



Keep Your Energy Up

Page 7

PLUS: Carmichael Recreation And Park District Seeks A Benefit Assessment Improvement District

Page 2

Carmichael Times

Volume 34 • Issue 6

Serving Carmichael and Sacramento County since 1981

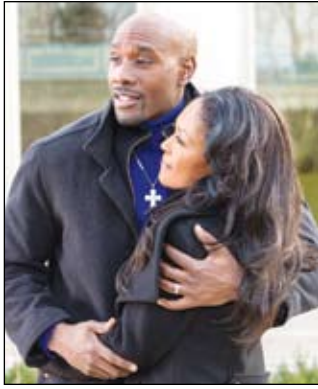
February 6, 2014

Simple Tips For a Healthy Heart



Page 7

Couch Theater DVD Preview: The Best Man Holiday



Page 8

The Best Tutor Ever



Page 15

It's a Zoo Out There!



Maliheh Bartolomeo allows Chihuahua Rum-Rum closer inspection of his south-of-the-border portrait. The artist and SPCA rescue pooch bonded during the Sacramento Fine Arts Center Animal House show three years ago. A successful adoption followed. Bartolomeo's painting is one of 125 exhibits in the 2014 "Animal House" show.

Story and Photo by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) -

If a dog is man's best friend, it also might be an artist's best model.

Dogs large and small - together with giraffes, birds, insects, and even a saxophone-playing cat - are the stars of the Sacramento Fine Arts

Centre's most popular annual exhibition. The "Animal House" show opens at the center on February 18 and runs till March 8.

Animal art has been around since cave-men first finger-painted on walls. Canine deities inspired hieroglyphic devotion in Egypt. Leonardo sketched dogs as eagerly as he dissected them. King Charles II commissioned Lely masterpieces to glorify his spaniels;

Landseer immortalized Queen Victoria's pups; an Elizabeth II canvas includes no less than four corgis. Picasso, Warhol and Hockney dashed off dachshunds with delight. Adorable mutts knocked Normal Rockwell compositions out of emotional ball parks. And speaking of top dogs, President George Bush recently daubed former first terrier, Barney.

Continued on Page 4

Watt Avenue US-50 Interchange Project

Traffic Increase Anticipated

SACRAMENTO REGION, CA (MPG) - The Sacramento County Department of Transportation (SACDOT) is alerting motorists that there will be increased traffic at the Watt Avenue @ US-50 interchange beginning on Monday, January 27. It is anticipated that the volume of traffic using the interchange will increase as the new school year begins for California State University Sacramento. Motorists are advised to expect an increase in driving time through the interchange. In addition - because the interchange area is an active construction zone - motorists are advised to reduce speed and drive carefully through the construction area.

Since construction began in November 2012, much progress has been made on all phases of the interchange project. The following provides an update on major project elements:

- New Off-Ramps and Traffic Signals: New freeway off-ramps have been constructed and new traffic signals at those off-ramps have been activated.
- Improved Traffic Flow: In mid-December the changeover to the new off-ramps initially caused an increase in congestion. Since then some project elements have been advanced to improve the flow of traffic through the interchange. These elements include: 1) Two new traffic lanes on northbound Watt Avenue; 2) One new lane on southbound Watt Avenue; 3) One new lane on the westbound off-ramp; 4) Retiming of the two new traffic signals; 4) The coordination of the two traffic signals; 5) Communications improvements to permit monitoring of

Continued on Page 5

Dignity Health Gives \$846,014 in Grants to Help Thousands in Need

28 local nonprofits receive grants to help fund programs in Sacramento, El Dorado, Placer, Yolo and Nevada counties

SACRAMENTO REGION, CA (MPG) - Dignity Health, which operates the Mercy, Methodist, Woodland and Sierra Nevada affiliate hospitals in the greater Sacramento region, has awarded \$846,014 in grant funding to 28 nonprofit organizations in Sacramento, El Dorado, Placer, Yolo and Nevada counties.

The grants, from \$5,000 to \$50,000 will build capacity in the community to offer much needed services ranging from primary care to mental illness to managing terminal illness, dental care and various social support programs to underserved and vulnerable populations. This year's recipient organizations reach out to local ethnic communities and provide services to multiple generations from infants to the elderly.

"The Dignity Health Community Grants Program is committed to establishing meaningful collaborative programs among nonprofit organizations dedicated to improving the health of people living in our community," said Sister Bridget

McCarthy, vice president, mission integration, Greater Sacramento - San Joaquin service area. "These grants are an opportunity for our hospitals and community nonprofit organizations to work together to strengthen safety net capacity, leverage resources and build a greater continuum of care for those we serve."

The Dignity Health Community Grants Program is open to all nonprofit community service organizations that share Dignity Health's mission and values and are dedicated to building healthier

communities by improving health and living disparities. The program supports organizations that increase access to care for the poor and address the underlying causes of illness - such as physical and substance abuse, neglect, poverty and homelessness - as well as specific health issues. Grants are funded by contributions from Dignity Health's member hospitals. In the Greater Sacramento region,

Continued on Page 5



Brian Ivie, president of Mercy San Juan Medical Center, left, presented community grants checks to local nonprofit organizations working together to improve health access for underserved Hmong, Mien, Vietnamese and Latino populations. Pictured left to right: Brian Ivie, Rachel Rios, executive director, La Familia Counseling Center; Miguel Suarez, development and clinic director for Health and Life Organization, Inc.; Kendra Thao, executive director for the Hmong women's heritage association; Jim Ellsworth, executive director for Capitol Health Network; and May Ying Ly, executive director for Southeast Asian Assistance Center.



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

PRESORTED STD. US POSTAGE PAID PERMIT 350 Carmichael, CA Change Service Requested

The Perfect Combination!

Carmichael Times
Serving Carmichael and Sacramento County since 1981

STARS Shine at San Juan Fundraiser

START YOURS TODAY!

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

BOTH NEWSPAPERS FOR ONLY \$39 PER YEAR!

See inside for details

Carmichael Recreation And Park District Seeks A Benefit Assessment Improvement District

CARMICHAEL, CA (MPG) - The Carmichael Recreation and Park District (CRPD) has served the Carmichael community since 1945, providing various recreation programs and special events (food trucks, founders day, fourth of July, Easter egg hunt, farmers market etc) developing 13 parks and providing maintenance to park facilities. CRPD is falling behind on its

ability to continue to provide these facilities in the manner Carmichael residents deserve. Over the last four years CRPD has lost \$2.5 million dollars in revenue from local property taxes and program fees as the economy and an increase in utilities and services has hit CRPD hard.

A benefit assessment of \$44.87 per parcel or \$3.74 per month for property owners

within the CRPD boundaries would generate \$666,000 per year. This funding would be used to provide full time park patrols by sworn officers, dedicated to CRPD facilities, increase the maintenance levels in all parks and facilities, make new improvements to our neighborhood parks, and much needed renovations to our existing facilities such as new gym floors at La Sierra

Community Center, and much needed new community facilities such as covered community space/special events pavilion in Carmichael Park and a new aquatic spray park and slide facility to name a few.

Assessment ballots will be mailed out to the community property owners the last week of February. We want you to make an informed vote and

ask all residents to please vote and return the ballot in the self addressed envelopes provided. Many of your questions can be answered by calling the District office at 916-485-5322 and or by visiting our web site at www.carmichael-park.com.

Source: Carmichael Recreation and Park District

KILLER PRICES
REPAIR & REMODEL

JOIN US FOR THE GRAND OPENING FEB. 13th 11am - 2pm

WE'VE EXPANDED! 50,000 SQ FT LUMBERYARD

- DRIVE-THRU
- LOAD IT ONCE
- GET OUT QUICK

YOU CAN TACKLE ANY HOME IMPROVEMENT JOB WITH OUR STORE & YARD ITEMS!

R30 UNF Insulation Roll or Batt 39¢ Per SQ FT SKU 540625 - BATT SKU 386805 - ROLL 	RW Con Heart Decking 2" x 6" - 8', 12', 16' Lengths 89¢ Per Lineal FT SKU 132456 	Fence Panel 6' x 8' Your Choice: Cedar, Redwood, Redtone \$34 ³³ SKU 445221 SKU 829895 SKU 432146 	Drywall 1/2" x 4' x 8' Regular \$6 ⁹³ SKU 881516 	All Purpose Joint Compound 48lb \$5 ⁹⁷ SKU 429373 	15/32 CDX Utility \$12 ⁹⁷ SKU 798181
8" OC Siding Shop T-111 \$24 ⁷⁷ Per Unit SKU 791590 	Shingle Second Weathered Wood, 3 Tab \$13 ³³ Per BNDL SKU 430280 30 Year Shingles \$74 ⁹⁶ Per SQ Malarkey Roofing Products 	Torch Down Roofing \$59 ⁸² Per SQ White, Tan or Hickory SKU 933606 	Fast Stack Cultured Stone \$3 ⁹⁶ Per SQ FT SKU 429670 	Tile Backer 1/4" x 3' x 5' \$7 ⁴⁷ SKU 386201 	Concrete Mix 3500 psi, 80# \$2 ⁹⁴ SKU 733303
<div style="border: 2px dashed black; padding: 5px;"> <h2 style="text-align: center;">FREE GLOVES!</h2> <p style="text-align: center;">With This Original Coupon</p> <p><small>*Valid 2/13/14 Only. Offer good for one pair of gloves, while supplies last. One coupon per customer. No rain checks. Some exclusions apply. Not valid on prior purchases. Cannot be combined with any other discounts or promotions. Limited to stock on hand while supplies last. Discounts taken at the register are subject to manager's approval. Merchandise must be taken at time of purchase or delivered within 72 hours. Prices subject to change without prior notice. Prices, product selection and quantities may vary per location. Offer good at the Sacramento HD Supply Repair & Remodel location only. No copies accepted. Reason Code 61 (CARMICHAEL)</small></p> </div>					
Thinset 50# Unmodified Gray \$5 ³⁸ Per Unit SKU 476796 	Economy Stud 2" x 4" x 8' \$1 ⁷¹ Per Unit SKU 730861 	Granite Slab 72" x 26" HDSRR Exclusive \$58 ⁷³ SKU 433029 			

LUMBER • BUILDING MATERIALS • MASONRY • PLUMBING • ELECTRICAL • FLOORING • MOULDING CABINETS • DOORS • WINDOWS • COUNTERTOPS • TOOLS • HARDWARE • PAINT • TOOL RENTAL

Offer good while supplies last. No rain checks. Some exclusions apply. Not valid on prior purchases. Cannot be combined with any other discounts or promotions. Limited to stock on hand while supplies last. Discounts taken at the register are subject to manager's approval. Merchandise must be taken at time of purchase or delivered within 72 hours. Prices subject to change without prior notice. Prices, product selection and quantities may vary per location. Offer good at the Sacramento HD Supply Repair & Remodel location only. No copies accepted. Reason Code 61 (CARMICHAEL)



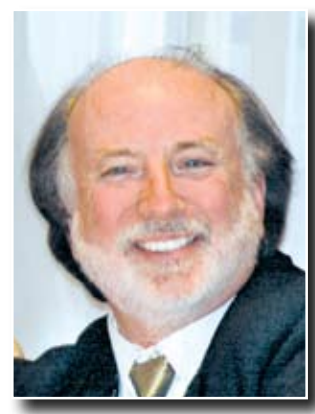
Sacramento
 3390 Winona Way
 Sacramento, CA 95660
(916) 484-7193

Open 7 Days a Week!
Mon - Fri: 5:30AM - 9PM
Sat: 6AM - 8PM
Sun: 7AM - 7PM

www.HDSRR.com www.facebook.com/HDSRR

Carmichael Times

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



Publisher, Paul V. Scholl

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

Ownership of all advertising created and/or composed by the Times is with the publishing company and written permission to reproduce the same must be obtained from the publisher. Subscriptions should be mailed to Carmichael Times, P.O. Box 14, Carmichael, CA 95609. Subscription rate is \$39 per year within Carmichael, \$49 within Sacramento County. The Carmichael Times is published weekly. Call 916-773-1111 for more information. (ISSN # 1948-1918).

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@CarmichaelTimes.com. Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at 916-773-1111.

- Advertising Sales
- Graphics & Layout
- Contributing Writers
- Distribution Assistant
- Accounting
- Web Master
- News Services
- Photography

- Paul V. Scholl
- Bill Martin • Linda Harper
- Banerjee Designs • Stump Removal Graphics
- Susan Skinner • Mary Jane Popp • Marlys Johnsen Norris
- Tim Reilly • David Dickstein • Dave Ramsey
- Dr. E. Kirsten Peters • Kay Burton • Dr. Bob Graykowski
- Pastor Rich Reimer • Ronnie McBrayer • David Graulich
- Gabriel Scholl
- Nicholson • Olsen CPA
- RJ at thesitebarn.com • JWS Promotions • Mikahn Design
- StatePoint Media • NewsUSA • PRWEB NewsWire
- North American Precise Syndicate • Blue Ridge Press • ARA Content
- California News Service • Family Features • WorldNetDaily
- Susan Skinner

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

We are proud members of these newspaper associations.



CALL 773-1111 TO ADVERTISE

www.CarmichaelTimes.com

NOW YOU CAN **SAVE AN ADDITIONAL \$5 PER MONTH FOR 12 MONTHS!**



With Entertainment and above.
PACKAGES STARTING AT \$29.99*
 PER MONTH ENTERTAINMENT PACKAGE
Per Mo For 12 Mos. After Instant Rebate With 24-mo. Agreement

- 1** FREE GENIE™ UPGRADE!
ONE DVR POWERS YOUR WHOLE HOME
Advanced receiver fees apply. Minimum 2-room setup required.
- 2** YEARS OF SAVINGS!
ORDER NOW AND YOU CAN LOCK IN 2 YEARS OF SAVINGS
CHOICE™ Package and above.
- 3** MONTHS FREE!
HBO - SHOWTIME STARZ - CINEMAX
CHOICE™ Package and above.

DON'T WAIT— CALL NOW!
1-800-791-0862



An Authorized DIRECTV Dealer
 ALL DIRECTV OFFERS REQUIRE 24-MONTH AGREEMENT.** Offer ends 2/5/14

Tasty Image loves YOU!
CHOCOLATE



Order Your Valentine's Day Gifts Now!

Delight your Valentine with Fresh, Chocolate Dipped Strawberries!

Fresh & Tasty Treats

www.TastyImage.com

(916) 973-1768

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

3 FREE
 chocolate covered strawberries
WHEN YOU BUY 3



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

"We Meet By Accident"

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

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



Before

After

FREE LOANER CAR WITH ANY REPAIR

Present this coupon and receive a free loaner car for the duration of your repairs after authorization.

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

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

Email: info@aobodyshop.com • www.aobodyshop.com

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

Make Your New Year's Resolution Come True!



At age 45, I made a decision to be in better physical shape by the time I turned 50.

I knew I didn't get this unhealthy overnight... The kindest thing I have ever done for myself was to contact a qualified personal trainer... Pam customized proper exercise techniques for me, my age and abilities... helped me with proper nutrition... She pushed me when I needed to be pushed and praised me when I reached my goals

Thanks Pam!

Kim Hellwig

Personally Tailored Fitness Programs That Produce "Real" Results for "Real" People

We are a private studio that specializes in assisting women achieve their physical health goals. With your own personal trainer you develop a personal training program that makes sense for you without having to commit to a long term contract.

Feel Healthy, Gain Strength, Be Active, Live Longer, Lose Weight and Look Great

Achieve That Happy, Healthy Quality of Life You Desire!

- Custom Tailored Programs Designed Just for You
- Trained, Experienced, Caring Trainers
- One on One with Your Trainer for Entire Session

Sign Up For 20 Training Sessions and Receive 2 Additional Sessions Free - Offer expires 2/28/14

Call Now For FREE Consultation & Postural Analysis

916-704-4330

5250 Date Avenue, Suite B,
 Sacramento, CA 95841

www.MarkeePersonalTraining.com



Markee
 Personal Training

Dignity Health Gives \$846,014 in Grants to Help Thousands in Need

28 Local Nonprofits Receive Grants To Help Fund Programs In Sacramento, El Dorado, Placer, Yolo And Nevada Counties

Continued from Page 1

Dignity Health hospitals that contribute to the grants program are Mercy General Hospital, Methodist Hospital, Mercy San Juan Medical Center, Mercy Hospital of Folsom, Woodland Healthcare and Sierra Nevada Memorial Hospital.

Grant funding is awarded according to specific criteria and restricted to the specific programs proposed.

To foster collaboration this year, Dignity Health's hospitals in the Sacramento region asked nonprofit

organizations to submit partnership proposals that provide a continuum of care for specific target populations.

Grant awards went to the following organizations:1

1. El Hogar Community Services, Inc., Elica Health Centers and Asian Community Center will focus on providing needed services and care to underinsured and uninsured individuals with behavioral health challenges in hospital emergency departments by providing mental health, substance abuse, transportation, navigation and support services, and primary health care.
2. Pacific Trauma Specialist of Folsom and Partners in Care of El Dorado County will provide a broad spectrum of additional support for those patients discharged from the hospital but still having to manage the complexities of their terminal illness at home.
3. Health and Life Organization, Inc., Hmong Women's Heritage Association, Capitol Health Network, Southeast

Asian Assistance Center and La Familia Counseling Center will work together to improve culturally specific health access for underserved Hmong, Mien, Vietnamese and Latino populations.

4. Health for All, Volunteers in Victim Assistance, Health and Life Organization, Inc., United lu-Mien Community, Inc. and Crime Victim Assistance Foundation (iCAN) will in partnership provide victims of violence and their families with medical, dental, mental and social services that can help them cope with the devastating after effects of trauma, with a focus on prevention and education.
5. Sierra Foothills AIDS Foundation and Cares Community Health aims to increase access to dental care for people living with HIV/AIDS in Sacramento, El Dorado and Placer counties.
6. Loaves & Fishes/Genesis Mental Health, Downtown Sacramento Foundation, Community Link and Transitional Living and Community Support, Inc. will link Sacramento's disabled and long-term homeless to medical and behavioral health services, creating a homeless health care access portal for the chronic homeless.

Grant awards were also made to the following organizations and partnerships in Yolo County:

1. Suicide Prevention and Crisis Services in Yolo County and Yolo Community Care Continuum will work together to identify individuals calling

a 24-hour crisis phone line who are in need of immediate stabilization, residential care and other support services.

2. Citizens Who Care for the Elderly and Rural Innovations in Social Economics (RISE) will provide no cost support services to older adults and families coping with the challenges of various stages of dementia, ranging from early memory loss to advanced dementia.

Grant Awards were made to the following organizations and partnerships in Nevada County:

1. Domestic Violence and Sexual Assault Coalition and the Friendship Club will work collaboratively on a program that focuses on the integration of behavioral health and primary care to vulnerable populations.
2. Western Sierra Medical Clinic (WSMC), FREED Center for Independent Living and Community Recovery Resources will work together on initiatives that provide access to primary care and preventative services for vulnerable populations.

Since the program's inception in 1990, Dignity Health hospitals have made grant awards for nearly 3,000 projects, totaling almost \$47 million. Grant recipients are required to complete a detailed grant proposal outlining the purpose and scope of the project to be funded, as well as the population to be served, the project's outcomes, plans for its long-term operation and measurement of success. Projects must be in the area of health care and related social services. ★



CORDOVA CASINO

RANCHO CORDOVA, CALIFORNIA



POKER BARGAIN BUY-IN

Buy-in \$40, get \$60
(From 11am - 2pm daily \$1-\$2 NL)

Buy-in \$80, get \$100
(From 4pm - 7pm daily \$1-\$3 NL)



\$25 Free Play Chips with this ad!

PROMO CODE: COR25FPCGV114
Limit 1 per customer. Must join or be a member of the Player's Club. Must bring in original ad. Offer expires February 28th, 2014. GAMBLE RESPONSIBLY. 1-800-GAMBLER. GEGA#002841




\$20,000 TOURNAMENT

FEB. 15TH AND 16TH

- ★ \$220 BUY-IN
- ★ \$2,000 BONUS CHIPS IF ENTRY IS BEFORE FEB. 1ST
- ★ \$2,000 BONUS CHIPS FOR \$10 DEALER APPRECIATION

2801 PROSPECT PARK DR. // PHONE: (916) 293-7470 // WWW.CORDOVACASINO.COM

Receive \$20 bonus after a minimum of two hours play. \$20,000 based on 100 entries. All players must have a valid ID and be a member of the Cordova Casino Players Club. Must be 21 years of age or older. Casinos reserves the right to change or cancel any promotions at any time. All Management decisions are final. GAMBLE RESPONSIBLY. 1-800-GAMBLER. GEGA#002842,002073



Always FRESH!

LOW PRICES!

Now Accepting EBT

JESSE'S FARMER'S MARKET

Corner of Arden Way & Morse Avenue

**Farm Fresh Produce • Everyday Low Prices • Groceries
Fresh Baked Bread • Hand-Squeezed Juices + More!**

Farm Fresh Produce Delivered Daily at the Lowest Prices!

3100 ARDEN WAY • CORNER OF ARDEN & MORSE
(916) 482-1702

VISIT OUR SISTER STORE

C&A PRODUCE

6021 SAN JUAN AVENUE
CITRUS HEIGHTS 95821



THANK A VETERAN TODAY



Spring Craft Faire

March 2, 2014
9am-3pm
New Vendors Welcome!

972-0336

MISSION OAKS COMMUNITY CENTER

Travel the Region!



Ironstone Vineyards

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

Thursday, March 20

\$117 per person

Reserve by Feb. 17

Travel the World!

BOOK NOW & SAVE!

The Best of Eastern Canada

JULY 27- AUG 3, 2014

\$3,249 PP DOUBLE

Discover Tuscany

SEPTEMBER 18-27, 2014

\$3,684 PP DOUBLE

Exploring South Africa, Victoria Falls, & Botswana

NOV. 5-18, 2014

\$6,999 PP DOUBLE

MISSION OAKS RECREATION & PARK DISTRICT

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

www.morpd.com

DISTRICT OFFICE

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

MISSION OAKS COMMUNITY CENTER

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

SWANSTON COMMUNITY CENTER

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

It's a Zoo Out There!

Continued from Page 1

So what is it about pooches and painters? "It's instinctive for artists to have their friends pose," says S.F.A.C. spokesman David Peterson. "It creates a record of important people in their lives. Pets are part of that. Lots of artists take their dogs out plain air painting. You reach for them when you need reassurance and they are never critical of technique." Artists agree that animal portraits are no easier than human likenesses. Disinclined to be still unless sleeping, pets oblige many painters to work from photos. Peterson prefers living models. "If you love your dog, your emotion allows his likeness to come through," says the watercolorist.

Artists are so fond of their pets that the annual S.F.A.C. animal

show is among the center's most popular events. "It attracts around 400 entries, from which we then select 125 for exhibition," says Peterson. "Visitor attendance is great, too. Senior homes send buses of people; we also have school tours. Animal art seems to have an emotional appeal for all ages. We started doing this show nine years ago. Since then, galleries as far away as Santa Cruz have copied the idea."

The Sacramento show includes junior entrants in its juried Animal House exhibition. The winning young artist receives the same cash award as adult victors. All exhibits are for sale and prices range from \$25 to \$5000. "A good number of our youth entries sell," says Peterson. "Family members often buy

them. But selling a painting is a thrill, whatever your age."

High point of the exhibition is the Second Saturday (March 8) reception, when visitors can meet Audubon Society and SPCA sponsors. Along with art, pet exhibits are SPCA rescue dogs that wander the salons. "They are real sweethearts; everybody makes a fuss of them," approves Peterson. "It's an opportunity to adopt. You can also see our artists painting them, live. With live music, refreshment and animals, it's the most exciting night of our year – a three-ringed circus."

Admission to the Animal House show and Second Saturday reception is free. The S.F.A.C. gallery is at 5330B Gibbons Drive. To learn more about this event, visit www.SacFineArts.org ★

Watt Avenue US-50 Interchange Project

Traffic Increase Anticipated

Continued from Page 1

traffic conditions and enable "real time" changes to signal operation to ease traffic congestion.

- **New Center Bridge Structure:** A new center bridge structure is now complete, and provides additional pavement area for traffic lanes and a Bus-Rapid-Transit (BRT) lane.
- **Bicycle/Pedestrian Pathway:** Construction of a separated

pathway for bicycles and pedestrians is underway. Two concrete undercrossings have been constructed, along with portions of the pathway.

Completed Project: The completed project will provide: a reduction in overall delay through the interchange; much easier and safer access on and off the freeway for all motorists; dedicated

transit facilities; and, improved access and safety for bicyclists and pedestrians.

Anticipated Project Completion: It is anticipated that the project will be completed by midsummer, 2014.

Patience is Appreciated: The patience and cooperation of the traveling public is appreciated as work to construct the interchange project continues. ★

Sacramento County DA Reports

Recent cases of interest

CASE: Daniel Cory Clapp & Jolea Marie Clapp (01/31/14)

PROSECUTOR: Assistant Chief Deputy District Attorney Marv Stern, 916.874.6612

District Attorney Jan Scully announced today the arrest of 11-year veteran California Highway Patrol (CHP) Officer Daniel Cory Clapp, stationed in Lassen County, and his wife, CHP dispatcher Jolea Marie Clapp, on five felony counts of workers' compensation insurance fraud.

Daniel Clapp filed his workers' compensation claim based upon injuries he allegedly received during a scuffle while making an arrest on December 27, 2011. Daniel and Jolea Clapp stated to the workers' compensation doctor that Daniel was unable to drive, lift heavy items, and that pain prevented him from performing his duties as a CHP officer.

The CHP's Internal Affairs Section, Workers' Compensation Fraud Investigation Unit, conducted surveillance on numerous occasions and observed Daniel Clapp camp, boat, swim and dive. In addition, he was observed driving for long periods of time and cutting and carrying firewood rounds 18" thick and 24" in diameter. Jolea Clapp often accompanied Daniel Clapp on these pleasure outings and would drive for him while in the local CHP jurisdiction and then change driver positions outside of the jurisdiction.

During medical visits in which Daniel Clapp complained of pain, Jolea Clapp forcefully corroborated her husband's accounts of disabling pain and his inability to perform physical activities that she was observed seeing him perform.

Both defendants are accused of conspiracy to make false statements in support of a workers' compensation insurance claim and making false statements about the true extent of Daniel Clapp's physical activities and abilities in order to obtain benefits. Daniel Clapp is additionally accused of perjury for false statements in a deposition.

The amount of the fraud is in excess of \$50,000 and the charges carry a potential state prison sentence of up to 5 years and a \$150,000 fine upon conviction. The defendants will appear in Sacramento Superior Court in early February 2014.

This case is being prosecuted by the District Attorney's Insurance Fraud Unit.

CASE: Joseph Gannon (01/31/14)

PROSECUTOR: Deputy District Attorney Caryn Dubke, Elder Abuse Prosecution Unit

District Attorney Jan Scully announced today that the Honorable Delbert Oros sentenced 22-year-old Joseph Gannon to 15 years in state prison. On December 5, 2013, Gannon pled to multiple felony charges, including first-degree residential burglary, assault on an elder adult causing great bodily injury, second-degree burglary and two counts of identity theft. Gannon also admitted a prior first-degree residential burglary conviction from 2009, a strike under the Three Strikes Law.

The morning of April 7, 2013, Gannon entered the home of a 68-year-old woman he knew while she slept. During the burglary, the victim woke up, saw Gannon, and ultimately recognized him to be the son of her former friend. Gannon then beat her with his fists and her cane while she laid in bed, causing head trauma, multiple lacerations, and fractures to her cheekbone and jaw. The victim required jaw surgery and suffered other permanent injuries.

Gannon fled the victim's home with two rifles, her purse, cash, jewelry, and other items. A short time later, he was captured on surveillance video in two Placer County businesses using the victim's credit card to make purchases.

Deputy District Attorney Caryn Dubke stated, "The defendant targeted someone he knew and thought would sleep through the burglary. This senseless beating robbed the victim of her independence and left her depressed, disfigured, and terrified. Today's sentence is appropriate for this cowardly and despicable crime against an elderly member of our community."

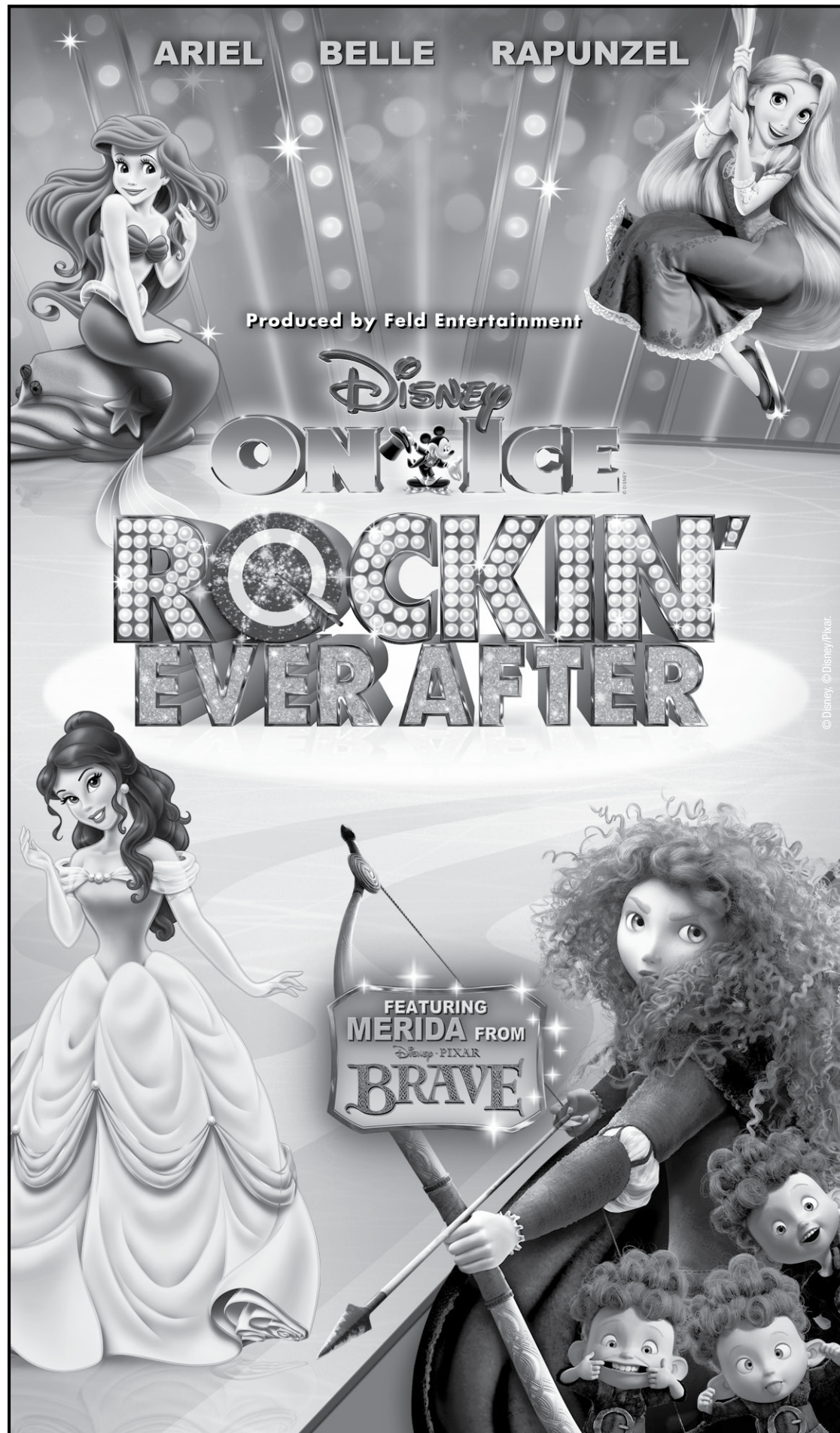
CASE: Charanjit Sandhu (01/30/14)

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

District Attorney Jan Scully announced today that the Honorable Eugene Balonon sentenced Charanjit Sandhu to 83 years to life in prison. On December 18, 2013, a jury convicted Sandhu on multiple charges of committing lewd and lascivious acts against minor female children.

After years of abuse, the victims bravely stood up against Sandhu and testified at trial even though they were fearful of him.

Deputy District Attorney Nancy Cochrane states, "I commend Sacramento County Sheriff's Detective Tony Saika and District Attorney Victim Advocate Rafaela Perez for their hard work in this case."



Tickets Start at \$17!

Restrictions, exclusions and additional charges may apply. Subject to availability. Supply and demand may affect price.

FEB. 6 – 9 STOCKTON ARENA

Thu. FEB. 6	Fri. FEB. 7	Sat. FEB. 8	Sun. FEB. 9
7:00 PM	7:00 PM	11:00 AM 3:00 PM 7:00 PM	1:00 PM 5:00 PM

FEB. 12 – 17 SLEEP TRAIN ARENA

Wed. FEB. 12	Thu. FEB. 13	Fri. FEB. 14	Sat. FEB. 15	Sun. FEB. 16	Mon. FEB. 17
7:00 PM	7:00 PM	7:00 PM	11:00 AM 3:00 PM 7:00 PM	11:00 AM 3:00 PM 7:00 PM	12 NOON 4:00 PM

Buy Tickets: Ticketmaster.com • 800-745-3000 • Venue Box Office

disneyonice.com



**CASH 4 GOLD JEWELRY
SILVERWARE &
VINTAGE WATCHES**

WATCH BATTERIES INSTALLED

Frank's Jewelry Shop

7319 Fair Oaks Blvd., Carmichael, CA 95608
916-481-0176

OFFICE SPACE FOR LEASE

Great Locations Available

Call to Schedule a Tour

**7144 FAIR OAKS
VACANCIES**

1. Suite A-1 is 182 SF.
2. Suite A-2 is 109.25 SF.
3. Suite A-3 is 109.25 SF.
4. Suite A-4 is 109.25 SF.
5. Suite #1 is 696 SF.

**3400
COTTAGE WAY
VACANCIES**

(Just off Watt Avenue) Sacramento

1. Suite K is 1717 SF.
2. Penthouse is 779 SF.
3. Suite F is 2342 SF. (Coming Available)

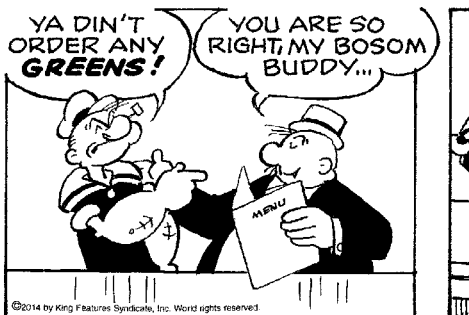
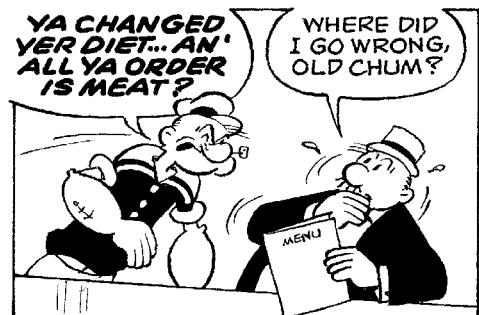
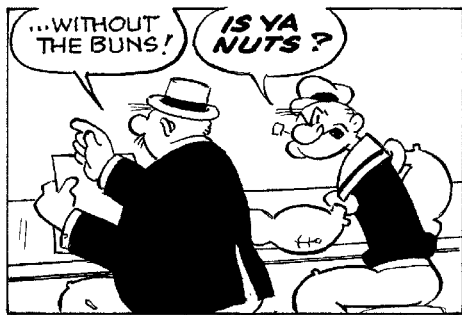
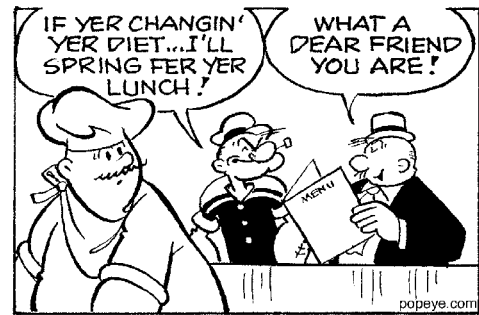
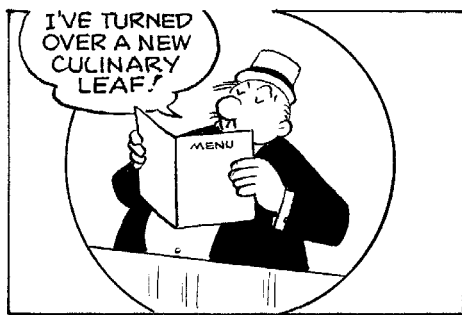
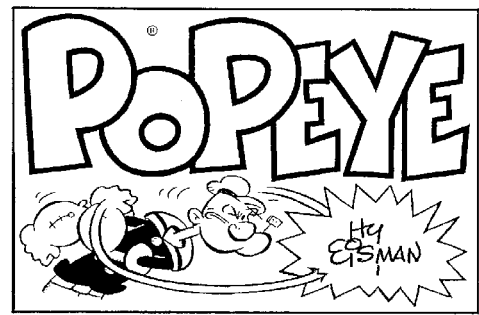
Contact Ben Tiner

6833 Fair Oaks Blvd. • Carmichael, CA 95608

916-974-6011

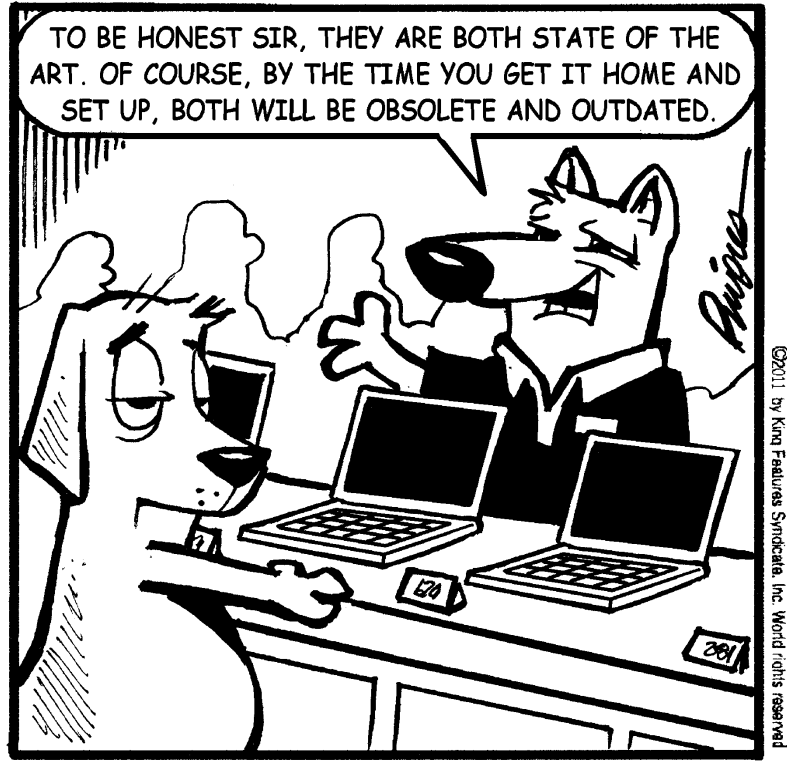
**GOT LOCAL
NEWS?**

Call 773-1111
CarmichaelTimes.com



Just Like Cats & Dogs

by Dave T. Phipps



HUBERT - - By Dick Wingert



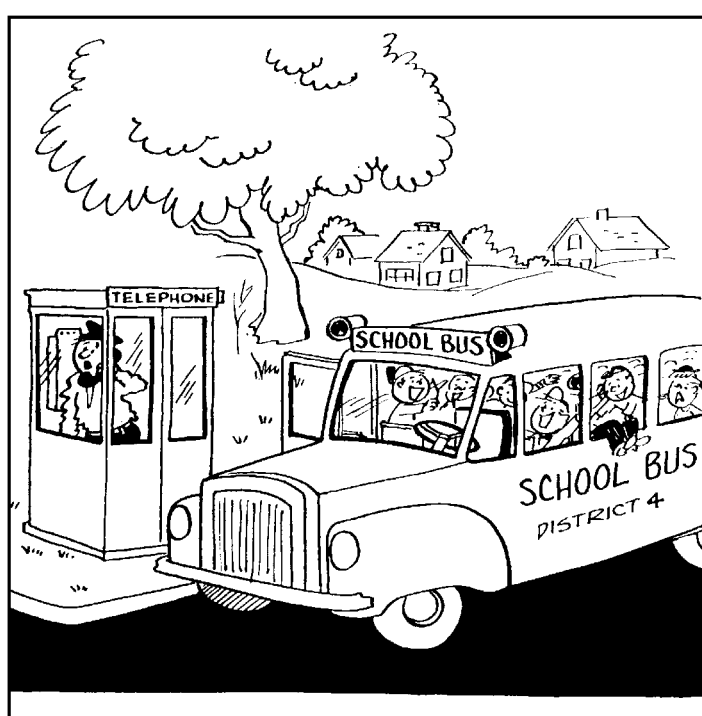
"Thought I'd surprise the boss with a container of hot coffee."

MISTER BREGER By Dave Breger



"Couldn't get a rope but I DID get you these cough drops . . . !"

LAFF - A - DAY



"Mr. Edwards, is that job hauling nitroglycerin still open?"

To Subscribe Call 773-1111

make a real connection
Call LiveLinks.
The hottest place to meet the coolest people.

Try it Free!
800.920.5217

Ahora en Español 18+

SACRAMENTO FINE ARTS CENTER, INC.
Contributing to the cultural life of the Sacramento community

Current and Upcoming Events

NORTHERN CALIFORNIA ARTS, INC. 75TH ANNIVERSARY 75 YEARS OF CELEBRATION

Northern California Arts, Inc. Aspiring Artists Debut January 28-February 15, 2014

Also, WASH, Inc. High School Watercolor Contest Show will share the gallery.
Prospectus <http://www.sacfinearts.org/exhibitionEntryForms.html>

WASH
Watercolor Artists of Sacramento Horizons is pleased to announce two fabulous workshops in 2014. On April 13th, Dale Laitinen, will lead a Sierra Landscape workshop. Lian Zhen will lead a 3 day workshop starting on August 16th. Please see our website for more information.
Our presenter for February is collage artist Paul Dessau who, by taking bits and pieces of magazine paper, printed items and found items, and adhering them to his hand-sketched picture layout, creates wonderful multi-layered creations. Come and have your imaginations tweaked by this talented artist on the 10th at 7:00 P.M.

Animal House Exhibit
February 18 - March 8, 2014
"Tongue Tied", by Sandy Delehanty

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

HELP WANTED

Messenger Publishing Group

INDEPENDENT SALES AGENT

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

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

Thinking of Changing Banks?
✓ Check the El Dorado Advantage

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

EL DORADO SAVINGS BANK
Serving our local communities for over 55 years
www.eldoradosavingsbank.com

Member FDIC
CARMICHAEL • 4701 Manzanita Ave. • 481-0664
Se Habla Espanol • 800-874-9779

Simple Tips For A Healthy Heart

(NAPSA)—Getting on the road to a healthier lifestyle is as easy as taking better care of your heart. According to internist and researcher Dr. Steven Lamm, “Caring for your heart is one of the most important things you can do for your body, and simple steps can make a big difference.”

Since heart disease is the leading cause of death in America, it’s always a good time to take steps to reduce your risk of heart disease:

1. Get plenty of exercise—at least 30 to 60 minutes most days. You don’t have to do it all at once, however; several 10-minute sessions work just as well to help lower your weight, cholesterol and blood pressure. Plus, activities such as gardening, housekeeping, taking the stairs and walking the dog all count as exercise.

2. Eat a heart-healthy diet. If you’re like most Americans, that means eating more fruits, whole grains and vegetables (five to 10 servings a day) and more foods rich in omega-3 fatty acids, such as salmon, mackerel, flaxseed oil, walnut oil, soybean oil and canola oil. Try to limit the amount of red meat and fried food you eat and dairy products should be low or no fat.

3. Take aspirin to lower your risk of getting blood clots, if recommended by your doctor.

4. Try to manage stress. Deep breathing, meditation or yoga may help.

5. Take supplements. Dr. Lamm recommends the natural supplement Pycnogenol® (pic-noj-en-all) to help maintain healthy circulation and assist blood flow. It supports healthy blood pressure and offers healthy cholesterol maintenance.



Pines growing in southwest France are the source of heart-healthy Pycnogenol French maritime pine bark extract.

6. Don’t smoke. Even smokeless tobacco and low-tar and low-nicotine cigarettes are risky. Also, try to avoid secondhand smoke. The good news: Smokers who quit cut their risk of heart disease by half after a year.

7. Drink alcohol only in moderation—no more than two drinks a day for men, one a day for women.

8. Get regular checkups. Your doctor should test for high blood pressure and high cholesterol, which can damage your heart and blood vessels. Diabetes is also a risk factor for heart disease.

9. Maintain a healthy weight. Reducing your weight by just 10 percent can decrease your blood pressure, lower your blood cholesterol level and reduce your risk of diabetes. Men are considered overweight if their waist measurement is greater than 40 inches; women, if it’s greater than 35 inches.

Learn More

Find out more about the health benefits of Pycnogenol by visiting www.pycnogenol.com.

A New Approach To Treating Emphysema

(NAPSA)—Those who have emphysema may soon be able to breathe a sigh of relief. That’s because alternative ways to treat advanced cases of the condition are being developed.

Emphysema is a progressive, debilitating lung condition affecting nearly 5 million people in the U.S. and 60 million people worldwide. It’s caused by irreversible damage to the delicate tissue of the lung that makes it difficult to



It’s hoped a new treatment for advanced cases of emphysema can be an alternative to surgery.

breathe. The most commonly prescribed therapies for emphysema are bronchodilators (inhalers) and anti-inflammatory drugs, both of which are designed to relax and open the airways.

However, when medications fail to provide relief, emphysema patients have limited, highly invasive options: a major surgical procedure known as LVRS (Lung Volume Reduction Surgery) or a lung transplant. Both are high-risk and rarely performed.

An alternative treatment option that is approved in Europe is now being tested in a clinical trial in the United States. Called the AeriSeal System, manufactured by Aeris Therapeutics, it uses a specialized foam sealant to seal and shrink diseased areas of the lung. This is thought to be a less risky way to reduce lung volume without major surgery. Reducing lung volume leaves more space for healthier parts of the lung to function more effectively, making it easier to breathe. It’s believed this would improve quality of life for those living with more advanced emphysema.

The ASPIRE Clinical Study will involve approximately 300 patients at medical centers in the U.S., Israel and Europe.

To learn more, visit the website at www.ASPIREClinicalStudy.com.

Keep Your Energy Up



Nutrition in a nutshell: A balanced diet, including plenty of peanuts and other plant-based protein foods, can help keep you energized all day.

(NAPSA) – The next time you feel your energy flagging, consider this advice from the U.S. Centers for Disease Control and Prevention and other experts:

Getting a balance of protein and nutrients in your diet is the key to keeping your energy up all day. That means making sure you eat a variety of whole grains, fruit, veggies and protein at each meal.

• For starters, have a good breakfast. After many hours of fasting, a nutritious breakfast helps provide energy for an active day. A breakfast filled with a balance of nutrients—protein, grains, fruit and dairy—will give your brain as well as your body what it needs to get you through the morning at your best.

• Next, get moving. Getting a little physical activity each day, activities like taking a 30-minute walk around the neighborhood or mowing the lawn, can help you build strong bones and muscles, reduce body fat and feel great. Being active uses energy, and you’ll feel invigorated.

• Finally, snack smart. Rather than empty calories, enjoy something like this:

24-7 Energy Snack Mix

- 2 cups roasted peanuts
- 1 cup toasted sunflower seeds
- 1/4 cup dried mango, diced
- 1/4 cup dried apples, diced
- 1/2 cup M&Ms

Toss ingredients together in large bowl. Portion 1/4-cup servings into plastic snack bags.

Makes: 16 servings

An important part of that snack is the protein you get from the peanuts. Sherry Coleman Collins, MS, RD, LD, says, “Peanuts are a powerhouse of protein. With seven grams per serving, peanuts contain more protein than any nut. Protein is one of the essential nutrients in life. It is important not only for growing children but also for maintaining muscles, bones and skin throughout life.”

Moreover, peanuts are a natural source of plant-based protein. Collins recommends choosing more plant-based proteins as part of a healthy lifestyle. The government’s Dietary Guidelines for Americans specifically point out the need for a shift in food intake to a more plant-based diet; one that emphasizes fruits, vegetables, whole grains and nuts. Whether you’re a vegetarian or looking to cut down on saturated fat levels, peanuts can be a smart choice when looking for a boost of protein in any meal.

Learn More

For further peanut facts, tips and recipes, go to the National Peanut Board website at <http://nationalpeanutboard.org>.

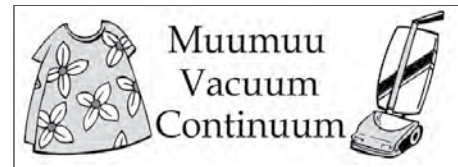
Did You Know?



The word “sinister” can be traced from the Greek for “left-handed.” While the Romans thought good omens came from the left-hand side, to the Greeks, the left was the source of bad omens.



Neckties were first worn in Croatia. That’s why they were called “cravats.”



There are only three words in the English language with the letter combination “uu”: muumuu, vacuum and continuum.

Chapanian’s Carmichael Furniture

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

BIG STORE BRANDS, SMALL STORE PRICES!!



Starting at \$1199

Jayden 3pc. Chaise Sectional

*Available in 100’s of Fabric Combinations**

***by custom order**



Jonathan Louis

Dreams Happen. Make Room.

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

916-487-7895

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

Closed Sunday and Monday

We Specialize in Custom Orders!

Visit our web site at www.carmichaelfurniture.us

Salome's Stars

ARIES (March 21 to April 20) Doing something nice for others is typical of the generous Arian. But be prepared for some jealous types who might try to question one of your more recent acts of kindness.

TAURUS (April 20 to May 20) You're eager to take on new responsibilities. But before you do, you might want to check out exactly what would be required of you so that you don't face any "surprises" later.

GEMINI (May 21 to June 20) It might be best to put off an important decision until a fluctuating situation becomes more stable. Recently received news could help resolve a long-standing family matter.

CANCER (June 21 to July 22) If you still have a problem getting that information gap closed, you might consider asking a higher authority to resolve the matter, leaving you free to move on to another project.

LEO (July 23 to August 22) A family matter needs to be dealt with at the start of the week. Once it's resolved, the Big Cat can devote more attention to that new opportunity that seems to hold so much potential.

VIRGO (August 23 to September 22) Pay attention to those niggling doubts. They could be warning you not to make any major decisions until you've checked them out -- especially where money matters might be involved.

LIBRA (September 23 to October 22) A business venture might need more of your attention than you are able to provide. Consider asking a trusted friend or family member to help you work through this time crunch.

SCORPIO (October 23 to November 21) A more-positive aspect helps you get a clearer focus on how to handle your time so that you can deal with several responsibilities that are just now showing up on your schedule.

SAGITTARIUS (November 22 to December 21) A very close friend (you know who that is!) has

advice that could help you work through a confusing situation. So put your pride aside and ask for it. You'll be glad you did.

CAPRICORN (December 22 to January 19) A workplace situation could turn a bit tense. The best way to handle it is to confront it and deal with it openly. Doing so can help reveal the underlying reasons for the problem.

AQUARIUS (January 20 to February 18) A colleague's remarks appear to be especially cutting. But don't waste your time or your energy trying to deal with the situation. You have more important things to do.

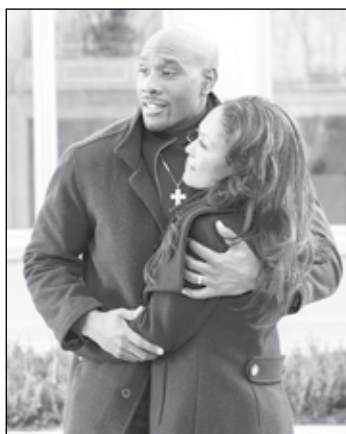
PISCES (February 19 to March 20) Support for your work comes as a surprise from someone you thought was critical or, at least, indifferent. Your spouse or partner has big plans for the weekend.

BORN THIS WEEK: *Your spiritual strength often acts as an inspiration to help others make decisions about their lives.*

(c) 2014 King Features Synd., Inc.

COUCH THEATER DVD PREVIEW

COUCH THEATER -- DVD PREVIEW
By Sam Struckhoff
EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of Feb. 3, 2014.



Morris Chestnut and Monica Calhoun in "The Best Man Holiday"

PICKS OF THE WEEK

"Ender's Game" (PG-13) -- Mankind's only hope against extinction lies with one boy who must grow into the greatest military leader Earth has ever produced. Humans were almost wiped out by the ant-like Formics, so humanity has poured a lot of resources into finding the next brilliant commander who will save us. Ender Wiggins (Asa Butterfield) is enrolled in an elite academy located on a space station. Here, he has to prove he has the strategic mind and the leadership skills to finish off the Formic threat for good.

The movie is based off of the science-fiction series by Orson Scott Card. Before there was Harry Potter, Ender Wiggins was the boy-savior enrolled in a special school who captured young readers. In both movie and book, however, "Ender's Game" is a darker story that takes a closer look at the hero's morality.

"The Best Man Holiday" (R) -- This sequel to the late '90s comedy hit "The Best Man" reunites the

original cast for a feel (mostly) good romantic-comedy/drama/holiday movie. In the prequel, struggling writer Harper (Taye Diggs) dropped quite a bomb by publishing some private stories about his friends around the time of Lance and Mia's (Morris Chestnut and Monica Calhoun) wedding. Nine years later, the whole group of college friends come together to celebrate the holidays at Lance and Mia's mansion.

The whole story goes down much easier thanks to the more comic Quentin (Terrence Howard) and Shelby (Melissa Desouza). The chemistry between the cast works quite well, even when the script gets sappy. Director Malcolm D. Lee perhaps overstuffs the story -- trying in the end to wrap up with birth, death, sex, friendship, Jesus and football all at once.

"All Is Lost" (PG-13) -- Robert Redford plays a man fighting for survival on the open ocean. He's all alone, and a storm has rammed a shipping container into his sailboat. There is hardly any dialog -- just a short voiceover speech in the beginning and the rest is pretty solitary. You don't even learn the character's name. With patience and a careful eye, a viewer may make it through the run time and feel a thing or two about man's place in nature. Others will be washed away in a drowning wave of boredom that hits before the second act.

DOG OF THE WEEK

"The Counselor" (R) -- Even if a movie has a script by a best-selling author, a renowned director in the chair and an A-list cast, it can still be awful. That is the clearest lesson one can learn from "The Counselor." It's a drug-world noir story in which Michael Fassbender plays a sweaty, handsome lawyer who gets caught up in an obviously bad situation. What's truly noteworthy is the droning, wannabe-philosophical dialog that drips out of every character's mouth.

TV RELEASES

- "Sherlock: Season Three"
- "Newhart: Season Two"
- "Dallas: Complete Second Season"
- "Swamp People: Season 4"
- "The Returned"

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



• This tip will change your life when peeling eggs: After you have hard-boiled your eggs, drain them and leave them in the pot. Put the lid on the pot and shake. Shake in all directions for up to a minute. The eggs practically slip right out of their shells. Just rinse and prep. — JoAnn

• "I feed my kitty cat outside on the back porch, but she eats a little at a time and whenever she took a break, the ants would be all over her food. Now I serve my little princess in a teacup and saucer I found at the thrift store. I put the food in the cup, and then put a little water in the saucer. The teacup sits in the water on the saucer. The ants won't get the food ever, because they can't cross the water to get at it. Kitty is very happy now that she can take her time." — O.W. in Arkansas

• "To distinguish your keys, especially house keys that have similar stamps, simply paint the key head with different colors of nail polish. You could even add a very subtle dot of the matching polish on the key lock. Reapply as needed." — S.L. in Oregon

• Use a flat iron to iron your collar if it's rumpled. This also works to straighten out button holes that have crimped.

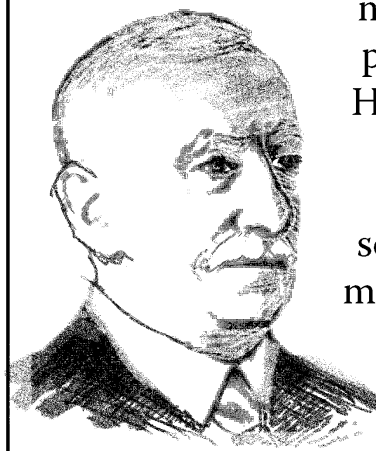
• "To mark the end on a roll of tape, save your bread tabs. Stick one on the tape end and it will be ready and easy to start the next time. If it's a thick tape, you can use two clips — one at either side of the tape. This way, it won't split on you." — M.E. in Maryland

Send your tips to Now Here's a Tip, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475 or e-mail JoAnn at heresatip@yahoo.com.

© 2014 King Features Synd., Inc.

To Subscribe Please Call 773-1111

The Garden Bug



Sir Albert Howard (1873-1947) is often referred to as the father of modern organic agriculture. In 1905 he began work as agricultural advisor in Indore, India, where he observed the cultivation methods of the local farmers, such as composting, that returned nutrients to the soil. He documented and developed these farming techniques. His work influenced and inspired many farmers and agricultural scientists who furthered the organic movement. His 1940 book *An Agricultural Testament* is a classic organic farming text.

Source: www.ifoam.org - Brenda Weaver

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

HELP AT THE PUSH OF A BUTTON



America's "Top Rated" Medical Alert System

BEST OFFER YET



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

Call Now!

1-800-969-5184

Your Only Computer Guy

30 Minutes Free Diagnostics



In Business Since 1998

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

Leo Corser

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

Cell:
(916) 221-0630



youonlycomputerguy.com

CALL A PROFESSIONAL!

Business & Service Directory

PAINTING SERVICE

J & M PAINT SERVICE

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

Interior & Exterior
Specials!

**20% OFF
REGULAR PRICE**

916-967-0763

Offer Good through November 1, 2013 till February 2014

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

VACUUM SERVICE AND REPAIR

VACUUM SERVICE CENTER

Repair • Parts • Belts • Bags

Your One-Stop Vacuum Repair Shop

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

LANDSCAPE SERVICES

SLS

Superior Landscape Services
Landscaping and Maintenance

Insured
Lic#794551

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

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

CONCRETE

**S & D
CONCRETE**

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

STEVE DeVRIEND
President

916-988-9659
916-425-6984

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

DRUG AND ALCOHOL REHABILITATION

CLEAN & SOBER
LIVING
CSTL, Inc.

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

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

FUNERAL SERVICES

RUSS MONROE'S

FUNERALS & CREMATIONS

FD 1404

7960 WINDING WAY
FAIR OAKS, CA 95628

Tel (916) 9611265
Fax (916) 9612430

PRINTER AND COPIER SERVICE

Specialties Plus

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

Specializing in Digital
Printers, Copiers,
Fax & Multifunction
Machines

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

DENTAL CARE

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

AMERICAN RIVER DENTAL

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

10350 Coloma Rd. 362-9247

HOME OWNERSHIP

1st Time Home Buyer??



Me out

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



Scan QR Code to see YouTube Video

REAL ESTATE

Sherm Grady

REALTOR@BRE #01925823

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



2270 Douglas Blvd., Ste 120
Roseville, CA 95661

COLDWELL BANKER
RESIDENTIAL BROKERAGE

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

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

PAINTING SERVICES

Anni The Painter



One Room
at a Time
Okay!

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

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

FUNERAL SERVICES



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

GLASS NEW & REPAIR

DICK'S RANCHO Glass
Fogged or Leaky Windows?
New & Repaired
Patio Door Rollers,
Custom Mirrors, Shower Doors
& Window Screens
Since 1956
363-6554

COMPUTER SERVICES

Apple Tutor and Web Designer
for your iPhone, iPad, iMac, MacBook and Apple TV
Need some expert Help with your Apple products or designing your website?
Please go to my website for more information:
YourAppleConsultant.com

Zinsky's
PC Configurations
"Don't replace it - REPAIR IT!"
Custom Desktop Computer Configurations
• PC Repair • Home Wireless Networking
• Installations • Viri & Spyware Eradication
Alan Zinsky
Phone: 916-622-2269
Zconf@sbglobal.net
Bus. Lic. # 305312 • B. E. A. R. Reg. #84416
www.zinskyspcrepair.com

PIANO LESSONS

BEGINNERS PIANO LESSONS
BREAKTHROUGH APPROACH
MAGGI Rivers
DEBBIE Dougherty
Students of all ages play great-sounding music from their very first lessons!
397-4069
CALL US TODAY FOR MORE INFORMATION AND TO SCHEDULE YOUR LESSONS

STATEPOINT CROSSWORD • VALENTINE'S DAY

CLUES

- CROSSWORD**
- ACROSS
- "Love Me Tender" performer
 - "And She ___" by Talking Heads
 - "For Whom the ___ Tolls"
 - Wall coat
 - B&B, e.g.
 - "He fell in love with a face "that launched a thousand ships"
 - February "People," e.g.
 - Parental involvement org.
 - Trojan War story
 - "He fell in love with Little Red-Haired Girl"
 - ___'s fee
 - Old age, archaic
 - Display displeasure
 - "Bride and groom say their "I ___"
 - Choir voice
 - Part of Yugoslavia
 - Iris holder
 - Paleozoic and Mesozoic
 - The fourth prime number
 - Rigid necklace
 - Of the kidneys
 - Baseball points
 - Was attached
 - Jittery
 - It should be opened when starting a fire
 - Winslow ___ and ___ Simpson
 - Back talk
 - "C ___ la vie!"
 - EU currency
 - "Just an ___-fashioned love song"
 - "Cyrano de Bergerac's love interest"
 - *Popular Valentine's
- delivery
64. Disturbances
65. Get it wrong
67. Spur on
68. Strong adhesive
69. By means of
70. Fragrant resin
71. "I, Claudius" role
72. Bird-to-be
73. "What Snow White did before Prince Charming's kiss"
- DOWN**
- Larger-than-life
 - Alfred "___" LaRue
 - Americans need one to enter Australia
 - Accustom
 - Sister to Blanche DuBois
 - Clean the blackboard, e.g.
 - Symbol of industriousness
 - Mix-up
 - Like white-headed eagle
 - Albany-Buffalo canal
 - His pants are on fire?
 - Hallucinogen
 - Slang for communist sympathizers
 - Lazybones
 - Breed
 - What's-his-name
 - "Even-Steven kind of date"
 - Convex molding
 - Red Cross supply
 - Arborist's concern
 - Lord's worker
 - Egg cell
 - "Aphrodite's Roman counterpart"
 - Early stage of sickness, e.g.
 - High school breakout
 - "The Twilight ___," romantic film series
 - Popular disinfectant
 - Like Danny Zuko's hair
 - "Your Love is Like the Morning ___"
 - Skiers' turfs
 - "His character fell in love with Lois Lane"
 - Be situated within
 - Tug-of-War equipment
 - Emanation
 - "Kisses and hugs"
 - Hand grenade
 - "All for one, one for all" sword
 - Beef cut
 - Rotisserie skewer
 - "Dudley Moore/Bo Derek romantic comedy"
 - 18-wheeler

1	2	3	4	5	6	7	8	9	10	11	12			
13					14			15						
16					17			18						
19					20			21	22					
					23			24						
25	26	27		28		29		30		31	32	33	34	
35			36		37			38		39				
40					41			42		43				
44				45		46				47				
48					49			50		51		52		
					53			54		55		56		
57	58	59						60				61	62	63
64								65	66			67		
68								69				70		
71								72				73		

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

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

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

dish

SUDOKU

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

esurance
on Allstate company

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

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

For Solutions See Page 11

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

FREE TOWING
TAX DEDUCTIBLE

Heritage for the Blind

Help Prevent Blindness
Get A Vision Screening Annually

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

Come back every week for Crossword and Sudoku!

Adoption

PRENANT? CONSIDERING ADOPTION? Talk with caring adoption expert. Choose from families Nationwide. LIVING EXPENSES PAID. Call 247/366's One True Gift Adoptions 866-413-6296 Void In Illinois/New Mexico/Indiana (NANI)

Announcements

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

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

DID YOU KNOW Newspaper-generated content is so valuable it's taken and repeated, condensed, broadcast, tweeted, discussed, posted, copied, edited, and emailed countless times throughout the day by others? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

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

Antiques/Collectibles Wanted

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

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

Apartments For Rent

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

Auto Donations

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

DONATE A CAR - HELP CHILDREN FIGHTING DIABETES. Fast, Free Towing. Call 7 days/week. Non-runners OK. Tax Deductible. Call Juvenile Diabetes Research Foundation 1-800-578-0408 (NANI)

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

Autos Wanted

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

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

GET CASH TODAY for any car/truck. I will buy your car today. Any Condition. Call 1-800-864-5796 or www.carbuygo.com (NANI)

Automobiles

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

AVON For Sale

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

Business Opportunity

MAKE MONEY MAILING POSTCARDS! Guaranteed Legitimate Opportunity! www.PostcardsToWealth.com ZNZ Referral Agents Wanted! \$20-\$84/Per Referral www.FreeJob Position.com. Big Paychecks. Job Friday! www.LegitCashJobs.com (NANI)

Cable/Internet Services

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

Cable/Satellite TV

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

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

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

Cable/Satellite TV

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

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

Career Training/Education

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

Credit/Debt Services

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

Divorce

Before you list your home, order Free Special Report that reveals what happens to your matrimonial home before, during, and after a divorce. Free recorded message 1-800-213-4205 ID# 1009 DRE # 09082220 R Dumont (MPG 08-30-12)

Electrical Services

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

Financial Aid

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

Financial Services

Do You Want to Know What Your Home is Worth? Home Values Have Increased Over 30% in our Area in the Last Year! Call Now for a FREE Market Analysis of Your Home (916) 992-9922 (MPG 06-30-13)

Guaranteed Income For Your Retirement. Avoid market risk & get guaranteed income in retirement! CALL for FREE copy of our SAFE MONEY GUIDE Plus Annuity Quotes from A-Rated companies! 800-375-8607. (Cal-SCAN)

For Sale Travel Trailer

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

Foster Parenting

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

Handyman

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

One call, does it all! Fast and Reliable Handyman Services. Call ServiceLive and get referred to a pro today. Call 800-958-8267 (Cal-SCAN)

Health & Medical

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

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

Health & Medical

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 90 percent on all your medication needs. Call today 1-800-273-0209, for \$10.00 off your first prescription and free shipping. (Cal-SCAN)

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

Heating & Air

AC Repair Low Prices 487-4609 (MPG)

Help Animals

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

Help Wanted

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

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

WORK & TRAVEL \$\$\$\$\$. Energy jobs available in Northern California...\$500.00/\$1200.00 per week... must be 18+. BBB accredited Company... apply online at www.energyplus1.com, 1(208)590-2870. EOE. (Cal-SCAN)

GOOD MONEY!! PAID IN ADVANCE!!! MAILING OUR BROCHURES/POSTCARDS or PAID BI-WEEKLY!! TYPING ADS for our company. PT/FT. Genuine! No Experience! www.HiringLocalHelp.com (NANI)

HELP WANTED! Make extra money in our free popular homemaker program, includes valuable guidebook! Start immediately! Genuine! Bonuses! 888-910-6976 http://www.easywork-fromhome.com/ (NANI)

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

Help Wanted Drivers

DRIVER: OTR Drivers needed for Solo & Team positions. Midwest and West Coast traffic lanes. Competitive pay. Assigned 2013 & 2014 Kenworths. Safety/Productivity incentives. 800-645-3748 (Cal-SCAN)

Drivers: Top 1% Pay - Pet & Rider Programs. Exp Pays - up to 50 cpm. Full Benefits + Quality Hometime. CDL-A Req Call 877-258-8782 www.ad-drivers.com (Cal-SCAN)

Drivers - CDL-A Train and Work for US! Professional, focused CDL training available. Choose Company Driver, Owner Operator, Lease Operator or Lease Trainer. (877) 369-7126 www.CentralTruckDrivingJobs.com (Cal-SCAN)

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

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

Inhome Childcare

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

Legal Services

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

Medical Supplies/Equipment

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

Medical Alert for Seniors - 24/7 monitoring. FREE Equipment. FREE Shipping. Nationwide Service. \$29.95/ Month Call Medical Guardian Today 855-334-1975 (MB 06-30-14)

Miscellaneous

SAWMILLS from only \$4897.00 MAKE & SAVE MONEY with your own bandmill - Cut lumber any dimension. In stock ready to ship. FREE Info/DVD: www.NorwoodSawmills.com 1-800-578-1363 Ext.300N (Cal-SCAN)

Have fun and find a genuine connection! The next voice on the other end of the line could be the one. Call Tango 1-800-905-0676. FREE trial! (SWAN)

Feel The Vibe! Urban woman and men ready to MAKE THE CONNECTION. Call singles in your area! Try FREE! Call 1-800-974-0356 (SWAN)

CASH PAID - UP TO \$25/BOX for unexpired, sealed DIABETIC TEST STRIPS! 1 DAY PAYMENT & PREPAID shipping. BEST PRICES! Call 1-888-776-7771. www.Cash4DiabeticSupplies.com (NANI)

FREE DIRECTV \$0 Start Costs! 150+ Channels \$7.50/week! Free HBO/Cinemax/Showtime/Starz! Free HD/DVR! We're Local Installers! Call 1-800-211-0681 (NANI)

AIRLINES ARE HIRING - Train for hands on Aviation Career. FAA approved program. Financial aid for qualified students - Job placement assistance. CALL Aviation Institute of Maintenance 888-686-1704 (NANI)

Meet singles now! No paid operators, just people like you. Browse greetings, exchange messages, connect live. FREE trial. Call 1-877-737-9447 (NANI)

CASH FOR CARS: All Cars/Trucks Wanted. Running or Not! Top Dollar Paid. We Come To You! Any Make/Model. Call For Instant Offer: 1-800-864-5960 (NANI)

Have fun and find a genuine connection! The next voice on the other end of the line could be the one. Call Tango 1-800-381-1758. FREE trial! (NANI)

Order Dish Network Satellite TV and Internet Starting at \$19.99! Free Installation, Hopper DVR and 5 Free Premium Movie Channels! Call 800-597-2464 (NANI)

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

ROTARY INTERNATIONAL - Rotary builds peace and international understanding through education. Find information or locate your local club at www.rotary.org. Brought to you by your free community paper and PaperChain. (NANI)

DIRECTV \$0 Start Costs! 150+ Channels \$7.50/week! Free HBO/Cinemax/Showtime/Starz+HD/DVR +NFL Sunday Ticket! Call 1-800-983-2690 (NANI)

DIRECTV, Internet, & Phone From \$69.99/mo + Free 3 Months: HBO® Starz® SHOWTIME® CINEMAX® + FREE GENIE 4 Room Upgrade + NFL SUNDAY TICKET! Limited offer. Call Now 888-248-5961 (NANI)

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

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

DirectTV Over 140 channels only \$29.99 a month. Triple savings! \$636.00 in Savings. Free upgrade to Genie & 2013 NFL Sunday ticket free for New Customers. Start saving today! 1-800-416-7254 (SWAN)

Music Lessons

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

Piano lessons for children and adults by experienced, creative teacher. Citrus Heights. For more information, visit www.anitraalexander.com, or call (916) 725-1054 (MPG)

Music Lessons Piano Beginner and Classical. \$60 (916) 899-8529

Painting Services

Anni The Painter One Room at a Time Okay! Perfectionist • Fun Ideas • Kid's Rooms • Cabinets • Bathrooms • Kitchens • Etc. New Molding Installs • Small Jobs OK! Lic # 728928 • Free Bids 916-532-6194

Go Painlessly with THERA-GESIC. Maximum strength analgesic creme for temporary relief from: • Joint and Muscle soreness • Arthritis • Back aches

Sudoku Puzzle on Page 10

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

Personals

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

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

Pet Care

Give your pets great care while you're gone. Kennel free environment. Lots of TLC. Call Madeline 916-723-1608. (MPG 12-31-13)

Pets/Animals

SPCA THRIFT SHOP The Real Non-Profit Helpless Animals Need Your Donations Will Pick Up Call 916-442-8118 1517 E Street for donations 10-4pm

DOG RESCUE Gary (916) 334-2841 Please Adopt or Foster Because so many really great dogs are dying for a good home... ShelterMOU@hotmail.com

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

Position Wanted

Real Estate

Hope for Troubled Homeowners

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

Real Estate

40 ACRES \$155/MONTH \$499 down. Immediate financing. No qualifications. No penalties. NW Nevada near Reno. Call Earl 1-949-632-7066. www.CheapRuralProperty.com (NANI)

Real Estate Loans

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

Roofing

RV For Sale 2006 Four Winds

2006 Four Winds Fun Mover 34C, 41k miles, \$31,300 OBO. Call or sms at 818-396-7229 (MPG 02-28-14)

Sporting Goods

LET THERE BE LIGHT! If God Had A Flashlight It Would Be Like This... VoidHawkFlashlights.com 772-985-8950 (NANI)

Volunteers Needed

Bristol Hospice is looking for volunteers to provide companionship with our hospice patients and families. We provide the training and match you with a family in your area. Please call volunteer services for more information at (916) 782-5511. (MPG 12-31-13)

Sutter Auburn Faith Hospice Thrift Store invites volunteers to work as cashiers, sales floor assistants, donation processors or pricers. Training is provided; a four hour weekly commitment is requested. Location: 13342 Lincoln Way, Auburn. Call store coordinator, Kim Chase, 530-887-0561. (MPG 12-31-13)

Volunteers Needed

Volunteers Needed: A Community For Peace, formerly the Domestic Violence Intervention Center, offers ongoing opportunity for volunteers. Call 728-5613 or visit our office at 6060 Sunrise Vista Dr, Suite 2340, Citrus Heights, CA 95610. (MPG 12-31-13)

Want to Buy

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

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

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

VICTORIA HEATING & AIR CONDITIONING

Lic#877379 Over 10 Years of Experience We Provide SERVICE, REPAIR, CHANGE OUT AND NEW INSTALL • Easy • Fast Response • Reasonable Price • We offer a Special \$50 Diagnostic Fee • We will tell you what is wrong with your unit and how much it will cost to fix your unit before we begin work • Each project is confirmed in writing and one year warranty • OR, new unit installed with 5 to 10 years warranty So Don't Wait! Call Us At (209) 338-4475 or (916) 474-0173 (MPG 16-02-14)

HEALTHCARE OCCUPATIONAL THERAPIST in Auburn, CA

Plan & Conduct O.T. prog. Required: Bachelor's Degree in O.T. and 5 Years Experience and CA OT License.

Mail resume to: Pamela Wright, HR/Payroll Coordinator, Rock Creek Care Center, 260 Race Track Street, Auburn, CA 95603 (MPG 02-28-14)

NOTICE TO READERS

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

DISCLAIMER

Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.

Messenger Publishing Group has openings for people who know how to work.

Customer Service/ Inside Sales We are looking for a Customer Service pro. Must have sales and service experience, great telephone presence, flexible schedule, be proficient with Excel, Quickbooks and the internet. Position follows up with incoming sales calls for our sales agents, with legal advertising clients to verify orders and information, and offers general customer service to advertising clients.

Copy/Traffic Editor Must have editorial experience and work well with others in a fast paced environment. Position manages incoming submissions via email, copy edits submissions to prepare them for print and generally organizes editorial copy. Flexible schedule.

Web Work 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 article posted. Must be proficient in Dreamweaver and Photoshop CS3.

Graphic Artist-Layout Support person needed to assist with graphics and layout. Must be proficient in various programs including Adobe CS3-5 Photoshop, InDesign, etc. Design ads from home and/or perform layout duties at MPG offices. Newspaper or magazine publishing preferred.

Delivery Home delivery and single copy/newsstand routes available in Citrus Heights, Fair Oaks, Rancho Cordova, Carmichael, Orangevale, Arden-Arcade, Auburn/Coxfax. No collecting. Delivery days vary on Tuesday, Wednesday, Thursday. Deliver close to home. Must have good running vehicle, current DMV, auto insurance, CA driver's license.

Social Media Support We are looking for a knowledgeable Social Media professional to contract to manage our Social Media needs for our many websites. Must already know what you are doing! References and a track record a must. We are a growing media company. This could be a long-term deal!

To apply for any of these positions email your resume and references to Publisher@MPG8.com



DO TEA COMPANY EMPLOYEES TAKE COFFEE BREAKS?

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

LEGAL ADVERTISING

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

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

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-00019. Aleksandr Lamakin, 4928 Vir Mar St., Apt. 10, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Allunited" at 4928 Vir Mar St., Apt. 10, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on December 20, 2013. Publish: January 16, 23, 30, February 6, 2014. ALLUN 142021 02-06-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-09984. Teresa Sue Ponca, 8081 Via De Palmas Ln., No. 1, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Knowledge Empowers You" at 8081 Via De Palmas Ln., No. 1, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on December 30, 2013. Publish: January 16, 23, 30, February 6, 2014. KNOW 142021 02-06-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-09283. JSA Strategic Alliance, LLC, 6830 Stockton Blvd., No. 150 A, Sacramento, CA 95823 is doing business under the Fictitious Business Name "Smoke Plus" at 6830 Stockton Blvd., No. 150 A, Sacramento, CA 95823. Filed with the Clerk of Sacramento County on November 25, 2013. Publish: January 16, 23, 30, February 6, 2014. SMOKE 142021 02-06-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-09826. First Baptist Church of Carmichael, 3300 Walnut Ave., Carmichael, CA 95608 is doing business under the Fictitious Business Name "American River Community Church" at 3300 Walnut Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on December 20, 2013. Publish: January 16, 23, 30, February 6, 2014. AMERICAN 142021 02-06-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-09010. Tahira Trading and Management, 6800 Fair Oaks Blvd., Carmichael, CA 95608 is doing business under the Fictitious Business Name "American Tires & Auto Service" at 6800 Fair Oaks Blvd., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on November 16, 2013. Publish: January 16, 23, 30, February 6, 2014. AMTIRES 142021 02-06-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-08824. AxisEnergyPartners, LLC, 3604 Fair Oaks Blvd., No. 140, Sacramento, CA 95864 is doing business under the Fictitious Business Name "Axis Energy Lighting" at 3604 Fair Oaks Blvd., No. 140, Sacramento, CA 95864. Filed with the Clerk of Sacramento County on November 6, 2013. Publish: January 16, 23, 30, February 6, 2014. AXIS 142021 02-06-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-09576. Arnold Duplantier, 1957 1st Ave., Sacramento, CA 95818 is doing business under the Fictitious Business Name "Galaxy Sky Video" at 1957 1st Ave., Sacramento, CA 95818. Filed with the Clerk of Sacramento County on December 10, 2013. Publish: January 16, 23, 30, February 6, 2014. GALAXY 142021 02-06-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-09891. Vertical Horizons Travel LLC, 102 Russler Lane, Folsom, CA 95630 is doing business under the Fictitious Business Name "Vertical Horizons Travel LLC" at 102 Russler Lane, Folsom, CA 95630. Filed with the Clerk of Sacramento County on December 24, 2013. Publish: January 16, 23, 30, February 6, 2014. VERTICAL 142021 02-06-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-09896. JMM, 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 142022 02-13-14

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 142022 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 142023 02-20-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00663. 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 142023 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 142023 02-20-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00509. Miguel Marin and Estephani Marin, 8149 Port Royale Way, Sacramento, CA 95823 are doing business under the Fictitious Business Name "MM Granite & Tile" at 3516 La Grande Ave., No. C, Sacramento, CA 95823. Filed with the Clerk of Sacramento County on January 21, 2014. Publish: January 30, February 6, 13, 20, 2014. MM GRANITE 142023 02-20-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00931. Melany George, 979 Fulton Ave., No. 496, Sacramento, CA 95825 is doing business under the Fictitious Business Name "Interpreters Association" at 979 Fulton Ave., No. 496, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on December 26, 2013. Publish: January 30, February 6, 13, 20, 2014. INTERP 142023 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. Publish: January 30, February 6, 13, 20, 2014. BRAVE 142023 02-20-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00090. Sara Janeé Fargo, 7057 Westchester Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "Accountability Bookkeeping" at 7057 Westchester Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on January 6, 2014. Publish: February 6, 13, 20, 27, 2014. ACCT 142024 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 "All The Cart Café & Catering" at 2721 Citrus Rd., Ste. C, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on December 2, 2013. Publish: February 6, 13, 20, 27, 2014. ALLTHE 142024 02-27-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00729. Malaki Seku-Amen, 2548 Portola Way, Sacramento, CA 95818 and Diana Ramson, 9822 Kapalu Lane, Elk Grove, CA 95624 are doing business under the Fictitious Business Name "Dzign Strategies" at 980 9th St., 16th Fl., Sacramento, CA 95814. Filed with the Clerk of Sacramento County on January 27, 2014. Publish: February 6, 13, 20, 27, 2014. DZIGN 142024 02-27-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00384. Hidee Cardona, 4944 Travertine Cir., Sacramento, CA 95841 and Judy Hymn, 5958 Brooktree Dr., Citrus Heights, CA 95621 are doing business under the Fictitious Business Name "Eat Me" at 4944 Travertine Cir., Sacramento, CA 95841. Filed with the Clerk of Sacramento County on January 15, 2014. Publish: February 6, 13, 20, 27, 2014. EATME 142024 02-27-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00073. Green Pallet Solutions Worldwide, Inc., 2377 Gold Meadow Way, Ste., 100, Gold River, CA 95670 is doing business under the Fictitious Business Name "Eco Paktrak" at 2377 Gold Meadow Way, Ste., 100, Gold River, CA 95670. Filed with the Clerk of Sacramento County on January 6, 2014. Publish: February 6, 13, 20, 27, 2014. ECO 142024 02-27-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00725. Fleet LLC, 5337 Fawn Crossing Way, Antelope, CA 95843 is doing business under the Fictitious Business Name "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 142024 02-27-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00136. Jace M. Hall, 7319 Sunset Ave., Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Hallways Tackle" at 7319 Sunset Ave., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on January 7, 2014. Publish: February 6, 13, 20, 27, 2014. HALL 142024 02-27-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00748. Alexei Miloglo, 4339 Galbraith Dr., No. 545, Sacramento, CA 95842 is doing business under the Fictitious Business Name "MAA" at 4339 Galbraith Dr., No. 545, Sacramento, CA 95842. Filed with the Clerk of Sacramento County on January 27, 2014. Publish: February 6, 13, 20, 27, 2014. MAA 142024 02-27-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00650. Inessa Chemiogo, 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 142024 02-27-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00765. Tami Wright, 5920 Moon Rock Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "Love At First Bite Cafe" at 7405 Winding Way, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on January 28, 2014. Publish: February 6, 13, 20, 27, 2014. LOVEAT 142024 02-27-14

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 Sacramento.

Abandonment filed with the Clerk of Sacramento County on December 18, 2013. Publish: January 23, 30, February 6, 13, 2014. GOLDEN 142022 02-13-14

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

The following individual has abandoned the use of the FICTITIOUS BUSINESS NAME of "Back2Basics K-9 Training" at 6340 Millwood Dr., Citrus Heights, CA 95621: Charlotte Pascual, 6340 Millwood Dr., Citrus Heights, CA 95621. The Fictitious Business Name Statement was filed on December 16, 2008, in the County of Sacramento.

Abandonment filed with the Clerk of Sacramento County on December 24, 2013. Publish: February 6, 13, 20, 27, 2014. BACK2 142024 02-27-14

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00156291

WHEREAS, Tiffany Tothanh Nguyen has filed a petition with this court for a decree changing the name of Tiffany Tothanh Nguyen to Tiffany Thanh To.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on February 25, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: January 8, 2014. David I. Brown Judge of the Superior Court Publish: January 16, 23, 30, February 6, 2014. NGUYEN 142021 02-06-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00156230

WHEREAS, Savannah Angelika Meyer has filed a petition with this court for a decree changing the name of Savannah Angelika Meyer to Max Andeo Meyer.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on February 20, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: January 8, 2014. Raymond I. Cadei Judge of the Superior Court Publish: January 23, 30, February 6, 13, 2014. MEYER 142021 02-06-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00156230

WHEREAS, Savannah Angelika Meyer has filed a petition with this court for a decree changing the name of Savannah Angelika Meyer to Max Andeo Meyer.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on February 20, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: January 8, 2014. David I. Brown Judge of the Superior Court Publish: January 16, 23, 30, February 6, 2014. MEYER 142021 02-06-14

Classified Advertising
773-1111
MPG

SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00156293

WHEREAS, Habid Alejandro Barrios has filed a petition with this court for a decree changing the name of Habid Alejandro Barrios to Alejandro H. Barrios.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on February 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: January 8, 2014. David I. Brown Judge of the Superior Court Publish: January 16, 23, 30, February 6, 2014. BARRIOS 142021 02-06-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00156238

WHEREAS, Justin Smpardos Price has filed a petition with this court for a decree changing the name of Justin Smpardos Price to Jamie Louise Smpardos-Price.

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 16, 23, 30, February 6, 2014. PRICE 142021 02-06-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00156220

WHEREAS, Sheriff Wagueh Louis Said has filed a petition with this court for a decree changing the name of Sheriff Wagueh Louis Said to Sheriff Wagueh Louis.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on February 20, 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 16, 23, 30, February 6, 2014. SAID 142021 02-06-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00156220

WHEREAS, Sheriff Wagueh Louis Said has filed a petition with this court for a decree changing the name of Sheriff Wagueh Louis Said to Sheriff Wagueh Louis.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on February 20, 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 16, 23, 30, February 6, 2014. SAID 142021 02-06-14

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. HIDOTO 142022 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 142022 02-13-14

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 Kloststraks.

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, 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. TEACHER 142022 02-13-14

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 Kloststraks.

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, 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. TEACHER 142022 02-13-14

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 Kloststraks.

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, 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. TEACHER 142022 02-13-14

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 Kloststraks.

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, 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. TEACHER 142022 02-13-14

BONES LAW FIRM
Gordon G. Bones
Attorney at Law
4811 Chippendale Dr., Suite 307, Sacramento, CA 95841
The Law Firm provides the following legal services:
• Bankruptcy • Business and Corporate Matters
• Trust & Trust Administration
• Estate Planning • Probate and Conservatorship
• Family Law
P: 916.965.6647
F: 916.965.4218
gbones@boneslawfirm.com

SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00156701

WHEREAS, Shadiha 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 142022 02-13-14

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. LYONS 142023 02-20-14



By Pastor Ray Dare

How to Give Up Control

I think if I worry about my finances, then my finances are going to get better. If I worry about my job, then maybe I won't get laid-off. If I worry about my future, maybe it'll turn out OK. The problem is, worry doesn't work! It doesn't change the past. Worry doesn't change the future. All worry does is mess up today. It doesn't work because so much of life is out of your control.

On the other hand, nothing is of God's control. God is in complete control. There's nothing that God cannot do. He's the One who made it all in the first place. He's all-powerful; He can do anything He wants to. But how does the fact that God is all-powerful affect me? The Bible says, "God's great power is available to us who believe Him. It is the same mighty power that

raised Christ." Ephesians 1:20 (LB). God makes His power available to you. You see, God didn't make you to live life by yourself – on your own power. That's why you get so tired all the time, so stressed-out. You are trying to go it alone, trusting in your own abilities to work things out, to control things. The Bible says that God's power is available to you, but there's a condition: You must trust Him. How do you know when you're really trusting God? How do you know when you're really trusting Him to help you? Simple, you stop worrying about it.

Worry is like a warning light. It's like a big, red, flashing light that says, "I'm taking over control here!" You assume a responsibility that God never intended for you to have. That's why worry causes such a negative effect on us physically and

emotionally. Your body wasn't designed to handle the stresses of worry. God designed you to depend on Him, to trust in Him. So when you worry, it takes a toll on your body. You get stomachaches, headaches, neck aches, insomnia and all kinds of other problems. Why? Because God didn't create you to worry about things, He created you to live in relationship with Him, trusting Him for those things that are out of your control.

God says, "Don't worry, because I am with you. Don't be afraid. I will make you strong and will help you. I will support you." Isaiah 41:10 (NCV) Let's get personal. What have you been worried about lately? What is it that's out of control in your life? What is it that you need to trust God for? Your finances...a relationship... your job...your kids? Would you agree that God has resources that you don't have? God says, "Don't be afraid, because I'm with you...I'm going to help

you...I'm going to strengthen you...and I'll give you all the power you need" So whatever seems to worry you the most, whatever seems to be out of your control in your life, give it to God, because it's not out of His control.

Pastor Ray

New Beginnings Church
YOU'RE INVITED,
Sunday service at 10 am
"We Do Church Differently"
www.NBC4U.org

Have you realized yet that most of the major things in your life are out of your control? If you haven't figured that out yet, you soon will. Most of the major things in your life are out of your control. Because so much of your life is beyond your control, beyond your ability to manage, you feel stress!

Stress is caused primarily by trying to control the uncontrollable; trying to manage the unmanageable. When you get stressed-out, you start to worry and worry is a form of control.

LAW OFFICE OF RICK MORIN
DROWNING IN DEBT? GET HELP!

Get a FRESH START!

- Get out of debt and save money!
- Stop harassing phone calls.
- Stop lawsuits and wage garnishments.
- Free consultation and payment plans.

Don't Delay. Call Today!
331 J Street #200, Sacramento, CA 95814
(916) 258-5435 • www.sacramentobankruptcyoffice.com
Law Office of Rick Morin • Helping Consumers with Bankruptcy and a Debt Relief Agency

Persian Lamb Chop Kabob \$14.99

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

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

★★★★
THE SACRAMENTO BEE
FOOD REVIEW
FEB 2013

perfect wedding guide

Your #1 LOCAL Source For All Things Wedding!

Enter online to win big prizes.

sacramento.pwg.com

Call toll-free: 1-800-281-3958

Are You Still Paying Too Much For Your Medications?
You can **save up to 75%** when you fill your prescriptions at our Canadian and International prescription service.

Compare our prices and see how much you can save on your medications!

Their Price Bottle A Celebrex™ \$568.87 Typical US brand price for 200mg x 100	Our Price Bottle B Celecoxib* \$62.00 Generic equivalent of Celebrex™ Generic price for 200mg x 100
Nexium™ \$726.32 Typical US Brand Price for 40mg x 100	Esomeprazole* \$79.00 Generic Price for 40mg x 100
Actonel™ \$424.64 Typical US Brand Price for 35mg x 12	Risedronate* \$43.00 Generic Price for 35mg x 12
Advair™ \$849.43 Typical US Brand Price for 250-50 mcg x 180 doses	Salmeterol & Fluticasone Propionate* \$151.00 Generic Price for 50/250mcg x 180 doses
Evista™ \$630.76 Typical US Brand Price for 60mg x 100	Raloxifene* \$74.00 Generic Price for 60mg x 100

For more prices, call us toll-free at 1-800-281-3958.
Save more today with an extra \$10 off & free shipping!

Get An Extra \$10 OFF And FREE SHIPPING
Get an extra \$10 off your first order today!
Call the number below and **save an additional \$10 plus get free shipping** on your first prescription order with Canada Drug Center. Expires June 30, 2014. Offer is valid for prescription orders only and can not be used in conjunction with any other offers. Valid for new customers only. One time use per household. **Use code 10FREE to receive this special offer.**
Order Now! Toll-free: 1-800-281-3958

Please note that we do not carry controlled substances and a valid prescription is required for all prescription medication orders.

IPABC, CERTIFIED CANADIAN INTERNATIONAL PHARMACY, PharmacyChecker.com

Prescription price comparison above is valid as of November 1, 2013. All trade-mark (TM) rights associated with the brand name products in this ad belong to their respective owners. *Generic drugs are carefully regulated medications that have the same active ingredients as the original brand name drug, but are generally cheaper in price. Generic equivalents are equal to their "brand" counterparts in Active Ingredients, Dosage, Safety, Strength, Quality, Performance and Intended use. It may vary in colour, shape, size, cost and appearance.

Elegant senior living
with the comforts of home

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

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

Atria CARMICHAEL OAKS
INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE
8350 Fair Oaks Boulevard | Carmichael, California
916.944.2323 | www.atria-carmichaeloaks.com

Bera and Republican Colleague Offer "No Labels" Response to State of the Union Address

WASHINGTON, DC, (MPG) - Congressman Ami Bera, M.D. (CA-7) joined his fellow No Labels Problem Solver Republican Congressman Chris Gibson (NY-19) to deliver the No Labels State of the Union response, featured on Real Clear Politics.



Congressman Ami Bera

Bera and Gibson wore orange lapel pins to the State of the Union to identify themselves as No Labels' Problem Solvers, a group of more than 70 Members from both parties working across the aisle to build trust and find common ground. They have signed on to the No Labels campaign to create a national strategic agenda—a shared vision for this country that's based on goals that both sides of the political divide develop together before the hard work of policymaking begins.

Watch Bera and Gibson deliver the No Labels State of the Union response.

"Tonight, President Obama called for a year of action," said Bera. "We agree. This should

be a year of action. But in our democracy, no one branch of government can act alone, nor should they. The president needs to work together with both parties in Congress, and we're ready to work with him... If we want our country to work again, we don't just need a year of action. We need a government of collaboration."

No Labels is a grassroots movement of Democrats, Republicans and independents dedicated to a new politics of problem solving. The organization has already attracted more than half a million citizens

across the country, as well as 88 members of Congress -- Republicans, Democrats, and independents -- who are members of the No Labels Problem Solvers coalition. The congressional coalition, which meets regularly, is the only forum for bipartisan problem solving on Capitol Hill. No Labels has proposed numerous common-sense reforms and legislative initiatives including No Budget, No Pay, a version of which was passed by Congress and signed into law last year.

Congressman Ami Bera, M.D. represents Sacramento County. Born and raised in California, Bera is a physician and the only Indian American currently serving in Congress. He's fighting to rebuild an economy that works for middle class families and to reduce our country's debt in a responsible way. For more updates on Rep. Bera follow @RepBera on Twitter, like Congressman Bera on Facebook, or visit <http://www.bera.house.gov>. ★

From the office of Ami Bera

U.S. residents set to get new infrared heaters to save up to 50% on heating bills for only \$159 and free shipping

Compared to the Suggested Retail Price of \$399.95 this is a great opportunity for our residents to own one of the highest quality, energy saving, cool-to-the-touch, portable infrared heaters available today, and stop spending a fortune on heating bills. The first 785 callers who beat the 48-hour deadline are getting these money saving portable infrared heaters.



Simply Plug it in: Saving money on heating bills is very easy with an iHeater infrared heater. Today's distribution is intended to help those in need of keeping warm this winter without spending too much on heating bills.

If you or a loved one has difficulty paying for heating bills, then this distribution of brand new portable infrared heaters is your chance to make life a little easier. These infrared heaters warm the room evenly and efficiently without drying out the air. They never get hot to the touch, like other heaters, so they are safe for pets and children.

These revolutionary infrared heaters are changing the lives for many that find it difficult to pay for the high cost of heating a home. Infrared heat warms in a way similar to the warmth we feel from the sun, it's been described by many as "bone warming" heat. It is completely safe and does not deplete oxygen from the air, which would make you tired, nor dry out the air, which irritates your skin. The iHeater brand is said to be the most sought after brand of infrared heaters. iHeaters have been selling strong for many years, they have in-house customer service located in Indianapolis, Indiana. The iHeater infrared heating elements are backed by a lifetime warranty and don't burn out, like other low-end brands of infrared heaters that use bulbs.

Similar infrared heaters of this quality are expensive, the suggested retail on this unit is \$399.95, but state residents are being urged to call the Toll Free hotline listed below because the first 785 callers who beat the 48-hour deadline will be able to claim one of these infrared iHeaters and have it delivered directly to their door for only \$159 and the shipping is free. This is an extraordinary opportunity for those in need of help on winter heating bills. "We're preparing ourselves for all the calls because a program like this, for a new infrared heater of this quality, has never been released before. So if the lines are busy, keep trying. We'll answer every call in the order they are received" Brinkman said.

Call toll free:

1-800-921-5970



The Toll Free Distribution Hotlines open at 9:00 am this morning for US residents only. You must be one of the first 785 callers who beat the 48-hour deadline to have your infrared heater delivered to your door for only \$159 and free shipping. (retail: \$399.95)

Outdoor World
KAYAK FISHING
Fishing from a kayak is rapidly gaining popularity for freshwater fishermen on lakes, ponds, and rivers.
One of the main advantages is the low cost. Fishing kayaks are available for almost any budget. Their light weight and small size also make them easily able to be transported from one place to another and make them very maneuverable. They glide silently across the water with each paddle stroke and don't scare the fish.
Fishing kayaks are available in several models including sit-in, sit on top, peddle drive, and even those you can stand up on to paddle and fish.
You can add accessories like rod holders, fishfinders, anchors, and more to help add to the experience of kayak fishing.
The added bonus is the great exercise you get from the paddling and hauling in all the fish you will catch.
Larry Whiteley is host of the award-winning Outdoor World Radio show
For more tips, log onto basspro.com and click on News & Tips

WE SUPPORT OUR MILITARY

Foster Care

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

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

Call Lenka (916) 338-7156

Union Gospel Mission Sacramento

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

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

Matthew 25:40 "Caring for the Least"

50+ Years of Service

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

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

Announcements & Events

PARK REC & EAT IT FOOD TRUCK Event

Thursday, February 6, 5-8pm
Front of Carmichael Park, 5750 Grant Avenue

- ❖ Come to the PARK ❖ RECreate with family and friends
- ❖ EAT from food trucks!

LIVING WITH ARTHRITIS Class

Taught by Tony Baratta, Licensed Chiropractor
February 4 - March 11, 10-11am
Call 485-5322 for pricing

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

Delivery Routes Available • Call 773-1111

Conveniently Located on Auburn Blvd. Between Manzanita & Garfield

NEED STORAGE?

ARMOR MINI STORAGE

Since 1980

Computer Gate Access
6am-9pm 365 Days A Year
Award Winning Customer Service
Digital Video Surveillance
Competitive Rates
Daily / Monthly / Annual Rentals
Easy Drive-Up Access
Professional Resident Managers

916.332.6455
5714 Auburn Blvd., Sac 95841

Office Hours: Mon-Sat 9-6 • Sun 9-4

www.armorministorage.com

HOPE for TROUBLED HOMEOWNERS



WE PROVIDE SOLUTIONS

Call for a Free Consultation
(916) 331-3311
Short Sale Hotline

Sac Short Sale Pros
SHORT SALE REALTORS License #01128753

Farmers Markets!

California Certified

**SUPPORTING LOCAL FARMERS,
YOUTH AND COMMUNITIES**



**EAT HEALTHY,
BUY LOCAL**

SUNDAY

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

SATURDAY

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

SATURDAY

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

SATURDAY

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

Visit Your Local Farmer's Market

BeMoneySmartUSA.org

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



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

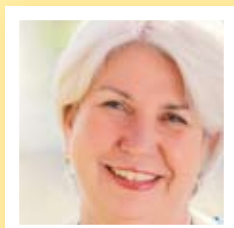
Do You Suffer From Chronic Pain?



Are You Starting to Look Like Your Parents?

Lasting PAIN RELIEF Through Postural Alignment Therapy™

Call (916) 467-7764 or go to www.symmetryforhealth.com to Register for a **FREE 90 MINUTE EVALUATION!**
Folsom Health and Wellness Center 2575 E. Bidwell St., Ste. 260 Folsom, CA 95630



You're unique. **Your community should match.**

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

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

Your community. Your life. Your choice.

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

Eskaton Village Carmichael

3939 Walnut Avenue | Carmichael, CA 95608
eskaton.org



License #340313383 / COA #202





SPRING SEASON 2013-2014

Donald Kendrick Music Director



EUROPEAN MASTERWORKS

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

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

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

Sacramento Community Center Theater
 1301 L Street, Sacramento

SACRAMENTOCHORAL.COM

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

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

A STANDARD OF EXCELLENCE FOR 110 YEARS



Memorial Parks
 Mortuaries & Crematory



www.EastLawn.com



FREE LUNCHEON & 20 MINUTE PRESENTATION

“THE PRIVILEGE OF PLANNING”

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

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

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

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

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

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

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

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

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

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

Seating is limited to 30 attendees per seminar

The Exciting New World of Snap On Dentures



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

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

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

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



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



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

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

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

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

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

Carmichael Dental Group

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

(916) 944-7700 www.YourCarmichaelDentist.com