11pm, the Memorial Auditorium will be transformed into a glamorous Hollywood supper club, circa the 1930s. While Ginger Rogers and Fred Astaire will not be in attendance, the dancers of the Sacramento Ballet will be there, teaching the Continental and leading the Conga Line.

It's all part of Sacramento Ballet's Glitz and Glamour Gala!

Guests will be treated to a champagne reception, 3-course dinner and live music by the Peter Petty Orchestra.

The fabulous supper club will expand into a casino and dance floor, where guests will roll the dice and dancers will harken back to the big band era. Also, Giggle and Riot will bring their photo booth with 30s accessories to glam up photo keepsakes.

Excitement builds to the



Guests will be treated to a champagne reception, 3-course dinner and live music by the Peter Petty Orchestra.

Hollywood Golden Era Costume best Rita Hayworth or Clark Contest...as guests rock their Gable.

Tickets:

Individual: \$250

Table sponsorship: \$2,500 (10 people) 80% of price is tax-deductible donation Tickets available at sacgala.eventbrite.com

Pedestrian Struck and Killed in Sacramento

SACRAMENTO REGION, CA (MPG) - On February 9, 2014 at approximately 9:25 p.m., Alejandro Adams-Zuniga, a 20 year old from Sacramento County was walking on El Camino Avenue west of Morse Avenue and stopped in the two-way left hand turn lane. Kyle Brennan, a 20 year old from Sacramento was driving a blue 2006 Dodge 2500 pickup on eastbound El Camino Avenue in the #1 lane at approximately 40 mph approaching the Morse Avenue. Brennan turned his vehicle into the twoway left hand turn lane and failed to observe Adams-Zuniga standing in the roadway. Adams-Zuniga was struck by the Dodge and thrown into the #1 lane of westbound El Camino Avenue.

Andrew Delavergne, a 34 year old from Sacramento was driving a white 2012 Toyota Prius on westbound El Camino Avenue in



the #1 lane approaching the location of where Adams-Zuniga was located. Delavergne was unable to stop his vehicle prior to striking Adams- Zuniga.

Adams-Zuniga sustained fatal injuries at the scene. Both Brennan and Delavergne were not injured in this collision. At the time of the collision, the roadway was wet and it was raining. Brennan was determined to be under the influence of drugs and was arrested at the scene. He

was booked into the Sacramento County Jail and charged with 23152(a) vc-DUI. This collision is still under investigation.

Any additional information about this news release should contact Officer Dutton who will be available at the CHP North Sacramento Area business phone number of (916) 338-6710,

Monday through Friday 8:00 to 5:00 p.m. After hours, or if urgent, please contact her by cell at (916) 955-3332.





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When it says Hank Fisher Properties, it says Quality. Carmichael Times Page 4 February 13, 2014



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College Students Making the Grade

Local Students Named to Dean's List at Loyola **Marymount University**

LOS ANGELES, CA (READMEDIA) (MPG) - Loyola Marymount University has announced the students named to the Dean's List for the Fall 2013 semester. Among them are several local students: Connor Bethel, of Carmichael, Jessica English, of Carmichael, Francesca Karkoski, of Carmichael, Morgan Penney, of Carmichael and Adrianna Sosa, of Carmichael

Students named to the Dean's list have completed 15 semester hours at LMU and earned a cumulative grade point average of 3.5 or better. Additionally, a student must have completed all of his or her courses and never received an F in any course.

About Loyola Marymount University - Located between the Pacific Ocean and downtown Los Angeles, Loyola Marymount University is a comprehensive university offering 60 major programs, 36 master's degrees and a doctoral degree in education from four colleges, two schools and Loyola Law School. Founded in 1911, LMU is ranked third in "Best Regional Universities/West" by U.S. News & World Report.

Local Resident Named to Worcester **Polytechnic Institute's** Fall 2013 Dean's List

WORCESTER, MA (READMEDIA) (MPG) - Worcester Polytechnic Institute (WPI) has announced that Fiona Ogren of Carmichael, Calif., a junior majoring in mechanical engineering, was named to the university's Dean's List for academic excellence for the fall 2013 semester.

A total of 1,303 undergraduate students achieved the criteria required for WPI's fall 2013 Dean's List. The criteria for the WPI Dean's List differ from that of most other universities as WPI does not compute a grade point average (GPA). Instead, WPI defines the Dean's List by the amount of work completed at the A level in courses and projects.

"WPI's academic programs are remarkably rigorous, so being named to the Dean's List is a testament to hard work, a sharp mind, and a commitment to excellence," said Provost Eric Overstrom. "Some of this nation's best and brightest students come to WPI to learn subjects ranging from engineering to science to business and the humanities, and through our innovative projectbased curriculum they conduct professional-level research and solve important problems all over the world.

Founded in 1865 in Worcester. Mass., WPI is one of the nation's first engineering and technology universities. Its 14 academic departments offer more than 50 undergraduate and graduate degree programs in science, engineering, technology, business, the social sciences, and the humanities and arts, leading to bachelor's, master's and doctoral degrees.

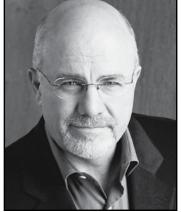
Local Students Named to Dean's List at **Creighton University**

OMAHA, NE (READMEDIA) (MPG)

- Full-time students who rank in the top 10 percent of their class for the semester and earn a 3.5 grade-point average or better on a 4.0 scale are eligible for the Dean's List at Creighton University.

The following students from your area were named to Creighton University's fall 2013 Dean's List: Daniel Diaz, of Antelope, a senior in the Heider College of Business, Bianca De Sousa, of Carmichael, a junior in the College of Arts and Sciences, Eloise-Lucile Huneidi, of Carmichael, a junior in the College of Arts and Sciences, Daniel Osborn, of Carmichael, a sophomore in the College of Arts and Sciences and Gregory Pon, of Carmichael, a sophomore in the College of Arts and Sciences

About Creighton University: Creighton University, a Catholic, Jesuit institution located in Omaha, Neb., enrolls more than 4,200 undergraduate and 3,500 professional school and graduate students. Nationally recognized for providing a balanced educational experience, the University offers a rigorous academic agenda with a broad range of disciplines, providing undergraduate, graduate and professional degree programs that emphasize educating the whole person: academically, socially and spiri-



Dave Ramsey is America's most trusted voice on money and business. He's authored four New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover and EntreLeadership. The Dave Ramsey Show is heard by more than 5,000,000 listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

What's So Special About \$1 Million?

Dear Dave,

I've heard you say many times you shouldn't buy a brand-new car unless you have a net worth of \$1 million. What's so special about a million dollars??

- Angela

the blow.

Dear Angela, In all honesty, there's nothing particularly special about a million dollars. A brand-new car will lose about 60 percent of its value in the first four years. So, if you're going to turn a \$30,000 investment into \$12,000, you've got to have a bunch of money. You've got to be in pretty great

financial shape in order to absorb

If your entire net worth is \$100,000, and you put \$30,000 of it into a vehicle that will lose 60 percent of its value, you're just being financially and mathematically stupid. Your income is

your largest and most powerful wealth-building tool. If you're buying things that go the wrong way in terms of value, you're not gaining wealth; you're losing wealth.

There's really nothing special about \$1 million. I could have said \$2 million or \$900,000, but \$1 million is easy to remember. Plus, it's nothing to sneeze at in terms of an individual's net worth. When you lose a lot, and it's a small percentage of a lot, you don't have to worry so much. But when you lose a lot and you didn't have much to begin with, that's a recipe for financial disaster!

- Dave

Do Fewer Dumb Things

Dear Dave,

My parents co-signed on government loans so I could go to college. Would my forbearance or non-payment affect their credit if I don't pay?

- Tiffany

Dear Tiffany,

Yes, it would. I'm not trying to lay a guilt trip on you, kiddo, but you'll be trashing your mom and dad's credit if you don't pay the bills on time. If they co-signed for you, they'll start getting phone calls, too, if you don't do the right thing and pay back these loans.

The truth is, your mom and dad shouldn't have co-signed for you in the first place. There's only one reason lenders want a co-signer, and that's because they're afraid the person taking out the loan won't be able to pay back what's owed.

My goal here isn't to beat

you up, Tiffany. It's to give you information that you—and your parents-need in order to make different, smarter decisions in the future. We all do dumb things sometimes. In the past, I did some really dumb things with very large numbers attached. The goal is to grow, learn, and try to use what we learn in order to do fewer dumb things in the future.

Where to Save?

Dear Dave,

Dave Says

I'm 26, and I just started a new job making \$50,000. I've also been offered a 401(k) with no match. Should I put money into the 401(k) or open a highyield CD?

- Crystal

Dear Crystal,

I've got another idea. I'd open a Roth IRA with good growth stock mutual funds inside and fund it up to \$5,500 a year. Make sure these mutual funds have been open at least five years—preferably 10 years or more—and have performed well. Mathematically, this investment, growing tax-free, will be superior to a non-matching 401(k).

Then, if you want to invest more than \$5,500, you could put some additional money into the 401(k) offered by your company. Again, make sure you're invested in good growth stock mutual funds with long, successful track records.

Congratulations, Crystal. And good luck!

*For more financial help, please visit daveramsey.com. ★

V101 Names Pacey Williams Afternoon Drive Host

V101. The Beat of Sacramento, Afternoon Drive Host, effective announced today that Pacey immediately. Williams will host

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SACRAMENTO, CA (MPG) - Williams has been named weekday afternoons from 3-7:00 p.m. PST.

Williams, a native of Northern California, began his radio career in San Diego working with the Jeff & Jer Morning Show. After making stops in Bakersfield, Atlanta and San Francisco as an on-air host, Williams served as Producer of the morning show at KMEL in San Francisco.

"Pacey's energy and passion for music is a great addition to the talent line-up on V101 and a true reflection of The Beat of Sacramento," said Steve Weed, Operations Manager, Clear Channel Media and Entertainment Sacramento.

"I've always loved Sacramento and I'm excited to join the V101 team," said Williams. "I wouldn't be here without the experience I had at KMEL and will take that with me to V101 to entertain listeners in the afternoon."

Fans can listen to V101, via the station's website, www.V1011fm. com as well as on iHeartRadio, Clear Channel's all-in-one digital radio service. iHeartRadio delivers everything listeners want in one free, fully-integrated service: instant access to more than 1,500 of the nation's most popular live broadcast and digital-only radio stations from 150 cities, plus user-created custom stations inspired by favorite artists and songs.

iHeartRadio also offers listeners a "Perfect For" feature which allows users to choose from thousands of curated stations based on a range of moods and activities.

New - iHeartRadio Talk feature offers on-demand listener-created talk content alongside popular news, celebrity and entertainment "audiosodes." iHeartRadio Talk also features "Daily Pulse," a customizable Talk channel featuring the most up-to-date news and culture highlights, to which users can add or remove content that is most important to them.★

Source: Clear Channel

GOT LOCAL NEWS? Call 773-1111

Governor Brown's Early Release Plan Approved by the Three-Judge Federal Court

SACRAMENTO REGION, CA (MPG) - State Senator Jim Nielsen (R-Gerber), former Chair of the California Board of Prison Terms, issued the following statement today regarding the Three-Judge Panel Court Order:

"This court order is tragic; it turns our justice system upside

granting the Governor's request deemed too dangerous to be authorizing early release of felons sentenced under the voterapproved Three Strikes Law, and provides for accelerating the

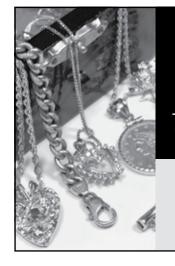
release of 'lifers' including convicted murders and kidnappers.

"Both the court and the Brown administration are complicit in the creation of this disastrous new system that will result in the early release of many serious and violent inmates. It is even more troubling that these are the exact inmates that the Brown "The Three-Judge Panel is administration and Legislature 'realigned' to local communities just two years ago.

> "Once released, these dangerous felons will threaten our senate.ca.gov.

local communities, where residents are already suffering from increased crime and where police agencies are overbur-

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



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Contact Ben Tiner

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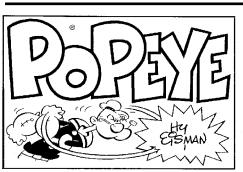
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THAT KIN MAKE WHITE CLOTHES WHITER THAN

WHITE ...

MISTER BREGER

THONE KIN CHANGE





Just Like Cats & Dogs

by Dave T. Phipps



HUBERT - - By Dick Wingert



"We'll have to leave by eleven-he runs out of charm about then."



By Dave Breger

"Stand back, everybody—I've found a ladder!"

LAFF - A - DAY



"I guess probably the high point of my career was when my high school class voted me 'Most Likely

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SACRAMENTO SYMPHONIC WINDS

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

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!

"Broadway!"

at the Crowne Plaza Sacramento Northeast. Sunday, March 16, 2014, 2:30 pm

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Art Classes Grade 3-6 **Calligraphy Classes**

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See our website for more information

New Childrens Classes by Laurie Pefley

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.

Dale Laitinen has been painting in watercolor for over 35

vears. 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

WASH

workshop with

Dale Laitinen

April 13, 2014, 10 am to

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\$65 for WASH members, \$75 for non-members. Contact Joyce Wilson at (916 482-8092 for more information and to register.

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Business Trends

Put The Cloud To Work For Your Business

(NAPSA)—Small business owners across the country are increasingly taking advantage of "cloud computing"—technology that allows them to store files securely and access them remotely. With no hardware to install or maintain, cloud computing is an easy and efficient way to back up and safeguard computers, external hard drives and network attached storage (NAS) devices. However, many small business owners are missing out on the benefits of the cloud, and may also be sacrificing the profits that can come with this upgrade.

OfficeMax recently launched OfficeMax Services Centers in all of its stores nationwide to offer specially-tailored services and solutions to small business owners, including online backup from Carbonite and cloud storage from MiMedia. Here are some tips from the OfficeMax Services Center on how to effectively put cloud storage to work for your business.

Protect your business with bank-level security

The cloud provides a safe-guarded central location to encrypt and store the most sensitive, confidential materials on enterprise-grade servers, including employee payroll information. In addition to cloud protection, OfficeMax works with Merchant Payroll powered by ADP and Paychex to absorb payroll needs and even file all state and federal taxes.

Reduce hardware, paperwork and management costs

Cloud storage offsets the cost of purchasing hard drives or memory upgrades—and who doesn't like saving money? Plans are based on storage space needs and can be customized at any time. Benefits include less equipment to maintain and reduced management costs

Boost productivity with anytime, anywhere access

In today's competitive marketplace, staying connected means staying in business. It's more important than ever to maximize productivity on the go, wherever you may be. Cloud storage allows the business and its employees to gain access to critical business information across multiple



Cloud computing can help your business save time, trouble and money.

devices, including laptops, smartphones and tablets.

Get a meeting room

Many small business owners know the feeling of scrambling to find a coffee shop with enough space to hold a quick meeting. OfficeMax now works with Regus to provide business customers with access to flexible office space, virtual office services, private meeting rooms by the hour and mobile business lounges to drop into to ensure your needs are covered.

Put real-time collaboration to work

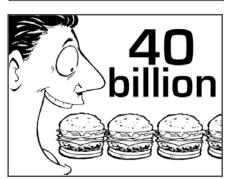
Cloud storage allows businesses to create shared workspaces for staff. By enabling multiple people to share files from multiple locations, employees can then access, review and work on the same files in real time.

Rest assured with data backup and disaster recovery

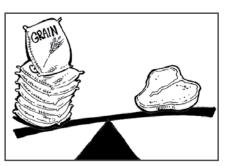
If your computer crashes or is stolen, or if the office experiences a fire or burglary, how would your business get back critical data? Cloud storage allows you to easily save, back up, recover and restore all files remotely. An OfficeMax Services Center advisor can provide a tutorial on touch screen technology to help you back up these files while working on a mobile platform.

For additional information about cloud computing and business solutions, visit the new Services Center inside of your local OfficeMax store or visit www. OfficeMax.com/Services.

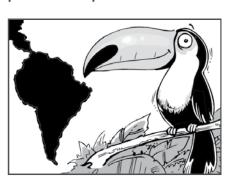
Did You Know?



It's estimated that Americans consume more than 40 billion hamburgers each year.



It takes eight pounds of grain to produce one pound of beef.



Toucans are found only in tropical areas of Central and South America. Some toucan species have bills more than half as long as their bodies.



Aurochs was a species of large cattle. It is recorded to have gone into extinction in 1627. It is believed that this cattle evolved in India, migrating to the Middle East and reaching as far as Europe.

(NAPSA) – We've all heard about the increase in bullying among children, but workplace bullying among adults is also a growing problem. According to recent reports, 35 to 50 percent of U.S. employees say they were bullied in the course of their career.

The Problem

At companies across America, employers and workers are discovering a problem that's bad for morale, bad for their own health and happiness, and bad for the bottom line: workplace bullying.

Some Solutions

What can you do if you're bullied at work? Dr. Colleen Logan, Walden University's program director for the M.S. in Career Counseling program, and an expert in bullying issues, offers some advice:

- *Know the signs*. Workplace bullying can include verbal abuse, threats, gossip, the silent treatment, offensive conduct, humiliation, intimidation, and work interference or sabotage.
- *Be honest with yourself.* It's easy to discount or ignore bullying, thinking you might be reading the situation wrongly, but if you think you're being bullied, you likely are.
- **Set boundaries.** Tell yourself you do not have to stand for this behavior



Bullying at work occurs for many of the same reasons it occurs in today's schools: to gain power and to overcome feelings of inferiority, fear or jealousy.

and will not be victimized. Remain in charge of your values, decisions, behavior and conduct.

- Get ready to confront the bully. Mentally prepare to send a clear and consistent message that the bullying needs to stop.
- *Make a formal complaint.* Talk to your boss. Provide specific details about the bullying and how it affects you and your work. If your boss is the bully, talk to a human resources representative.
- Seek alternative employment. If your workplace doesn't change, take steps to find a nonhostile work environment where colleagues listen to one another's viewpoint with respect, agree to disagree and move forward.

"Bullying in the workplace is fundamentally wrong. It can cause physical, mental and emotional harm as well as long-term career problems," says Dr. Logan. "Although no one wants to admit to being the bully or to being bullied, everyone has the right to work in a healthy, nonhostile work environment."

Learn More

For more information, tips and other resources for victims of bullying and those who witness bullying in the workplace, visit www.WaldenU.edu/bullyprevention.

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Salome's

ARIES (March 21 to April 19) Some unsettling facts about a past situation could come to light. And while you'd love to deal with it immediately, it's best to get more information support your

TAURUS (April 20 to May 20) A straightforward approach to a baffling situation is best. Don't allow yourself to be drawn into an already messy mass of tangles and lies. Deal with it and move on.

GEMINI (May 21 to June 20) Don't be discouraged or deterred by a colleague's negative opinion about your ideas. It could actually prove to be helpful when you get around to finalizing your plan.

CANCER (June 21 to July 22) Ignore that sudden attack of "modesty," and step up to claim the credit you've so rightly earned. Remember: A lot of people are proud of you and want to share in your achievement.

LEO (July 23 to August 22) A financial "deal" that

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seems to be just right for you Leos and Leonas could be grounded more in gossamer than substance. Get an expert's advice to help you check it out.

VIRGO (August 23 to September 22) Don't ignore that suddenly cool or even rude attitude from someone close to you. Asking for an explanation could reveal a misunderstanding you were completely unaware of.

LIBRA (September 23 to October 22) Unless you have sound knowledge, and not just an opinion, it's best not to step into a family dispute involving a legal matter, regardless of whom you support. Leave that to the lawyers.

SCORPIO (October 23 to November 21) An awkward situation presents the usually socially savvy Scorpian with a problem. But a courteous considerate approach helps clear the air ease communication.

SAGITTARIUS (November 22 to December 21) A calmer, less-tense atmosphere prevails through much of the week, allowing you to restore your energy levels before tackling a new challenge coming up by week's end.

CAPRICORN (December 22 to January 19) Your approach to helping with a friend or family member's problem could boomerang unless you take time to explain your method and how and why it (usually!) works.

AQUARIUS (January 20 to February 18) Someone who gave you a lot of grief might ask for a chance for the two of you to make a fresh start. You need to weigh the sincerity of the request carefully before giving your answer.

PISCES (February 19 to March 20) Too much fantasizing about an upcoming decision could affect your judgment. Better to make your choices based on what you know now rather than on what you might learn later.

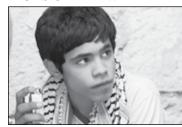
BORN THIS WEEK: You have a way of seeing the best in people and helping them live up to their potential. (c) 2014 King Features Synd., Inc.



COUCH THEATER --**DVD PREVIEWS** By Sam Struckhoff

EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of Feb. 17, 2014.

PICKS OF THE WEEK



Abdallah El Akal in "Zaytoun"

"Afternoon Delight" (R) --Rachel (Kathryn Hahn) is an affluent stay-at-home mom who feels she's not living her life correctly. To rekindle the passion in her marriage (the hubby is Josh Radnor of TV's "How I Met Your Mother"), they have a couple's outing to a local strip club, where Rachel encounters McKenna (Juno Temple) -- an earnest and naive 19-year-old exotic dancer. Rachel becomes fixated on the idea of saving the stripper and adopts her as a livein nanny.

While the story limps along at times, every scene is full of sincerity and humor. This is Hahn's first leading role -she's usually playing bit parts in raunchier comedies -- and she shows that her unbridled comedic energy has a warm heart at its core.

"Cal" (1984) (R) - Cal (John Lynch) is a sullen young man -- one of only a few Catholics in a Protestant neighborhood in 1980s Ireland. He hates his job working alongside his father at the slaughterhouse, but losing his job is even worse -- he's recruited by his friends in the IRA to be a getaway driver for cold-blooded murder. Cal finds himself falling for a demure

older woman who works at the library (Helen Mirren). Guilt and love collide when Cal realizes that she is the widow of an IRA

While the opening scene may shock you, the majority of the film is a quiet dramatic study. Mirren delivers an A-plus performance as a woman who truly grows through the film, while Lynch pulls you into Cal's struggle with force.

"Zaytoun" (R) -- Yoni (Stephen Dorff) is an Israeli pilot who crashes in Lebanon in the early 1980s -- a time of heightened street violence and international tension. His only ally is Fahed (Abdallah El Akal), a young Palestinian boy who wants to escape the streets of Beirut and return to his dear homeland. While the two are at odds from the start, their mutual interest in returning to Israel -- for vastly different reasons -- unites them and develops a different relationship.

"Fists of Legend" (1973) (R) -- Don't dismiss this South Korean brawlfest as another choppy, spit-soaked action flick. The director went out of his way to cast dramatic actors and then teach them martial arts. The story follows a reality television show where former prizefighters get back into the ring to refurbish their reputations and settle old scores. The fights are short, visceral and infinitely more plausible than the genre standard. The main character's quest for understanding extends beyond the ring, all the way back to his misremembered teen

TV RELEASES

"Game of Thrones: The Complete Third Season"

"Nurse Jackie: Season 5"

"American Experience: 1964" "The Six Million Dollar Man: Season 5"

"Battlestar Galactica: The Complete Epic Series"

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Americans' Most Valuable Documents

1. Family photos

2. Social Security card/ 3. Birth certificate \\

4. Financial records 5. Passport

6. Marriage certificate

(tie) Will

8. Kids' drawings

9. Health records

10. Divorce decree Source: Ricoh survey

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Simple Feeder

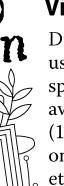
One of the best feeders I have found is Mother Earth. Toss on the ground a seed mix of white proso millet, safflower seed, sunflower chips and peanuts, and you will be delighted when woodpeckers, cardinals, wrens, titmice and sparrows show up. It always makes me smile.

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Thought for the Day: "When I am working on a problem, I never think about beauty. I only think about how to solve the problem. But when I have finished, if the solution is not beautiful, I know it is wrong." — Buckminster Fuller

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Victorian flower etiquette

During the 1800s, as the tradition of using flowers to express messages spread, flower dictionaries became available. John Ingram's Flora Symbolica (1887) included not only the meanings of one hundred flowers but stressed the etiquette in giving the correct flowers to present the message intended. Meanings were given based on myths, traditions, medical use and, at times, simply the active imagination of the one writing the dictionary. - Brenda Weaver

Source: www.proflowers.com

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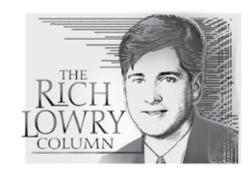
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Carmichael Times Page 9 February 13, 2014









THE RICH LOWRY COLUMN By Rich Lowry

Wendy Davis Unplugged

Perhaps the slogan of the Wendy Davis campaign should be that behind every successful woman is a good man.

The Texas gubernatorial candidate needs no introduction. Her filibuster of a bill to ban abortion in Texas after 20 weeks made her an instant star for progressives and much of the media -- because few things are as stirring as a principled stand in favor of nearinfanticide.

Her personal Horatio Alger story also was catnip for the press, thrilled by the trajectory of the former teen mom who lived in a mobile home and eventually earned a law degree at Harvard.

Given her enormous wave of positive coverage, it's remarkable that Wendy Davis felt the need to gild the lily, but so she did.

"By 19," her website said, "Wendy was a single mother." Actually, as Wayne Slater of The Dallas Morning News reported, she didn't get divorced from her first husband until age 21. She lived in a mobile home alone for a few months after the two separated, before moving in with her mom and then into her own apartment.

According to her website, she got through school "with the help of academic scholarships and student loans." This is true, but elides the fact that after she married Jeff Davis, a successful lawyer 13 years her senior, he paid for her last two years at Texas Christian University, and cashed in his 401(k) and took out a loan to put her through Harvard.

The marriage eventually hit the rocks. He tells Slater: "It was ironic. I made the last payment, and it was the next day she left." When they divorced, Jeff Davis was awarded parental custody of the kids, rare in Texas.

None of this need necessarily be damning -- in any case, it's not unusual for ambitious politicians to take advantage of supportive spouses -- but it wasn't the story Davis told about herself.

In a profile last month, the "Today" show accompanied her back to the mobile home as if it were taking

Abraham Lincoln back to his log cabin. Of course, there was no visit to, let alone mention of, the "historic home in the Mistletoe Heights neighborhood of Fort Worth" (in Slater's words), where she was living with Jeff Davis by age 24.

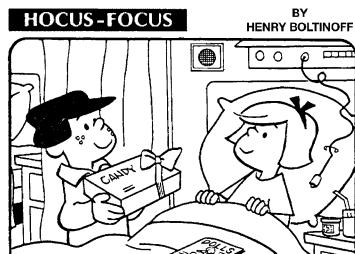
When the Abbott campaign naturally seized on the Dallas Morning News story, Davis fumed on Twitter, "These attacks show that Greg Abbott's completely out of touch with the struggles that I faced and so many Texans face."

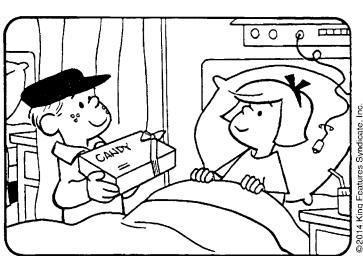
To suggest that Abbott is unfamiliar with struggle is offensively stupid. When he was a law student in his 20s, he was out jogging when a tree fell on him, shattering his spine. He spent months recovering in the hospital and has been confined to a wheelchair ever

Supporters of Wendy Davis have risen to her defense on the novel theory that it is sexist to demand that a newly minted feminist icon avoid misleading people. For them, all that really matters is her abortion extremism. Everything else is a detail, including her life story.

Rich Lowry is editor of the National Review.

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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.

оттегенсев: 1. сатиар из тизянд. 2. вом из ятанет. 3. Loudspeaket из тизянд. 4. Book is missing. 5. Push-button cord is shorter. 6. Jar is missing.

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- 6. Flapper's feathers 9. Struggle for air
- 14. *Degree common to many Presidents
- 17. On vacation
- 19. *The first whom
- 23. Bit of binary code
- 28. One from the Magi
- 39. Return the debt
- 40. Hurry up! 41. Dark organic soil
- 44. Cover
- 46. Agitate
- 50. Partner of "void"
- 52. To blemish
- 55. Bygone bird
- cardholder
- 64. Jelly fruit 65. Rocks in drink
- 68. "A Doll's House"
- 69. Military 70. One of several species of lemurs
- 71. California valley 72. Bolt's companior
- DOWN 1. *41st or 43rd president
- 2. Europe's highest volcano
- 5. "Now _" sign in window 6. Cyberspace soliloguy
- 9. Climb the stairs
- 12. A Super Bowl participant, e.g. 15. *He never promised "a chicken in
- 22. Feather glue
- 25. Biblical patriarch

CLUES

- 24. Bohemian, e.g.
- 30. Feel bitter about 35 Exercise group of
- substance
- 47. Encore!
- 53. Dwarf buffalo
- 73. *Presidents call on Congress to do this
- 3. Lecherous look
- 10. Against or opposed to
- every pot" 20. Secretariat's sound
- 26. Famous physicist Nikola 27. Part of stairs

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51. Scene of event or action 54. "The "America's Finest News Source"

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58. Coarse file 59. Eye part 60. Court fool's joke 61. Plural for "serum"

62. Auditory

66. PC brain

63. Hitler's Eagle's

64. Bathtub liquor

8 4 6 56. Ohio rubber hub 4 57. Marching band member 3 9 2

6

8 9

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9. For Solutions See Page 11

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2 4

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3 9

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Sudoku Puzzle on Page 10

7	1	3	6	8	5	4	2	9	
5	8	9	7	2	4	τ	3	6	
6	4	2	တ	3	1	7	5	8	
8	7	5	2	1	3	9	6	4	
2	9	1	5	4	6	3	8	7	
4	3	6	8	7	9	2	1	5	
3	5	7	4	6	2	8	9	1	
1	6	4	3	9	8	5	7	2	
9	2	8	1	5	7	60	4	3	
									_

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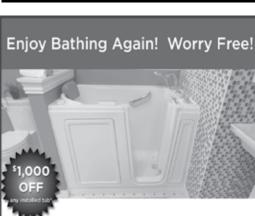
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Inside Sales We are looking for a

vice to advertising clients.

print and generally organiz-

es editorial copy. Flexible

We are seeking someone

to post articles to our many

news sites. This would be

a few hours per night, 2-3

nights per week. Flexible

schedule. Flat rate per ar-

ticle posted. Must be profi-

cient in Dreamweaver and

Graphic Artist-Layout

Support person need-ed

to assist with graphics and

layout. Must be proficient in

various programs including

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from home and/or perform

layout duties at MPG offic-

es. Newspaper or magazine

Home delivery and single

available in Citrus Heights,

Oaks,

routes

Rancho

Carmichael,

publishing preferred.

copy/newsstand

Delivery

Cordova,

license.

Fair

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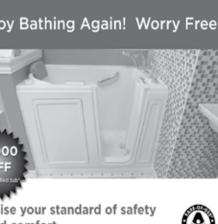
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quired at some events.

some leads and support.

Media needs for our many websites. Must already ing media company. This could be a long-term deal

to Publisher@MPG8.com



Carmichael Times Page 12

LEGAL ADVERTISING

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

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

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-09896, JMJM, Inc., 9927 Waimea Ln., Elk Grove, CA 95624 is doing business under the Fictitious Business Name "Elk Grove Chevron" at 9603 E. Stockton Blvd. Elk Grove, CA 95624. Filed with the Clerk of Sacramento County on December 24, 2013. Publish: January 23, 30, February 6, 13, 2014 ELKGROVE 140202 02-1

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-09765. Rodrigo Gutierrez, 6537. Thomas Dr., North Highlands, CA 95660 is doing business under the Fictitious Business Name "Christina's House Cleaning" at 6537 Thomas Dr., North Highlands, CA 95660. Filed with the Clerk of Sacramento County on December 18, 2013. Publish: January 23, 30, February 6, 13, 2014 CHRISTINA'S 140202 02-1 02-13-14

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, CA95823 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 02-2 02-20-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-09931. Melany Goerge, 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 02-2 02-20-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-000692. 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, 2013 Publish: January 30, February 6, 13, 20, 2014 140203

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

140204 02-27-14 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-09380. Roberta Lepird, 131 Ashwick Loop. Sacramento. CA 95823 and Michael Morris. 4900 Ehrhardt Ave., Sacramento, CA 95823 is doing business under the Fictitious Business Name

Ste. C, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on December 2, 2013. Publish: February 6, 13, 20, 27, 2014 ALI THE 140204

"All The Cart Café & Catering" at 2721 Citrus Rd.,

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-00729. Malaki Seku-Amen. 2548 Portola Way, Sacramento, CA 95818 and Diana Ramson, 9822 Kapalua Lane, Elk Grove, CA 95624 are doing business under the Fictitious Business Name Dzign Strategies" at 980 9th St., 16th Flr., 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 140204 02-27-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-00073. Green Pallet Worldwide, Inc., 2377 Gold Meadow Way, Ste., 100. Gold River, CA 95670 is doing business under the Fictitious Business Name 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 02-27-14 140204

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

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-00136. Jace M. Hall, 7319 Sunset Ave., Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Hallaways 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. 140204 02-27-14

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

140204 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-00650. Inessa Chemioglo, 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

DELIVERY ROUTES AVAILABLE **CALL 773-1111**

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 140204 02-27-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-00907. Debra Bakerjian, Charring Lane, Carmichael, CA 95608 is doing business under the Fictitious Business Name "geriHEALTHsolutions" 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 140301

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 140301

FICTITIOUS BUSINESS NAME STATEMENT #FBNF201400896. 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

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 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

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 4764 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

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 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 140301

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

ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT

OF FICTITIOUS BUSINESS NAME FILE #FBNF2013-00710. The following individual has abandoned the

use of the FICTITIOUS BUSINESS NAME of "Golden Phoenix Cafe." 2805 12th Ave., No. 4. Sacramento, CA 95817: Edward J. Gun, 8128 Port Royale Way, Sacramento, CA 95823. The Fictitious Business Name Statement was filed on January 28, 2013, in the County of

Abandonment filed with the Clerk of Sacramento County on December 18, 2013.

Publish: January 23, 30, February 6, 13, 2014 **GOLDEN** 140202

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

The following individual has abandoned the use of the FIČTITIOUS 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

#34-2014-00156236 WHEREAS, Abebech Kolcha Hidoto has filed a petition with this court for a decree changing the name of Abebech Kolcha Hidoto to Leah Kolcha Hidoto.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on February 21, 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 8, 2014 Raymond I. Cadei

Judge of the Superior Court Publish: January 23, 30, February 6, 13, 2014 140202 02-13-14 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00156686

WHEREAS, Abdul Nasir Jan has filed a petition with this court for a decree changing the name of Abdul Nasir Jan to Nasir Khilji. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on March 5, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA

95814, and show cause, if any, why the petition

for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: January 15, 2014 David I. Brown

Judge of the Superior Court Publish: January 23, 30, February 6, 13, 2014 JAN 140202 02-1

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00156302

WHEREAS, Nectary Teacher has filed a petition with this court for a decree changing the name of Nectary Teacher to Nektarios Klostrakis. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on February 26, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento,

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 8, 2014 Raymond I. Cadei

CA 95814, and show cause, if any, why the petition

Judge of the Superior Court Publish: January 23, 30, February 6, 13, 2014 140202 02-13-14

> SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00156701 WHEREAS, Shadiah Shamsid-Deen and

Kerry Harris have filed a petition with this court for a decree changing the names of Xavier Shamsid-Deen Harris to Xavier Harris and Kaeshaun Rayshad Shamsid-Deen to K'Sean Rayshad Harris.

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: January 23, 30, February 6, 13, 2014 DEEN 140202 02-

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 Publish: January 30, February 6, 13, 20, 2014 140203 02-20-14

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

WHEREAS, Lidia Braga Strohmhas 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 Publish: January 30, February 6, 13, 20, 2014 140203

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

#34-2014-00157384 WHEREAS, Joseph Rodney Carroll has filed a petition with this court for a decree changing the names of Joseph Rodney Patrick Carroll too 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

RONES LAW FIRM

Raymond M. Cadei Judge of the Superior Court Publish: February 6, 13, 20, 27, 2014 CARROLL 140204 CARROLL

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

WHEREAS, Artemisa Heredia Vega 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 genera 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 HEREDIA 140204

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

02-27-14

Raymond M. Cadei Judge of the Superior Court Publish: February 6, 13, 20, 27, 2014 ISELEY 140204

> 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 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 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

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

WHEREAS, Charles ChauTranhas filed a petition with this court for a decree changing the name of Charles Chau Tran to Charles Minh Chau Nguven. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 n.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 me 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

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02-27-14

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

WHEREAS, 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

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

WHEREAS, Jesse Joseph Herbert has filed a

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

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

Judge of the Superior Court Publish: February 13, 20, 27, March 6, 2014 HERBERT 140301 03

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

WHEREAS, Mikala Rae Rivera has filed a petition with this court for a decree changing the name of Mikala Rae Rivera to Mikala Rae Pullig,

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.

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 RIVFRA 140301

PETITION TO ADMINISTER ESTATE

ADMINISTER ESTATE OF MARY S. THIBAULT (deceased)

contingent creditors of and persons who may be otherwise interested in the will or estate, or both of MARY S. THIBAULT; aka MARY LOUISE THIBAULT (deceased): petition for probate has been filed by THIBAULT in the Superior Court of California, County of Sacramento, requesting that AMY THIBAULT 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 anv codicils are avai examination in the file kept by the court.

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

A hearing on the petition will be held in this court as follows: March 13, 2014, 9:00 a.m. in Dept. No. 129, at William R. Ridgeway Family Relations, 3341 Power Inn Road, Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and

appearance may be in person or by your attorney.

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

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

pecial Notice form is available from the court clerk. The name and address of the petitioner is:

Publish: February 6, 13, 20, 27, 2014 THIBAULT 140413 02-27-14

#34-2014-00157789 Chizoba Florence Okeke

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

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

Raymond M. Cadei

#34-2014-00157818

IT IS FURTHER ORDERED that a copy of

03-06-14

NOTICE OF PETITION FOR PROBATE AND TO

ESTATE NO. 34-201400156525 To all heirs, beneficiaries, creditors, and

they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

state your objections or file written objections with the court before the hearing. Your

Amv Thibault. 4700 Storrow Way, Sacramento,

SUPERIOR COURT OF THE STATE OF CALIFORNIA

COUNTY OF LOS ANGELES PUBLICATION OF SUMMONS CASE NO. KD085458

PUBLICATION OF SUMMONS

NOTICE TO RESPONDENT: ISIDRO CRUZ YOU ARE BEING SUED BY PETITIONER: ROSALIE CRUZ

You have 30 Calendar Days after this Summons and Petition are served on you to file a response (form FI-120 or FI-123) at this court and have a copy served on the petitioner.

letter or phone call will not protect you. If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. If you cannot pay

the filing fee, ask the clerk for a fee waiver form. If you want legal advice, contact a lawyer immediately. You can get information about finding lawyers at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/ selfhelp), at the California Legal Services web site (www.lawhelpcalifornia.org), or by contacting your local County Bar Association. The name and address of the court is: Superior

The name, address, and telephone number of petitioner's attorney, or petitioner without an attorney, is: William A. Hinz, Esq., Law Offices of William A. Hinz, A.P.C., 110 West Fir Street, Brea, CA 92821 Summons Dated: September 12, 2012

Court of California, County of Los Angeles, 400 Civic Center Plaza, Pomona, CA 91766

Order for Publication Dated: January 14, 2014 Publish: January 30, February 6, 13, 20, 2014 140203



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Carmichael Times Page 13 February 13, 2014



By Pastor Ray Dare

In your life, between now and the time you die, you will experience many stressful changes. How are you going to respond to those changes? You can't prepare for them because you don't know what they're going to be. How will you handle them? What's going to be your source of stability? The Bible says, "Those who trust in the Lord are as steady as Mount Zion, unmoved by any circumstance." Psalm 125:1 That's what I call stability! You're unmoved by any circumstance. Security, stability

Your Source of Stability

being anchored in an unchanging God.

God never changes. "But whatever is good and perfect comes to us from God... He shines forever without change or shadow." James 1:17. There are three things about God that never change. Knowing these brings stability in your life.

God's love for you will never **change.** You need to constantly remind yourself of this. God says, "I have loved you with an everlasting love." Jeremiah 31:3 God's love for you is constant. One of the reasons why we get frustrated by relationships is people change, get moody, fickle. But God always acts like Himself. He never changes. He never acts out of character. The point is, you never need to doubt God's love. No matter what happens. No matter what you

and confidence in life come from feel, God's love for you never changes. "For I am convinced that nothing can ever separate us from his love." Romans 8:38 He never changes His mind about you. It's important you understand that. If not, the next time something doesn't go your way or something bad happens, you're going to think, "That's God getting back at me". No, that's life. God's love for you never changes.

God's word never changes. The Bible is always relevant, always fresh and always up to date. Anything man writes eventually becomes obsolete, outdated. You need to build your life on something more stable, permanent and unchangeable than the current fad, therapy or the current thing in vogue. Jesus said, "Heaven and earth will pass away but My words will never pass away." Matthew

24:35. If you want to have more stability in your life when you're under stress, then fill your mind with things that never change and things that you can always count on, God's word.

God's plan for you will never change. "The Lord will fulfill his purpose for me; your love, O Lord, endures forever." Psalm 138:8a (NIV). People say, "I made this big mistake. I missed God's plan. I'll just have to settle for second best." There's only one problem with that: You don't find that in the Bible. God is not the God of second bests, He's the God of second chances. You are still on Plan A. God knows everything that's going to happen in your life and He fits it all in to work for good in your life. Nothing can hinder God's plan for your life, not even your own mistakes. He saw them coming long before you ever made them. Romans 8:28 says, "ALL things work together for good to them who love God and are called according to His purpose."

Good, bad, ugly, somehow God knows how to turn them all around and use them for His **purpose** in your life. God has not changed His mind about you. Pastor Ray

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Dare to Live Without Limits

Life Goes On

"Sometimes my mind is like a sponge. Sometimes my mind is like a sieve. It doesn't matter, either way I live." – Frieda Feldman

Life doesn't always go in the direction we hope for or want. Circumstances vary. Sometimes situations are perfect. At other times they are less than ideal. Although we go through cycles, life always goes on.

It's easy to get caught up with what is happening to you at the moment while losing track of the bigger picture. People get hung up on both large and small issues. The above quote touches on a perfect example.

It's normal to have good and bad days when it comes to memory. Some things are easy to remember, while others are elusive. There is no point to worrying about it. If you are more forgetful than you would like, write those things down you need to remember.

Do you get stressed when you forget something? Although just about everyone does at some point, it accomplishes nothing. If anything, stress impedes your memory because it preoccupies your brain. Whether you have a good memory or not, life goes on. You've got to work with what you have and adjust as necessary.

As the memory example illustrates, regardless of any frustrations you are struggling

with, life does indeed move forward. It doesn't matter how you feel, what your attitude is, or how tired you may be. The earth keeps turning and tomorrow will always arrive.

At times, your circumstances may not be ideal. This may even be the case more often than you prefer. Lamenting any undesirable situations or "bad luck" is a complete waste of time and energy.

You must move forward even if the solution isn't ideal. No one is thrilled when their memory isn't as good as they would like. What's the big deal if you have to write more things down than you used to?

John returned to college after 20 years. He quickly discovered he didn't absorb new material as quickly or easily as he used to. John had to spend more time studying than most of the other students. Initially John was upset. Fortunately, he realized it didn't matter. If he wanted to pass, John needed to adapt by putting in the additional effort required.

The incomes of Mary and her husband Fred were lower than they had hoped for. Although they were comfortable, Mary and Fred couldn't afford the bigger apartment and newer car they wanted. Both of them worked hard and were frustrated they couldn't get ahead. To make matters worse, they were

also in the midst of an economic downturn.

by Bryan Golden

Mary and Fred realized getting stressed out accomplished nothing. They cultivated an attitude of gratitude for what they had while exploring various options to earn more money. They did what they could with what they had

Dave was always athletic and loved participating in sports. Now in his 50's, Dave was dismayed he didn't have the same stamina or ability he had in his 20's. Being sedentary wasn't an option for Dave. Dave did what he had to do. He spent more time warming up, didn't play as hard, and gave his body more time to recover. Dave was determined to stay as active as he could.

You have to formulate a strategy to deal with whatever you are facing. You can find a solution, take mitigating steps, change your direction, or remove yourself from the situation. Despite your dilemma, time goes by and life goes on.

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



THE MONUMENTS MEN (Rated PG-13)

A Film Review by Tim Riley

Fighting the Nazis to save Western civilization? How can you miss with such easy targets as Adolf Hitler and his uncivilized henchmen embarked on a mission to destroy art treasures that define the very essence of European culture?

Assembling a hardy band of soldiers to go behind enemy lines during World War II should be something like "The Dirty Dozen." The result would have been plenty of high stakes action.

On the other hand, "The Monuments Men," directed by and starring George Clooney, is more like "Ocean's Eleven," yet mostly absent the tension and excitement of a Vegas casino heist caper fraught with peril and fear of failure.

Of course, another slight problem for creating daring wartime exploits is that the experts of the art world are older guys who have the professional background and necessary grounding in cultural affairs that would elude the typical draft-age Army recruit.

Based on Robert M. Edsel's bestselling nonfiction book "The Monuments Men: Allied Heroes, Nazi Thieves and the Greatest Treasure Hunt in History," the film is intended to be a true account even though the names of the principal figures are pseudonyms.

Sanctioned by the American

Riley Reviews

NOT SO COLOSSAL WARTIME HEIST CAPER FOR "MONUMENTS MEN"

government, as President Roosevelt and General Eisenhower came to understand the importance of saving cultural heritage, a group of middle-aged and out-of-shape art historians, architects and artists was organized.

The answer to saving cultural treasures was the formation of the Monuments, Fine Arts and Archives (MFAA) group, in which George Clooney's Frank Stokes, a leading art historian at Harvard's Fogg Museum, was a natural leader given his wartime experience in World War I.

Stokes organizes a group of like-minded individuals, who are too old to be drafted or serve voluntarily as soldiers, but since they may come under fire, they have to go through basic training.

Stokes is joined by Matt Damon's art expert James Granger, John Goodman's sculptor Walter Garfield, Bill Murray's architect Richard Campbell, and Jean Dujardin's art dealer Jean Claude Clermont, a French Jew based in Marseilles.

Other members of the group include the colorful Hugh Bonneville's British aristocrat Donald Jeffries, a flawed man seeking a second chance, and Bob Balaban's art historian and theatrical impresario Preston Savitz.

The only real soldier and young person in the MFAA group is Dimitri Leonidas' Sam Epstein, recruited because he speaks German, knows his way around the battlefront, and comes in handy as the driver.

As to be expected from past film outings, Clooney affords his

character and that of Matt Damon several opportunities to engage in playful bantering, even though they remain earnestly serious about the mission.

Damon's Granger gets extra comic mileage with his mangling of the French language, which he apparently learned in Montreal, to the point that no French person wishes to engage him in their native tongue.

The Monuments Men find a valuable, if somewhat wary and skeptical, ally in occupied France with Cate Blanchett's Claire Simone, a curator at the Jeu de Paume museum in Paris, which the Nazis had converted to a warehouse of stolen art works.

Risking her life to secretly catalog the locations of pilfered art, Simone wants to be sure the Allies won't simply keep the recovered masterpieces for their own collections of art.

In the late stages of the war, fearing his own demise and Germany's loss, Hitler issued the so-called Nero Decree that everything the Nazis had amassed was going to be destroyed, so that nothing would fall into the hands of the victors, including the art treasures.

Understanding the implications to civilization, Granger and Simone forge an unusual bond, not a romantic love one, but rather a mutual love of art and culture, along with a passion to save masterpieces for a noble reason.

Not satisfied with being the catalyst behind the Monuments Men mission, Clooney's Stokes also gets the benefit of uttering the most exalted dialogue, sermonizing about the great value in a civilized world of saving art treasures.

"The Monuments Men" arguably could have used more action and excitement, but then this is not a war epic. A sense of urgency to saving the priceless works of art is the film's saving grace.



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Carmichael Times Page 15 February 13, 2014

Affordable Home Crisis

percentage of affordable homes in new developments. Area 3: Invest a significant portion of Cap-and-Trade revenues in affordable transit-oriented homes and energy efficiency retrofits to existing multifamily affordable housing.

The California Homes and Jobs Act (SB 391) is a par-

solution to our state's affordable-home crisis. SB 391 will dedicate investment to publicprivate partnerships that will build 10,000 safe and affordable single-family homes and apartments each year for Californians in need, including families, seniors, veterans, and people with disabilities; reduce homelesssavings to taxpayers.

Source: The California Housing Partnership Corporation is a private nonprofit organization dedicated to helping government and nonprofit housing agencies preserve and expand the supply of affordable homes for lowerincome households throughout California.

SPOTLIGHT ON BUSINESS

Best Tutors Ever, LLC Help Students Achieve Academic "Light Bulb Moments"

By Linda Harper, Business Writer

Rebecca Ragle, founder and owner of Best Tutors Ever, LLC taught High School for three years when she realized something was missing in the process. She wanted to help her students reach those "Light Bulb Moments" of understanding, when they really grasp and comprehend a concept. Rebecca believes education is about learning, not just "passing," She knew personalized guidance for students would accomplish her goal. So, she opened Best Tutors Ever, LLC, a private tutoring business in Carmichael, located at 5740 Windmill Way (close to Winding Way and Manzanita).

BTE makes qualified tutors available in Math, Science, and many other subjects. Their services include One -on-One Private Tutoring, Small Group **Tutoring and Unlimited Drop-in Tutoring** for after school homework help. In addition, they hold workshops on SAT/ ACT Preparation, Writing College Application Essays, Test-taking skills, Overcoming Math Anxiety, and more. BTE helps students throughout the Sacramento area, whether they travel to the student, or if coming to their office is more convenient. Rates for various tutoring services are very competitive for the area.

Rebecca's goal is to help students succeed in their academics, and to support them in learning study



Tutor Mrs. Rebecca Ragle

skills. She understands that students sometimes need an advocate; someone to support and supplement what they learn in the classroom. At BTE students are instructed on how to become independent learners by providing caring, comprehensive assistance, coupled with accountability. Rebecca is proud of her Christian upbringing. She carries a positive attitude and honest morals into her business life. enhancing the level of caring she has for every student passing through the doors of Best Tutors Ever, LLC.



Call Best Tutors Ever at (916) 256-3059 or log on to www.BestTutorsEver.com for more information. Go to Angie's List for a review and look them up on Facebook



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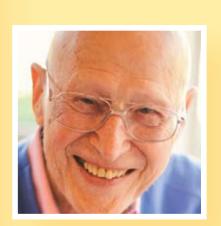
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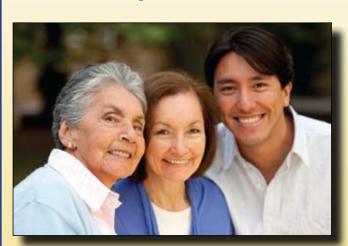
Lower dentures almost never fit properly. They are loose fitting due to less surface area which can't create a suction, shrinking gum tissue and bone loss, which can cause irritation in the mouth, sores and pain. The only relief is using sticky dental adhesive to help it, but it is very messy, hard to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

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

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