



Tips For a New Smile in the New Year

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Carmichael Times

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January 30, 2014

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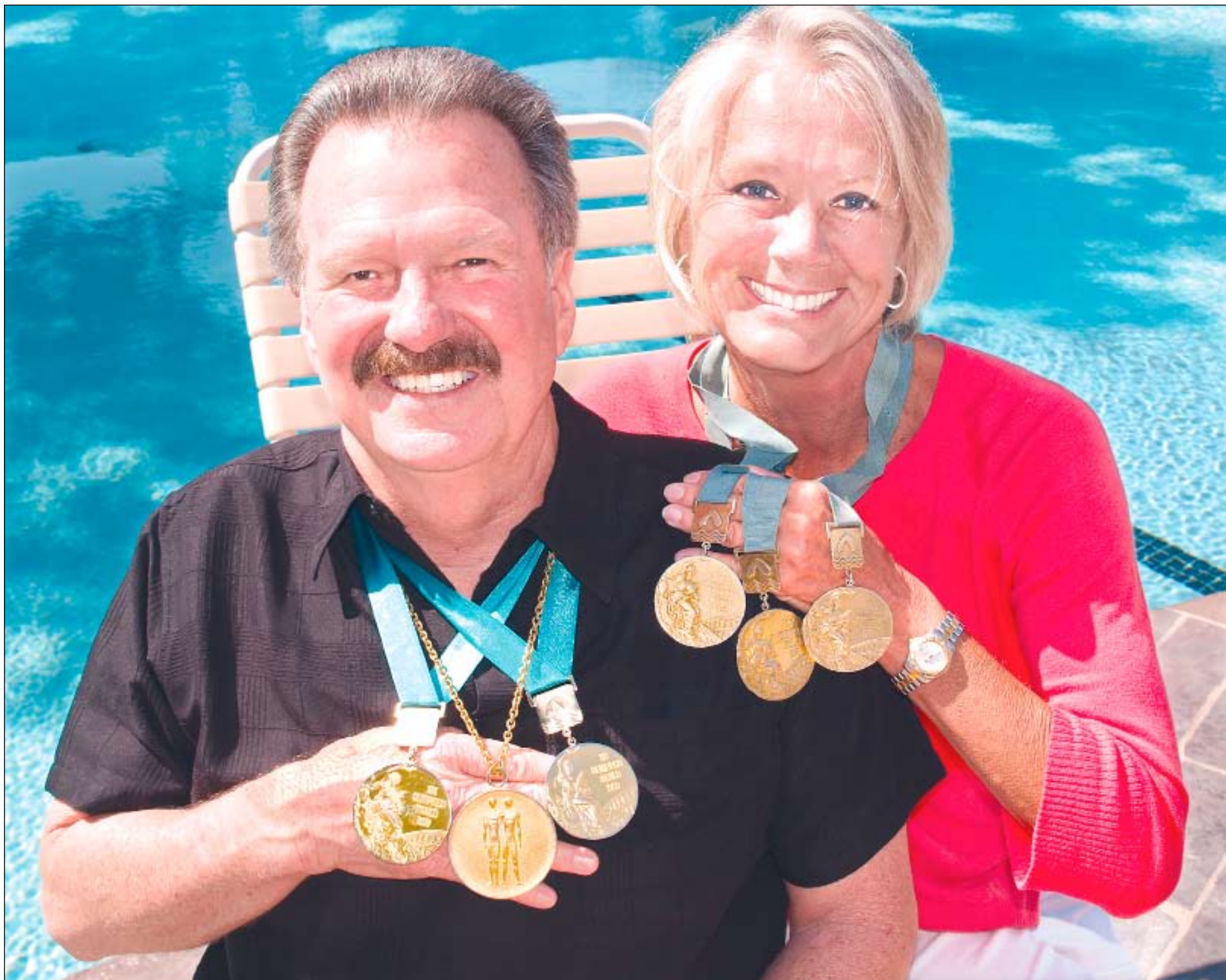
River City Bank Names New Vice President



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Carmichael Gold

Friends Recall Olympic Glory Days



Reunited poolside recently, Olympic chums Mike Burton and Debbie Meyer paraded trophies that changed their lives. Meyer was just inducted into the Sacramento Sports Hall of Fame with Olympic Gold Medalist Jeff Float, football superstar Tedy Bruschi and baseball heavy-hitters Leron Lee and Steve Sax during a celebration at Thunder Valley Casino & Resort.

Story and Photos
by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Land-locked Carmichael has a formidable

distinction. Over the course of 1968 and 1972 Olympiads, 19 gold medals adorned the necks of five Arden Hills Swim Club members. All were Arden/Carmichael residents. Two of these heroes recently

reunited for a swim down memory lane.

Debbie Meyer now lives in Truckee with husband Bill Weber. Mike Burton inhabits Billings MT, with his wife, Carol. He returned to Sacramento for a family

wedding. Hugging her Olympic captain, Meyer declared: "He was my idol growing up. I saw his work ethic, his success in the pool. I wanted to be just like Mikey."

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Final State Water Action Plan Released: Outlines California's Near- and Long-Term Water Priorities

SACRAMENTO, CA (MPG) - As California experiences one of the driest winters on record, the California Natural Resources Agency, the California Environmental Protection Agency, and the California Department of Food and Agriculture released the final California Water Action Plan, laying out goals and vision for the next five years. The plan will guide state efforts to enhance water supply reliability, restore damaged and destroyed ecosystems, and improve the resilience of our infrastructure.

At the direction of Gov.

Edmund G. Brown Jr., a collaborative effort of state agencies, and nearly 100 substantive public and stakeholder comments formed a plan to set direction for a host of near- and long-term actions on water issues for the state.

"It is a tall order. But it is what we must do to get through this drought and prepare for the next," said Gov. Brown in his 2014 State of the State address.

The Governor's proposed 2014-15 budget lays a solid fiscal foundation for implementing near-term actions for the plan, recommending \$618.7 million

in funding for water efficiency projects, wetland and watershed restoration, groundwater programs, conservation, flood control, and integrated water management.

"As we work on emergency actions to manage through one of the driest winters on record, we are also taking proactive, long-term steps to prepare California for future droughts and flood," said Secretary for Natural Resources John Laird. "Each decade brings improvements, but also significantly highlights what we can do better. The California

Continued on Page 5



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Carmichael Gold

Friends Recall Olympic Glory Days

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"I knew Debbie when she was 12," returned Burton. "We swam for years with (coach) Sherm Chavoov at Arden Hills. Before Mexico City, the Olympic team trained 30 days in Colorado, getting used to altitude. Debbie and Susie Pedersen were breaking world records even in practice. When we got to Mexico, the US men cleaned up almost every swimming medal. I was always grateful for Debbie; she was always hard at my heels. Without having to race her at practice, I never would have gotten so fast."

Aged 16, Rio Americano junior Debbie took three individual golds at Mexico City. Team mate Susie Pedersen claimed two relay golds. At 21, El Camino High graduate Mike snagged two freestyle firsts and – in the 1972 Munich games – took his third gold. In that Olympiad, he and Arden Hills team mate Dave Fairbanks (two golds) swam in the colossal wake of Mark Spitz, a resident of Carmichael's Safari Court. His seven-gold haul (plus two Mexico relay golds) was historic. But with minimal notoriety, Burton became the first swimmer to win 1500 meters in back-to-back Olympics. "No



Debbie Meyer instructs at her Carmichael swimming school.

one resented Mark Spitz," insists Burton. "I was team captain in Munich. After his qualifying heats, he told me he'd hurt his

back and wanted to scratch his 100 meters. I told him: don't be stupid, Mark -- just go out and win. He did. You couldn't be jealous of him; he was so great."

Both Meyer and Burton built careers where their salad-day gold was powerful currency -- coaching. "I've been letting students handle my medals for 45 years," smiles Meyer. "See how worn the ribbons are."

"The gold is a thin plating," Burton explains. "My dad cleaned mine and the gold came off. At a school, the kids asked if they were silver medals! I had them replated. You want them impressive. When you bring

them out, people still go gaga."

He reminisces: "The Olympics were a fantastic time in our lives. Arden Hills team members killed time between morning and afternoon practices, rafting on the American River. These days you can't raft without a life jacket -- we wore cut-offs and tennis shoes. We were risk takers -- you could also say we were comfortable around water."

Debbie recalls their world-famous coach: "Sherm Chavoov was like a second father to me. His training reflected how kids were raised in the 50s and 60s. We worked hard to earn praise. I wish I had a tenth of his coaching

knowledge."

More memories: "Debbie and I went on a date," says former teen idol Mike. "We saw the 'Boston Strangler. I was 21; she was 16. Nothing came of it. But even today, I love her like a sister."

Forty five years on, his date retains the dazzling smile that made her a national darling. But after Mexico, high school was no tour de sequel. The honor student had missed two months of classes. "It was hard to catch up," she says. "My picture was everywhere and kids whispered about me in halls. For a shy 16-year-old, it was horrible. At

prom time, guys were embarrassed to ask me; my date invited me through another person."

Steeped in chlorine since childhood, Meyer's dark hair was white in year book photos. American River College days were a blur of Munich Olympiad training. "I'd been working hard since I was 12," she says. "One day swimming just stopped being fun. I climbed out of the pool and quit." The athlete turned pro, endorsing Speedo swim suits. "I knew I should take advantage of offers while people still remembered me," she says. "I didn't finish college. That's my one regret -- not getting a degree."

Meyer and Burton remain undisputedly qualified to teach what they beat the world at. He recently retired from national-level coaching. Meyer instructs the Truckee/Tahoe Swim Team and operates the Debbie Meyer Swimming School in Carmichael. Motivational speaking is a sideline. "Swimming is the adventure of a lifetime," she attests. "It gave me determination to make my life a success. I want to give back for that. I teach life skills; every child needs to be safe around water. My students also learn to be proud of what they achieve."

Agrees freshwater friend Burton: "Few Olympians made any money in our day. Unless you had seven gold medals, no one cared about swimmers. Now, every company wants a medalist to endorse their product. But we could not be more proud of what we did. And we can still spread the word to young athletes. Debbie and I both know what it takes to become champions."

Learn about Debbie Meyer's Swim School at www.debbiemeyerswimschool.net ★



During Olympic training at Arden Hills Swim and Tennis Club, Burton and teenage Debbie Meyer posed with their legendary coach, club founder Sherm Chavoov. Family photo

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Metro Fire Responds to Area Fires

CARMICHAEL, CA (MPG) - At approximately 2:26pm, January 15, Metro Fire crews responded to a house fire in the 8600 block of Winding Way in the Carmichael area. When crews arrived they found heavy black smoke coming from the single story modular home. Crews immediately entered the home to search out, and begin attacking the fire. Meanwhile, other crews searched the home to make sure all of the occupants were safe. The single male occupant and his 4 dogs have been displaced by the fire but thankfully no one was injured.

Twenty-four firefighters engaged in fire attack. Due to quick actions of these firefighters, there were much of the home owners personal contents were saved. It is estimated that the loss was around \$150,000 however, through the firefighters efforts they saved most of the personal belongs, estimated to be \$75,000.

There were no injuries to either the occupants or firefighter's in the blaze. The occupant indicated to firefighters that he had been cooking and forgot about it and was not in the home at the



time the fire started.

Metro Fire's, Fire Investigation Unit was called to the scene to look at the origin and cause of the fire.

Metro Fire wants to convey that it is never a good idea to leave food cooking unattended. It only takes a few seconds for a fire to ignite and cause serious damage.

Extension Cord Fire in Antelope Home ANTELOPE, CA (MPG) - Just after 4pm, December 14, Metro Fire units were dispatched to the 8100 block of Gloriann Way in Antelope for report of smoke from a roof. First units to arrive found light smoke coming from a residence and forced their way inside to find a well-involved master bedroom fire.

Twenty-four firefighters engaged in fire attack, searching, ventilating, salvage and overhaul. Crews were able to contain the fire

to the bedroom, protecting the rest of the home from fire and water damage. Firefighting efforts saved roughly \$330,000 in personal property, with an estimated loss of \$20,000. Aggressive firefighting tactics, combined with water conservation, minimized damage to the house and saved the resident's lifelong collection of comic books, undamaged.

No firefighters or civilians were injured in the fire. Two pet cats inside the residence ran to safety when crews opened a door. The cause of the fire was determined to be electrical in nature, having started under the bed with extension cords. Metro Fire reminds you to protect your family from fire, use properly rated extension cords, plug high energy equipment directly into a wall outlet, and have working smoke alarms near every room where sleeping occurs.

The first unit to arrive on this fire was a truck company, arriving a full minute and 47 seconds before any other apparatus. Fortunately for this family, nearby engine companies were able to get water on the fire before it spread to other rooms. ★

26 Local High School Teams Compete in "Super Bowl of Smarts" Saturday, Feb. 1

Students Square-off in Academic Decathlon at 34th Annual Sacramento County Academic Decathlon

SACRAMENTO REGION, CA (MPG) - The day before the National Football League crowns a new Super Bowl champion, hundreds of Sacramento County high school students will compete in the local "Super Bowl of Smarts." A total of 26 teams will compete for Academic Decathlon champion honors. The 2014 topic: World War I.

Starting in the morning with individual and group tests, the Academic Decathlon concludes with a live Super Quiz showdown at 3:45 p.m. The event is open to the public and admission is free. Super Quiz scores (which account for roughly 10% of each team's overall scores) will be announced

immediately following the event and medals will be awarded to the top three highest scoring teams in the Super Quiz event.

Hundreds of spectators and participants will scream in excitement as they witness triumphs and defeats during the fast-paced Super Quiz. Questions are read aloud, game-show style, and scores immediately posted. Each team's Super Quiz score will be added to points earned by its members throughout the day in a variety of subjects: economics, fine arts, science, social science, language/literature, mathematics, music, essay, interview, and speech.

Sacramento County's overall

top scorers and county champion will be announced at an awards banquet on Tuesday, February 4, at 6 p.m., in the CSU Sacramento ballroom. SAFE Credit Union will provide \$10,000 earmarked for scholarships to selected Sacramento County Academic Decathlon participants.

Super Quiz will be held Saturday, February 1, 2014 - 3:45 p.m. to 5:30 p.m. at Inderkum High School, 2500 New Market Dr., Sacramento.

The Sacramento County Academic Decathlon is presented by Sacramento County Office of Education staff and community volunteers. Additional information is available www.scoe.net/ad. ★



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Final State Water Action Plan Released: Outlines California's Near- and Long-Term Water Priorities

Continued from Page 1

Water Action Plan gives us clear focus and vision for the next five years."

Final revisions to the draft plan, released in October, include an expanded section on drought response and a new effort focused on better management of Sierra Nevada headwaters that helps water storage and quality, and ecosystems. Public comment on the draft plan made it clear that California must better understand the economic and ecological harm of sustained dry weather. The Governor's proposed budget would provide \$472.5 million in Proposition 84 funds to the Department of Water Resources (DWR) for integrated regional water management. The bond funds would leverage local and federal investment in projects that reduce demand, build supply, and offer additional benefits such as wildlife habitat and flood management. The budget also placed immediate emphasis on water and energy use efficiency and wetlands and coastal watershed restoration to further support the resiliency of water supply and ecosystems during this dry weather period.

The governor's budget also would allow DWR to better monitor the groundwater resources that provide more than one-third of California's supplies in dry years, and supports the development of a state backstop for sustainable groundwater management practices by the State Water Resources Control Board, should local efforts to do so not materialize.

"Together, the Governor's proposed budget and this finalized plan provide the State with practical solutions to the state's most critical problems; the proposals on groundwater are a good example," said Cal/EPA Secretary Matt Rodriguez. "Data collection and monitoring are crucial to sustainable management of our unseen but incredibly important aquifers."

All of the near-and long-term actions in the plan center on sustaining supplies of water for people, the environment, industry and agriculture. This year's severe dry conditions highlight the stakes. Drought threatens to force the fallowing of hundreds of thousands of acres of farmland, throw thousands of people out of work, and potentially raise supermarket food prices.

"Our severe dry conditions are alarming for California's agricultural industry," said California Department of Food and Agriculture Secretary Karen Ross. "In the near term, we must do all we can to keep our fields productive. In the long term, we have a once-in-a-generation opportunity to make the investments that will allow us to stay productive in the face of a changing climate."

Key actions identified in the Plan include:

- Make conservation a California way of life.
- Increase regional self-reliance and integrated water management across all levels of government.
- Achieve the co-equal goals for the Delta.
- Protect and restore important ecosystems.
- Manage and prepare for dry periods.
- Expand water storage capacity and improve groundwater management.
- Provide safe water for all communities.
- Increase flood protection.
- Increase operational and regulatory efficiency.
- Identify sustainable and integrated financing opportunities. ★

Source: Dwr Natural Resources Agency News

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Sacramento County DA Reports

Recent cases of interest

CASE: Chema Strawther (01/24/14)
PROSECUTOR: Deputy District Attorney Jeff Hightower, Homicide Unit

District Attorney Jan Scully announced today that the Honorable James McFetridge sentenced Chema Strawther to 97 years and 8 months in state prison for the murder of Ahmed Ishaque and a related assault with a firearm against Lee Vue.

In the early morning hours of September 17, 2011, Strawther was attempting to collect a drug debt from Mr. Ishaque. Mr. Ishaque reached out to his friend, Mr. Vue, in an attempt to satisfy the debt. When Mr. Vue spotted Strawther hiding in the back of Mr. Ishaque's van, Strawther fired several shots at Mr. Vue, missing him but striking his home in which several family members slept.

Strawther then forced Mr. Ishaque to drive to a secluded off-ramp at Northgate Boulevard and Highway 160. Strawther then forced Mr. Ishaque onto his knees, made him put his hands behind his head, and executed him, shooting him one time in the head.

CASE: Frank Tresca & Kiyen Matthews (01/24/14)
PROSECUTOR: Deputy District Attorney Tate Davis, Career Criminal Prosecution Unit

District Attorney Jan Scully announced today that Kiyen Matthews was sentenced to 29 years and 8 months in state prison and co-defendant Frank Tresca was sentenced to 19 years and 8 months in state prison. On December 17, 2013, a jury convicted Tresca of armed home invasion robbery. His co-defendant Kiyen Matthews pled no contest to the same charge on July 12, 2013. Both defendants were convicted of additional crimes involving firearms that were committed while they were out of custody on bond for the robbery.

On August 22, 2012, Tresca and Matthews answered a Craigslist advertisement for an amplifier. The two met the victim at the victim's home. When they entered the home, they closed the door and pulled out guns. Matthews held a gun to the back of the victim's head, forced him into another room and ordered him to get on his knees. At the same time, Tresca went through the remaining rooms in the victim's house. The two stole the amplifier and the victim's keys and cell phone.

In 2008, Matthews was previously convicted of another residential robbery.

CASE: Chinda Nomesiri (01/24/14)
PROSECUTOR: Supervising Deputy District Attorney Robin Shakely, Felony Trial Teams

District Attorney Jan Scully announced today that the Honorable Kevin McCormick sentenced Chinda Nomesiri to 6 years and 8 months in state prison. On December 5, 2013, a jury convicted Nomesiri of assault with a deadly weapon and inflicting great bodily injury, gross negligent discharge of a firearm, and being a convicted felon in illegal possession of a firearm.

On September 18, 2011, Nomesiri fired a warning shot after suspected marijuana thieves came to the property where he lived with his mother, Vanna Nomesiri. On September 22, 2011, he and his mother attacked Mr. Vue after he came over their fence with three friends in an attempt to steal marijuana growing in their backyard. Vanna Nomesiri told officers she fired a warning shot which hit Mr. Vue in the back of his neck. After Mr. Vue was shot and disabled on the ground, he called for help. Nomesiri admitted that he repeatedly bashed Mr. Vue in the head with a shovel because he was angry and wanted to teach him a lesson. Mr. Vue died from his gunshot injuries.

Vanna Nomesiri was originally charged with involuntary manslaughter in connection with Mr. Vue's death, but she died before trial. Nomesiri had been previously convicted in 1997 of assault with a firearm inflicting great bodily injury.

Mr. Vue paid with his life for his attempt to steal medical marijuana from a fenced backyard. As his widow noted in her victim impact statement read in court, "He was not given a chance to live, or a chance to be at fault for the wrong choice he made."

Supervising Deputy District Attorney Robin Shakely states, "The law is clear that one may not use deadly force to protect property, even if that property is medical marijuana. This marijuana cost one man his life, three children their father and Nomesiri will spend the next 6 years in prison for his part in protecting his mother's marijuana plants. This case belies the often heard claim that marijuana is not a dangerous drug."

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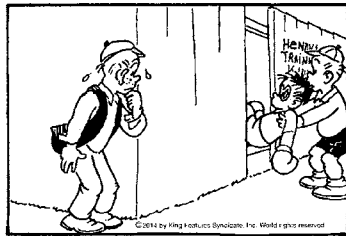
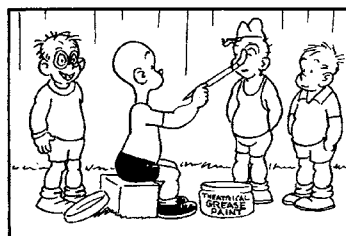
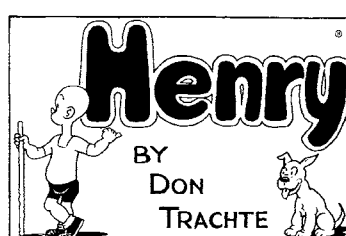
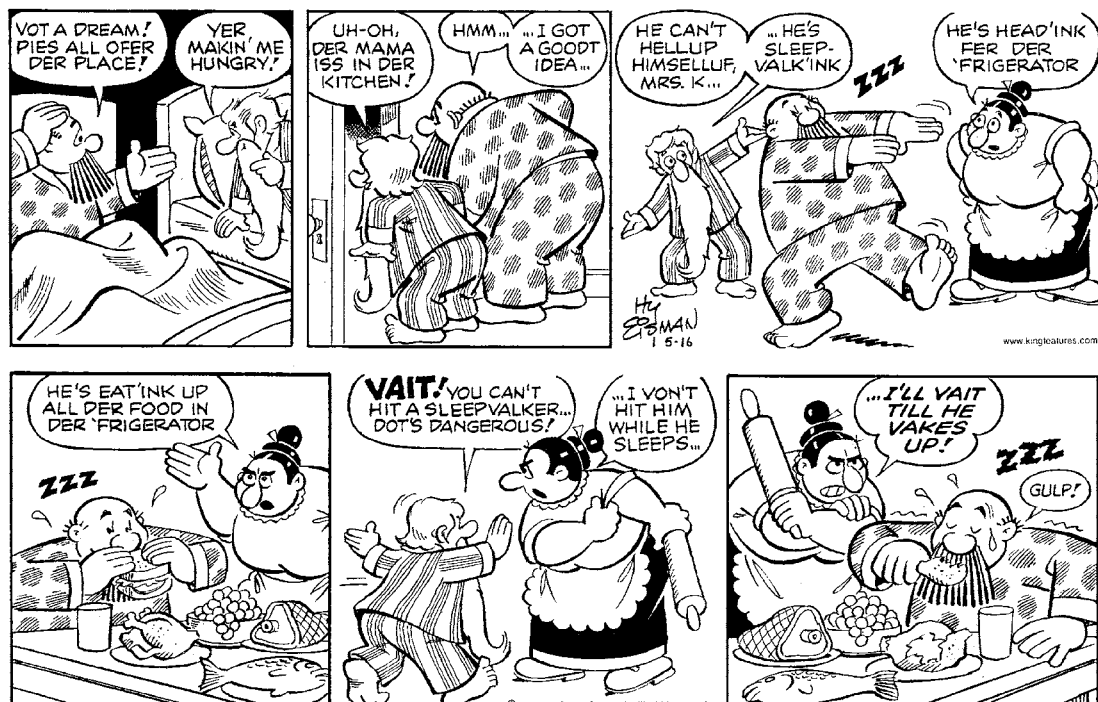
Out on a Limb

by Gary Kopervas



KATZENJAMMER KIDS

BY HY EISMAN



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FREE WEEKEND ACTIVITIES
 Donations gratefully accepted. There is a \$5 per car County entrance fee into Ancil Hoffman Park (Free to members)

Saturday the 1st at 10:30 AM – Nighttime Hunters - Uncover the mysteries of owls: what they eat, where they sleep, how they find food and more! Get a close-up look at one of the Nature Center's owl residents.

Sunday the 2nd at 1:30 PM – Critter Close-Up - Get eye to eye with one of our furry, scaly, or feathered residents.

Saturday the 8th at 10:30 AM – Save the Frogs! - Amphibian populations around the world are declining at an alarming rate and nearly one-third of the world's amphibian species are on the verge of extinction. SAVE THE FROGS! Michael Starkey will share photos of amphibians from around the world, explain what is causing the Amphibian Extinction Crisis, and how we can help out amphibians around the globe!

Sunday the 9th at 1:30 PM – Squirrel! - Feeling a little nutty? Come join us for a relaxing stroll in the Nature Preserve to learn about our little bushy-tailed neighbors.

Saturday the 15th at 10:30 AM – Birding for Families - Bring the family out for a birding walk led by a Naturalist and our special guest guides from the Sacramento Audubon Society. Birdwatchers of all levels welcomed! Make sure to bring your binoculars!

Sunday the 16th at 1:30 PM – Sensational Senses - How do humans and animals explore and get information from their environment? Come learn some fun facts about the function of your senses and compare them with the sensory ability of local wildlife. Meet a live animal!

Saturday the 22nd at 10:30 AM – Duck, Duck, Goose - Winter is a great time to see waterfowl along the American River. Join a naturalist on a guided walk to look for herons, ducks, geese and other birds along the river. Bring your binoculars or borrow some of ours! All ages welcome.

Sunday the 23rd at 1:30 PM – Leapin' Lizards - Come meet a skink, blue belly and other resident lizards and find out what make these cold-blooded critters so amazing.

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Current and Upcoming Events

Aspiring Artist Debut
 A free art exhibit open to new artists who have never shown in a juried exhibition. This annual art show is sponsored by Northern California Arts, Inc., located at Sacramento Fine Arts Center, 5330B Gibbons Drive, Carmichael, CA 95608.
 All media accepted, drawing, mixed media, oil, acrylic, watercolor, pastel, photography, and sculpture. Open to artists high school age through adult. Show dates are January 28-February 15, 2014, open Tuesday 11 am-7 pm, Wednesday through Saturday 11 am-3 pm. Second Saturday Reception with awards presentation, February 8, 2014, 5:30 to 8:30 pm.
 Also, WASH, Inc. High School Watercolor Contest Show will share the gallery. Prospectus <http://www.sacfinearts.org/exhibitionEntryForms.html>

Animal House Exhibit
 Call to Artists
 Entry January 31 and February 1
 February 18 - March 8, 2014

"Tongue Tied", by Sandy Delehanty

Carol Ross
 January 2-31, 2014 • Foyer Gallery

5330 – B Gibbons Dr., Carmichael, CA • Ph. 916-971-3713
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www.sacfinearts.org

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Tips For A New Smile In The New Year

(NAPSA)—Any time of year can be the right time to begin taking better care of your smile.

Many see the New Year as the best time to make a resolution to practice better dental hygiene—starting with regular dental visits.

While routine dental visits are something many people dread, practicing good oral hygiene throughout the year may change the way you feel about your smile, improve your overall health and boost your self-confidence. Routine visits to the dentist help ensure your dentist is catching and fixing any small dental issues before they become big issues.

To help, here are a few key tips from Dr. Nathan Laughrey, D.M.D., of Aspen Dental. Dr. Laughrey has been treating patients for more than 15 years and believes that by incorporating his advice into your daily, monthly and yearly oral health routine, you can improve your overall health.

•**Brushing your teeth at least twice a day WILL help**



Here's a tip for better dental health: Every three to four months, buy a new toothbrush, or a replacement head for your electric or battery-operated toothbrush.

with dental decay. Brush your teeth and gums twice a day for at least two to three minutes. Put your timer on and don't forget to floss twice a day to remove food particles and prevent plaque buildup between your teeth.

•**Choosing and using the proper equipment makes a difference.** Use fluoride toothpaste and a soft-bristled toothbrush that fits your mouth comfortably. Consider using an electric or battery-operated toothbrush, which can help reduce plaque and a mild

form of gum disease.

•**Toss your toothbrush and get a new one regularly.** Buy a new toothbrush, or a replacement head for your electric or battery-operated toothbrush, every three to four months. When your bristles are frayed, they do not clean properly and bacteria can harbor in the bristles.

•**Don't delay going to the dentist, even if you dread it.** It pays to visit the dentist twice a year for an annual checkup and more often if you have high risk factors for periodontal disease. That's because you will save money in the long run with routine visits and your visits will likely be less eventful.

•**Even if you wear dentures, visiting the dentist is important.** Visiting the dentist is not just for teeth cleaning. Dentists also screen for oral cancer and help with many other issues. Preventive visits are key for everyone.

For more information, call 800-ASPEN-DENTAL (800-277-3633) or visit www.aspendental.com.

Safety Around The Home



Don't Let Falls Trip Up An Older Loved One

Poor eyesight, reduced reaction time, a decline in muscle strength, and limited movement can all contribute to putting an older person at risk for falling.

(NAPSA) – Falls can become more common and more serious as people age. The good news is that there are steps you can take to help prevent them. Here are some tips.

- ☐ Identify the health factors that can increase your risk for falling—poor eyesight, reduced reaction time, a decline in muscle strength, and limited movement can all contribute to putting a person at risk for falling—particularly if they are ignored.
- ☐ Don't be afraid to use a cane or walker if you are feeling unsteady—and promptly replace worn rubber tips of these devices.
- ☐ Be careful around pets. They can get underfoot or jump on you.
- ☐ Don't leave clothes or newspapers on the floor.

A Safety Checklist

Falls are often due to hazards that are easy to overlook, but many times, they are just as easy to fix. Interim HealthCare has developed a checklist that can be used to help you find and fix hazards in your home.

Go through the list and check off each item that describes the situation in your home. Each item that gets checked represents a step you have taken to reduce a potential hazard. Here are a few examples:

Bathroom Safety

- ✓ There are grab bars on the bathroom walls, near the toilet or along the bathtub or shower.
- ✓ A slip-resistant rug is next to the bathtub or shower.
- ✓ A mounted or suction liquid-soap dispenser is on the bathtub/shower wall.
- ✓ Nonskid adhesive-textured strips are on the bathtub/shower floor.
- ✓ A sturdy plastic seat (shower chair) is placed in the bathtub.
- ✓ There is a raised toilet seat or a toilet seat with armrests to maintain balance when getting on or off the toilet.
- ✓ An extra-long mirror is over the sink so it can be used when sitting.

Bedroom Safety

- ✓ Clutter is cleared from the floor so that nothing is in the way.
- ✓ A lamp, flashlight and telephone are within easy reach near the bed.
- ✓ Night-lights are placed along the path from the bedroom to the bath.
- ✓ A raised mattress is available to get in and out of bed easily.

Download A Copy

To download your own copy of the Home Fall Prevention Checklist, visit www.interimhealthcare.com/Education-Center/Fall-Prevention/Home-Safety-Checklist.

Founded in 1966, Interim HealthCare Inc. is one of the nation's leading home care providers.

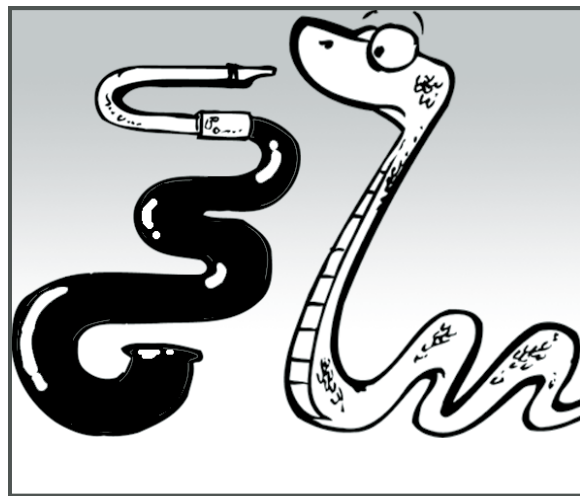
Did You Know?



The first ice cream parlor in this country opened in New York City in 1776. In 1845, the hand-cranked freezer was invented. This allowed Americans to make ice cream more easily at home.



With peppers, bigger might not be better, especially if you like them hot. Generally, the smaller the pepper, the hotter, and none of the hottest peppers in the world is more than three inches long.



The precursor of the tuba was an instrument called the serpent. First made in the late 16th century, it was often painted to look like a fat snake. It was used as the bass line in European liturgical music.

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Salome's Stars

ARIES (March 21 to April 19) Seeing the silly side of some really ridiculous situations helps give the Lamb a new perspective on how to handle them. Some important contacts can be made this weekend.

TAURUS (April 20 to May 20) Try to complete your outstanding tasks by midweek. This leaves you free to take advantage of new possibilities -- both professional and personal -- opening up by week's end.

GEMINI (May 21 to June 20) With both your creative side and your energy levels rising this week, you should be able to tackle that too-long-neglected project again. A family member might have important news.

CANCER (June 21 to July 22) An explanation you requested seems to be more confusing than enlightening. You should insist on clarifications now, rather than deal with problems that might arise later.

LEO (July 23 to August 22) Your energy levels might be ebbing a bit. But that's no excuse for taking catnaps when you could be working on those unfinished tasks. There'll be time to curl up and relax by week's end.

VIRGO (August 23 to September 22) It's a good time to get those ideas out of your head and into a readable format if you hope to have them turned into something doable. A good friend is ready with worthwhile advice.

LIBRA (September 23 to October 22) Careful -- you might be stepping into dangerous territory if you decide to "exaggerate" the facts too much. Remember: The truth speaks for itself and needs no embellishment.

SCORPIO (October 23 to November 21) Although your workplace successes have earned you many admirers, there are some colleagues who are not among them. Be careful how you proceed with your new project.

SAGITTARIUS (November 22 to December 21) You might have to go into great detail to explain why you're currently reluctant

to make changes to an already prepared plan. Be sure you have all the facts to back yourself up.

CAPRICORN (December 22 to January 19) Travel plans might still be uncertain. But instead of getting upset about the delay, open yourself up to other possibilities, and begin checking out some alternative destinations.

AQUARIUS (January 20 to February 18) Changing conditions might require you to alter some of your plans. While you might be agreeable to this, be prepared with explanations for those who **do not want changes made.**

PISCES (February 19 to March 20) Although you might have to deal with some detractors who aren't too kind in their critiques, you gain points when you're willing to stand up and defend your work.

BORN THIS WEEK: You have a gift for creating a warm and loving environment between yourself and others.

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COUCH THEATER DVD PREVIEW

BY SAM STRUCKHOFF

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.

PICKS OF THE WEEK



Matthew McConaughey in "The Dallas Buyer's Club"

"The Dallas Buyer's Club" (R) -- Matthew McConaughey delivers a career-altering performance as a hard-partying cowboy who became a hero to many people only after he was told he had 30 days to live. Ron Woodroof (McConaughey) was diagnosed with HIV in the early 1980s, when little was known about the virus and many promising treatments were not available in the U.S. Ron sets about smuggling medicine into Texas for the benefit of himself and the HIV-positive population.

As Ron's character develops, there is a raw and believable change as he sympathizes with people he used to shun. The film also carries a strong contender for best supporting actor with Jared Leto as Rayon, a transsexual and fellow HIV patient who becomes Ron's friend and business partner.

"About Time" (R) -- Tim (Domhnall Gleeson) is a decent, fumbling, charming and awkward young Brit

who learns on his 21st birthday that the men in his family can time travel -- only into the past and only into moments from his own life. Tim's power allows him to erase and re-do his most uncomfortable mistakes and missed opportunities. He spends the rest of his (screen) time keeping his girl and staving off life's tragedies.

Written and directed by Richard Curtis (veteran of a thousand English romantic comedies, including "Love, Actually" and "Four Weddings and a Funeral"), the movie deviates just a little while still showing the Curtis stamp. It's painfully cute, full to the brim with sentiments and a little clumsy while advancing the plot. It's an easy watch, and sure to have a few laughs for even the most cynical viewers.

"Free Birds" (PG) -- This is the big, animated, star-studded, 3D Thanksgiving movie about turkeys using a time machine to go to the first Thanksgiving and prevent turkey from ever being part of the tradition. Though it's stuffed with sight gags and goofy sidekicks, it's just never very funny. The way factory farms and turkey hunts are depicted can be pretty scary for the young ones. If you want your child to be a vegetarian, there must be a kinder way than making him or her sit through this.

DOG OF THE WEEK

"Baggage Claim" (PG-13) -- There are romantic comedies that are cloying and gushy, or too serious and heavy. And all romantic comedies are pretty predictable -- it just runs in the genre. However, some romantic comedies are so atrocious that they may actually intend to harm us with bizarre messages about love. In "Baggage Claim," a flight attendant needs a man in 30 days (just because), so she arranges to be on a plane whenever one of her exes travels (she's apparently involved with TSA and NSA on this one) in the vain hope of rekindling a romance.

TV RELEASES

- "Midsomer Murders, Set 23"
- "My Little Pony Friendship Is Magic: Season Three"
- "The White Queen: Season One"
- "Laverne & Shirley: Seventh Season"
- "The Broker's Man, Series 1"

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

Strange BUT TRUE

By Samantha Weaver

• It was noted Irish author and wit Oscar Wilde who made the following sage observation: "There are only two tragedies in life: one is not getting what one wants, and the other is getting it."

• The very first CD of a musical recording was made in 1982. The album was "The Visitors" by Swedish pop superstars ABBA.

• Immigrants arriving at New York's Ellis Island in the early years (1892-1920s) were given bananas to eat. Many had never seen a banana and didn't know how to eat one -- some ate the whole thing, peel and all.

• In the small African nation of Swaziland, the Civil Aviation Authority has set a ceiling of 500 feet on light aircraft. These aircraft, as well as kites and remote controlled toys, are not allowed to go above that limit. Also included in the category of light aircraft are broomsticks. Any witch who flies on a broomstick above that limit is subject to a fine of more than \$50,000 and possible arrest.

• If you're thinking about moving to another country, you might want to consider Finland. In that country, employees are offered, on average, 44 paid vacation days every year. Of course, you might want to consider that even in the warm southwestern part of the country, winters last about 100 days, with snow covering the ground from mid-October to early May.

• The name of the state of Iowa (unsurprisingly) comes from a Native American language. The original word, "ayuxba," means "sleepy ones."

• Early science-fiction author E.E. "Doc" Smith wasn't just a writer; he also was an engineer. He's the guy who figured out how to get powdered sugar to stick to doughnuts.

Thought for the Day: "To be capable of embarrassment is the beginning of moral consciousness. Honor grows from qualms." -- John Leonard

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The Garden Bug

Whether it is found in the wild, or grown, harvested and dried, about 2 out of every 3 cats are affected by the **catnip** plant. Cats will roll in it or try to eat it. As a garden plant, it likes sunny spots, growing 3 feet or more, and displays delicate, bluish flowers in summer. Also used in teas, tinctures, or poultices for human use, it is known to induce calm, restfulness and healing. - Brenda Weaver



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THE RICH LOWRY COLUMN
By Rich Lowry

Obama's Insincere War

Robert Gates has roiled the Beltway with perhaps the least surprising bombshell ever to appear in a tell-all Washington memoir.

Did anyone believe that President Barack Obama was passionately committed to the Afghanistan War that he escalated at the same time he announced a withdrawal date?

If what Gates tells us isn't particularly new, it still packs a punch coming from such a highly placed, credible source. For Obama, Afghanistan is the insincere war. More than 1,500 troops have died there during his time in office -- almost three times as many as under George W. Bush -- yet by early 2011, the president had lost whatever faith he had in the war, according to Gates.

In the telling of his former secretary

of defense, Obama violated what should be the psychological Powell Doctrine: If you don't believe in it, don't fight it.

John Kerry famously asked during the Vietnam War: How do you ask a man to be the last man to die for a mistake? Obama evidently has been asking men to die for what he considers a mistake for years now.

As reported in the press, Gates describes a dawning realization at a March 2011 meeting in the situation room. "As I sat there," he writes, "I thought: The president doesn't trust his commander, can't stand [Afghan leader Hamid] Karzai, doesn't believe in his own strategy and doesn't consider the war to be his. For him, it's all about getting out."

This is the war that the president and other Democrats had long hailed as "the good war." Candidate Obama made the first item in his proposed "comprehensive strategy" in the war on terror, "getting out of Iraq and on to the right battlefield in Afghanistan and Pakistan."

The president may have meant every word he said at the time, but his position also happens to have been politically convenient. It allowed him to promise a quick exit from one (very unpopular) war while still sounding tough on the other. He wasn't a stereotypical dove,

but a nuanced, clear-eyed hawk.

Once in office, the rhetoric came due. By all accounts, the president felt trapped by his own advocacy. He and his team resented the military for asking for more troops than he really wanted to send. He escalated by about 50,000 all told, anyway, although with an uncertain trumpet and a highly ambivalent spirit.

If a president doesn't believe in a war, he is obviously less likely to see it through. The cost of liquidating our position in Iraq has been a resurgence of al-Qaida. If we pull out from Afghanistan right away, the Taliban will surely enjoy a similar windfall.

Obama has a remarkable ability to create critical distance between himself and almost anything. Here is a conflict that began with an invasion that he supported, that he consistently called for escalating and that he ordered tens of thousands of additional troops to go fight, yet he resisted taking ownership of it.

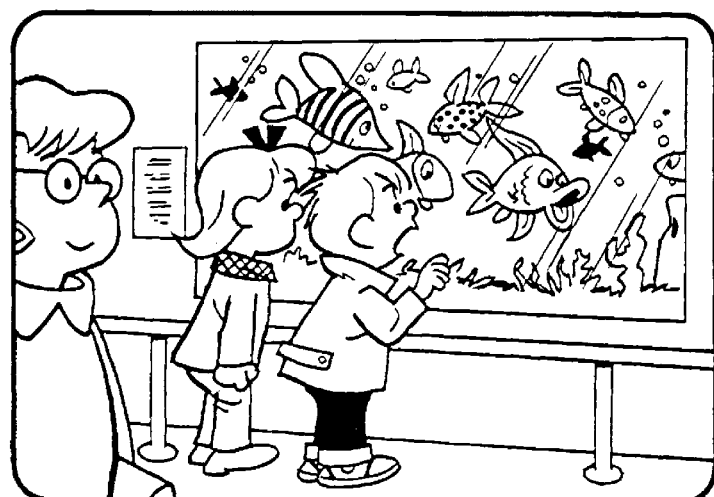
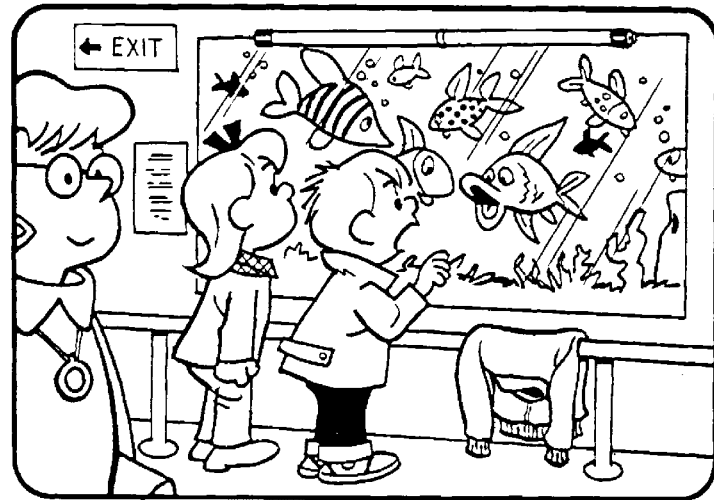
"I never doubted Obama's support for the troops," Gates writes, "only his support for their mission." Stranger words may never have been written about an American president.

Rich Lowry is editor of the National Review.

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HOCUS-FOCUS

BY HENRY BOLTINOFF



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.
Differences: 1. Sign is missing, 2. Pendant is missing, 3. Head is moved, 4. Fluorescent light is missing, 5. Fish is missing, 6. Jacket is missing.

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- ACROSS
- Abstains from food
 - Female sib
 - Like Homer Simpson's head
 - Freeze
 - Notable time
 - Andrea Bocelli, e.g.
 - Third rock from the sun
 - "I thee ___"
 - Loosen laces, e.g.
 - *Number of participating Olympic sports
 - *Kerrigan's nemesis
 - Nest egg
 - Poacher's trophy
 - A small amount of liquid
 - Shining armor
 - Ultra bookworm
 - Viewer's appreciation
 - Riyadh native
 - Yokel's holler
 - Kournikova or Karenina
 - Nostrils
 - German mister
 - From center to perimeter of circle, pl.
 - Ricci of fashion
 - Nonclerical
 - *First Winter Olympics host
 - Solid part of wall
 - Code word
 - Mosque V.I.P.
 - Party bowlful
 - *Olympic athlete of yesteryear
 - "It happened on ice, 1980
 - Computer woe
 - Cowboy's heel prod
 - Trial and ___
 - Unable to move
 - Funerary vase
 - More than one crocus
 - *Gold winning ice dancers, Torvill and ___
 - Pilot's announcement, acr.
 - Exemplary
- DOWN
- Medieval domain
 - Popular smoothie berry
 - #1 Down laborer
 - Little Richard's "___ Frutti"
 - Orb shape
 - Fastened stitches
 - Rage
 - Ascetic holy Hindu
 - Form a curve
 - Opposed to
 - Tender cut
 - Small amount of residue
 - *Eurasian winner of 88 medals but no winter ones
 - *Only Olympian to win Gold in summer and winter
 - Nile viper
 - Government system in pre-revolutionary Russia
 - *Keeps neck warm in Sochi?
 - Of an arm bone
 - Chinese bear
 - Persia
 - "Matilda" author
 - Beforehand
 - Waterwheel
 - *Relayed flame
 - Sacrifice for gain
 - Out of shape
 - Saudi Arabia native
 - Most frozen
 - Down Under runner
 - Do like Tarantino
 - Lock horns
 - Avoid an attack
 - Zealous
 - Collier's office
 - A particular region
 - *Speed skaters often touch the ice making one
 - Madonna's 2012 release
 - Field yield
 - Centers of activity
 - *American speed skating great
 - You know it when you see it?

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

For Solutions See Page 11

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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)

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Guitar Lessons - Beginner to Advanced. \$10/half hour. \$20/hour. frediebbalbert1@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)

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Sudoku Puzzle on Page 10

9x9 grid for a Sudoku puzzle.

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Volunteers Needed

Sutter Auburn Faith Hospice Thrift Store invites volunteers to work as cashiers, sales floor assistants, donation processors or printers. Training is provided; a four hour weekly commitment is requested. Location: 13342 Lincoln Way, Auburn. Call store coordinator, Kim Chase, 530-887-0661. (MPG 12-31-13)

Volunteers Needed

Graphic Artist-Layout Support person need-ed 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.

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

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Delivery Routes Available

CALL 773-1111

Delivery Routes Available

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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)

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

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
#FBNF2013-09826. 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. AMTRES 142021 02-06-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-08824. Axis Energy Partners, 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 Skyy 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. JMJM, Inc., 9927 Waimea Ln., Elk Grove, CA 95624 is doing business under the Fictitious Business Name "Elk Grove Chevron" at 9603 E. Stockton Blvd., Elk Grove, CA 95624. Filed with the Clerk of Sacramento County on December 24, 2013. Publish: January 23, 30, February 6, 13, 2014. ELKGROVE 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
#FBNF2014-00653. George Johnson, 735 University Ave., Sacramento, CA 95825 and Lisa Mangels, 2 Brant Ct., Lafayette, CA 94549 are doing business under the Fictitious Business Name "LEG Investments" at 735 University Ave., Sacramento, CA 95825. Filed with the Clerk of Sacramento County on January 23, 2014. Publish: January 30, February 6, 13, 20, 2014. LEGINV 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
#FBNF2014-09931. Melany George, 979 Fulton Ave., No. 496, Sacramento, CA 95825 is doing business under the Fictitious Business Name "Interpreters Association" at 979 Fulton Ave., No. 496, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on December 26, 2013. Publish: January 30, February 6, 13, 20, 2014. INTERP 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, 2013. Publish: January 30, February 6, 13, 20, 2014. BRAVE 142023 02-20-14

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

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ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2013-00154783
WHEREAS, Abdul Rehman Muhammad has filed a petition with this court for a decree changing the name of Abdul Rehman Muhammad to Roy Clark. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on February 4, 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: December 11, 2013. Raymond M. Cadei Judge of the Superior Court Publish: January 9, 16, 23, 30, 2014 MUHAMMAD 141015 01-30-14

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2013-00155236
WHEREAS, Faun O'Neal has filed a petition with this court for a decree changing the names of Andreea Lily Try to Andreea Lily O'Neal and Dru Joseph Try to Dru Joseph O'Neal. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on February 10, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: December 18, 2013. David I. Brown Judge of the Superior Court Publish: January 9, 16, 23, 30, 2014 O'NEEL 141015 01-30-14

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2013-00155263
WHEREAS, David Joseph Howard has filed a petition with this court for a decree changing the name of David Joseph Howard to Grey L. Farran. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on February 13, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: December 18, 2013. Raymond M. Cadei Judge of the Superior Court Publish: January 9, 16, 23, 30, 2014 HOWARD 141015 01-30-14

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2013-00155239
WHEREAS, Steven Alexander Osborne has filed a petition with this court for a decree changing the name of Steven Alexander Osborne to Steven Alexander Morse. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on February 10, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: December 18, 2013. David I. Brown Judge of the Superior Court Publish: January 9, 16, 23, 30, 2014 OSBORNE 141015 01-30-14

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2014-00156281
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. David I. Brown Judge of the Superior Court Publish: January 16, 23, 30, February 6, 2014 MEYER 142021 02-06-14

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 Wageh Louis Said has filed a petition with this court for a decree changing the name of Sheriff Wageh Louis Said to Sheriff Wageh 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 Khijji. 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, Neclary Teacher has filed a petition with this court for a decree changing the name of Neclary Teacher to Neklarios Klostrikis. 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
#34-2013-00156701
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 Kaeshawn 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

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2014-00157046
WHEREAS, Lidia Braga Strohm has filed a petition with this court for a decree changing the name of Lidia Braga Strohm to Lidia Maria Dumar Braga Strohm. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on March 11, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: January 22, 2014. David I. Brown Judge of the Superior Court Publish: January 30, February 6, 13, 20, 2014 STROHM 142023 02-20-14

PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF LEWIS D. PARTRIDGE (deceased) ESTATE NO. 34-201300155180
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of LEWIS D. PARTRIDGE, aka LEWIS DEAN PARTRIDGE (deceased): A petition for probate has been filed by CAROL J. WEIDA in the Superior Court of California, County of Sacramento, requesting that CAROL J. WEIDA be appointed as personal representative to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take any actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows: February 20, 2014, 9:00 a.m. in Dept. No. 129, at William R. Ridgeway Family Relations, 3341 Power Inn Road, Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the petitioner is: Gary G. Perry, Esq., 2251 Fair Oaks Boulevard, Suite 200, Sacramento, CA 95825. Publish: January 9, 16, 23, 30, 2014. PARTRIDGE 141015 01-30-14

NOTICE OF PETITION TO ADMINISTER ESTATE OF LEWIS D. PARTRIDGE (deceased) ESTATE NO. 34-201300155180
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of LEWIS D. PARTRIDGE, aka LEWIS DEAN PARTRIDGE (deceased): A petition for probate has been filed by CAROL J. WEIDA in the Superior Court of California, County of Sacramento, requesting that CAROL J. WEIDA be appointed as personal representative to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take any actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows: February 20, 2014, 9:00 a.m. in Dept. No. 129, at William R. Ridgeway Family Relations, 3341 Power Inn Road, Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the petitioner is: Gary G. Perry, Esq., 2251 Fair Oaks Boulevard, Suite 200, Sacramento, CA 95825. Publish: January 9, 16, 23, 30, 2014. PARTRIDGE 141015 01-30-14

Classified Advertising
773-1111 MPG

NOTICE OF PETITION FOR PROBATE AND TO ADMINISTER ESTATE OF

MARY S. THIBAUT (deceased) ESTATE NO. 34-201400156625
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of MARY S. THIBAUT, aka MARY LOUISE THIBAUT (deceased): A petition for probate has been filed by AMY THIBAUT in the Superior Court of California, County of Sacramento, requesting that AMY THIBAUT be appointed as Executor to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take any actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows: March 13, 2014, 9:00 a.m. in Dept. No. 129, at William R. Ridgeway Family Relations, 3341 Power Inn Road, Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the petitioner is: Gary G. Perry, Esq., 2251 Fair Oaks Boulevard, Suite 200, Sacramento, CA 95825. Publish: January 23, 30, February 6, 13, 2014. THIBAUT 142013 02-13-14

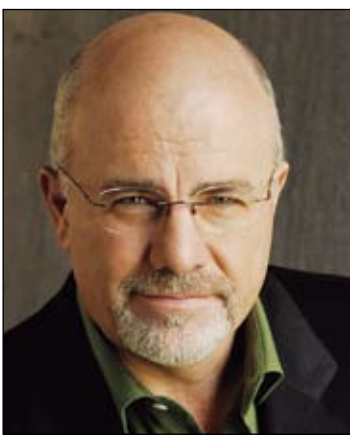
PUBLICATION OF SUMMONS
SUPERIOR COURT OF THE STATE OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER AFTER EX PARTE APPLICATION FOR PUBLICATION OF SUMMONS
CASE NO. 13 FL06308
NOTICE TO RESPONDENT: XIAO YONG
YOU ARE BEING SUED BY PETITIONER: VICKI MANIVONG
You have 30 Calendar Days after this Summons and Petition are served on you to file a response (form FL-120 or FL-123) at this court and have a copy served on the petitioner. A letter or phone call will not protect you. If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. If you cannot pay the filing fee, ask the clerk for a fee waiver form. If you want legal advice, contact a lawyer immediately. You can get information about finding lawyers at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), at the California Legal Services web site (www.lawhelpcalifornia.org), or by contacting your local County Bar Association. The name and address of the court is: Superior Court of California, County of Sacramento, 3341 Power Inn Road, Sacramento, CA 95826. The name, address, and telephone number of petitioner's attorney, or petitioner without an attorney, is: Vicki Manivong, 43 Arcade Blvd., No. D, Sacramento, CA 95818. Dated: November 4, 2013. Publish: January 16, 23, 30, February 6, 2014. MANIVONG 142021 02-06-14

SUPERIOR COURT OF THE STATE OF CALIFORNIA
COUNTY OF LOS ANGELES PUBLICATION OF SUMMONS
CASE NO. KD084548
NOTICE TO RESPONDENT: ISIDRO CRUZ
YOU ARE BEING SUED BY PETITIONER: ROSALIE CRUZ
You have 30 Calendar Days after this Summons and Petition are served on you to file a response (form FL-120 or FL-123) at this court and have a copy served on the petitioner. A letter or phone call will not protect you. If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. If you cannot pay the filing fee, ask the clerk for a fee waiver form. If you want legal advice, contact a lawyer immediately. You can get information about finding lawyers at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), at the California Legal Services web site (www.lawhelpcalifornia.org), or by contacting your local County Bar Association. The name and address of the court is: Superior Court of California, County of Los Angeles, 400 Civic Center Plaza, Pomona, CA 91766. The name, address, and telephone number of petitioner's attorney, or petitioner without an attorney, is: William A. Hinz, Esq., Law Offices of William A. Hinz, A.P.C., 110 West Fir Street, Brea, CA 92821. Summons Dated: September 12, 2012. Order for Publication Dated: January 14, 2014. Publish: January 30, February 6, 13, 20, 2014. CRUZ 142023 02-20-14

NOTICE OF PUBLIC SALE OF LIENED PROPERTY
Notice is hereby given that a public lien sale will be held at:
Auburn Blvd. Mini Stor
6230 Auburn Blvd.
Citrus Heights, CA 95621
On February 6, 2014 at 12:00 PM (noon) in accordance with Section 21700 et seq. of the Business and Professions Code of the State of California. The auctioneer is Forrest O'Brien, Bond # 001040533207, telephone No. (925) 679-8679. General description of the goods: clothing; furniture; appliances; misc. household goods; bicycles, scooters, skateboards and similar misc. motorized & non-motorized transportation devices; hand/garden/power tools; construction equipment/tools and materials; musical instruments; exercise equipment; beds and bedding; ambulatory equipment; misc. boxes/containers and bags, contents unknown; craft, art, hobby and pet supplies/materials; artwork; sporting goods; engine and auto parts and accessories; toys; electronic equipment; office furniture, machinery, equipment and supplies; 5' safe; Snap On tool chest on casters; large screen TV(s); drill press; electrical control panel & equipment; snowboard; aluminum row-boat; welding equipment incl. oxygen/acetylene bottles; DeWalt jackhammer; sword collection; radio-controlled boat; bench grinder; go-kart; air compressor; Princeton portable amplifier; guitar(s); portable keyboard.
The units belonging to the following self-service storage unit tenants will be auctioned at this public lien sale:
Alvarez, Cruz; Arnett, Jeff; Besso, Rozalyn R.; Borrelli, Jessica M.; Carothers, William and Aleesha; Coward, Candice; Davis, George J.; Fillion, Joshua; Haggerty, Robert; Hamer, Jasmine; Hayes, Heather; Headley, Denise; Kendrick, Erica; Learson, Henry A.; Mc Broom, Wendy; Mize, Joshua; Morgera, Nina C.; Murray, Kevin; Peace, Stacey; Skipper, Latasha; Smith, Stephen; Washington, Kimberli; Way, Larry
This is a cash-only auction due immediately when sold; no checks or credit/debit cards accepted. Each person attending must sign in and agree to follow all Rules and Regulations of the sale. All purchased goods are sold "as is" and must be removed by 12:00 PM (noon) on the second day following the sale. This sale is subject to cancellation in the event of settlement between landlord and obligated party. Publish: January 23 and January 30, 2014

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Dave Says

fee to be enrolled in a mortgage accelerator program?
- Jennifer

Dear Jennifer,
No, you should not. Mortgage accelerator programs are similar to the biweekly mortgage deals floating around out there. Paying on your mortgage biweekly is fine. Paying for the privilege is not.

In the biweekly mortgage program, you make a half-payment every two weeks. By doing this you will pay off the typical 30-year note in about 22 years. It works because there are 26 two-week periods in a year, and 26 half-payments equals 13 whole payments. It pays off your mortgage early because you're making an extra payment every year. That's what's doing it. There's nothing magical about every two weeks; it's the fact that you're paying extra principal.

Instead of paying your mortgage company an unnecessary "nominal

fee," just make an extra payment each year. Or, pay one-twelfth of a payment as a principal reduction with a separate check, in a separate envelope, every month. By doing that, you'll pay off the loan just as quickly as with a biweekly arrangement.

If you're just now taking out a mortgage and your lender can do a biweekly setup at no cost, then that's great. Take them up on the offer. But we're not going to pay them an additional fee so you can make extra payments on the principal. That's just stupid!

Giving Beyond Tithing

Dear Dave,
My husband and I tithe, but right now we're on Baby Step 2 of your plan and we're expecting a child in a few months. Since we're trying to pay off all our debt except for our home, what should

we do about giving beyond our tithe in this situation?

- Carrie
Dear Carrie,

Evangelical Christians recognize two types of giving in the Bible—tithes and offerings. The tithe is off the top, before you do anything else. That's why I recommend people put it on the top line of their budget forms.

After that, offerings are almost impossible to find in Scripture until you've first taken care of your family. The normative

method found is that offerings are to be taken out of your surplus. In my mind, while your family is in debt and you're busy taking care of your household, there is no surplus. Just because something tugs at your heartstrings or someone spews out a toxic sermon on giving doesn't mean that you need to give offerings above your tithe.

But here's the good news. Once you've paid off your debt and have a fully loaded emergency fund in place, you'll have the rest of your lives to open up and give like never before. Getting out of debt

means you will gain control of your most powerful wealth-building tool—your income. And when that happens, you can give with extraordinary levels of generosity.

There are three things you can do with money—spend, save and give. And when you reach a point where you can give well, it's the most fun you'll ever have with money!

- Dave
*For more financial help, please visit daveramsey.com.

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

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Dear Dave,
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River City Bank Names Brian Hoblit Vice President And Relationship Manager

Seasoned Banking Professional Reinforces Commitment To Superlative Service For Businesses

SACRAMENTO REGION, CA (MPG) - Continuing its mission to provide the ultimate banking experience to Sacramento businesses, River City Bank is proud to announce that Brian Hoblit has joined its commercial banking team as vice president and relationship manager, effective immediately. His extensive banking experience, outstanding client relations skills, diverse industry experience and impressive educational credentials make him an ideal fit for the region's largest, locally-owned business bank.

Prior to joining River City Bank, Hoblit spent nearly five years at the Sacramento Commercial Banking unit of Wells Fargo. Developing his skills as an award-winning financial analyst, Hoblit concluded his tenure at Wells Fargo as relationship manager and assistant vice president. Prior to that role, he worked in numerous business-development and finance



capacities at various high-tech firms, providing a unique "client perspective" that he brings to his banking role today. His impressive resume includes Bachelors, Masters and Master of Business Administration degrees, the latter from University of California, Davis, where he was elected commencement speaker by his classmates.

"We are delighted to have Brian join our team," notes River

City Bank President and CEO Steve Fleming. "He personifies the professional, high-touch experience we strive to deliver every day to our clients. His strong credit and financial analysis skills, combined with his entrepreneurial spirit, make him a great fit for us, and a tremendous asset for our valued clients."

"I look forward to helping deliver River City Bank's impressive portfolio of business offerings," states Hoblit. "It's personally gratifying to help local businesses succeed."

Celebrating its 40th anniversary, River City Bank is the largest, independent, locally-owned bank in the Sacramento region, maintaining 12 branches in El Dorado, Placer, Sacramento and Yolo counties. For additional information, please visit www.rivercitybank.com or call (916) 567-2600. Member FDIC. Equal Housing Lender. ★

Watt Avenue US-50 Interchange Project Traffic Increase Anticipated - Starting January 27, 2014

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; 5) The coordination of the two traffic signals; 5) Communications improvements to permit monitoring of 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. ★

Governor Brown Announces Eckerle Appointment

SACRAMENTO REGION, CA (MPG) - Governor Edmund G. Brown Jr. recently announced the appointment of Tyson Eckerle, 34, of Sacramento, to the zero emission vehicle infrastructure project manager at the Governor's Office of Business and Economic Development. Eckerle has been

executive director at Energy Independence Now since 2011, where he was associate director from 2009 to 2011. He served multiple positions at the U.S. Army Corps of Engineers, San Francisco District from 2002 to 2007, including regulatory project manager, biologist, recruitment

coordinator and environmental planner. Eckerle earned a Master of Science degree in environmental science and management from the University of California, Santa Barbara. This position does not require Senate confirmation and the compensation is \$90,000. Eckerle is a Democrat. ★



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Announcements & Events

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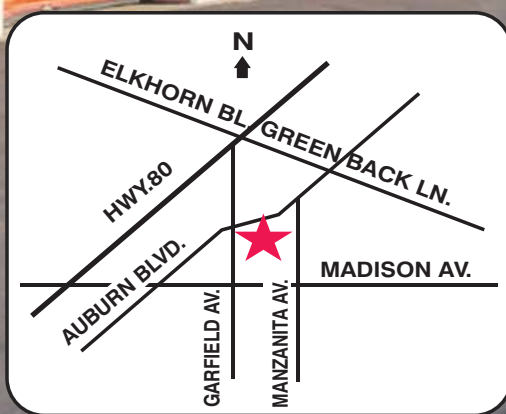
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6190 Sunrise Boulevard, Citrus Heights (behind Sears located in SE Parking Lot). Open every Saturday from 8 am to 1 pm - all year round.

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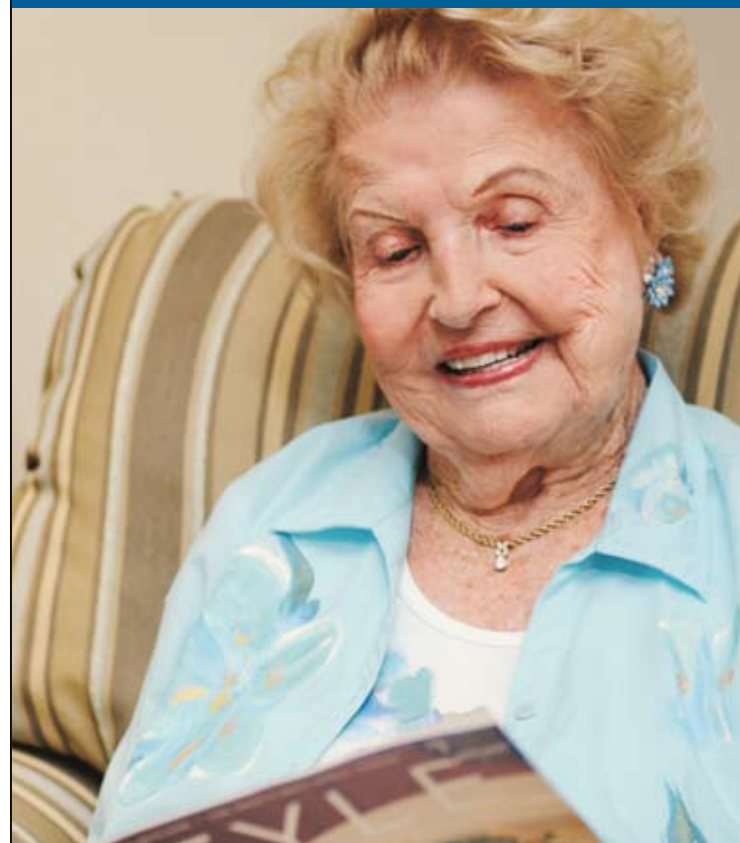
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With LENS, Offender Data Quickly Reaches Officers on Beat

**Special Report From
Uscourts.gov**

A police officer on a DUI stop, logs into the online Law Enforcement Notification System (LENS) and finds that not only is the driver under federal supervision for a prior drug offense, but the conditions of release stipulate no alcohol use.

By statute, following release of a prisoner convicted of a drug trafficking crime, crime of violence, or sex offense, the U.S. Probation Office must notify the chief law enforcement officer of the state and of the local jurisdiction when

an offender moves into their jurisdiction. All 94 probation offices nationwide are now using LENS to make these notifications easier and more efficiently. And because LENS notifies local law enforcement at the beginning of supervision, it also promotes greater public safety.

For years, notification meant that paper documents with the prisoner's basic information and criminal history, plus their conditions of supervision, were compiled, and then mailed to law enforcement offices. This process was time consuming and the information varied—some districts

included photos, others just basic descriptions with height, weight, and eye color. Once the information reached its destination, there was still the problem of how to get it to the people who really needed it—the detectives and patrol officers on the street.

LENS was developed by the federal Judiciary to change all that. LENS pulls information already in the Probation and Pretrial Services Automated Case Tracking System (PACTS) database, and populates a website where local law enforcement officers can use a secure log-in through their smartphone, tablet

or computer to see a photo slideshow of certain offenders or as points on a map, showing where they live. They can see the name of the offender, a description, criminal history, aliases, conditions of supervision, and the contact information for his or her probation officer. In addition, the information for the offenders in the system can be searched across multiple jurisdictions and filtered by offense and demographics.

Following a bank robbery, suppose an eyewitness gives a description of one of the perpetrators. Detectives log into LENS, filter offenders under

supervision in the area for the type of offense—in this case, bank robbery—and by the basic physical description provided by the witness. The search produces a list of offenders fitting the description with photos, allowing for a virtual lineup.

LENS also is a time- and cost-saver for probation office staff. LENS can pull the necessary information from PACTS in a fraction of the time it takes staff to compile the documents by hand. And if the local law enforcement agency has signed up for an email account, notification is at the click of a button. It's immediate and

there are no postage costs. Even in those instances where a law enforcement agency is still receiving paper documents, LENS still creates the documents more efficiently for the probation offices.

Recently LENS was expanded to begin automated deployment of FBI Flash Notices, alerting the FBI and other law enforcement agencies running a criminal records check through FBI when a subject is placed on supervised release, pretrial diversion, or probation. Thirty-two districts now are live on Flash. ★

Source: <http://news.uscourts.gov>



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7:00 PM – Pre-concert talk by Donald Kendrick

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