



# Arden Playhouse Presents Sibling Schemes

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"Stinking Thinking"*

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# Carmichael Times

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Serving Carmichael and Sacramento County since 1981

January 23, 2014

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# San Juan Artists Shine



An exhibition composed of art from 20 San Juan District Schools was an end-of-year attraction at the Sacramento Fine Arts Center in Carmichael. Bryson Polhemus (left) and Kate and David McCarl posed with feline faces created at Mary Deterding School. Photo by Susan Skinner

By Susan Skinner

**SACRAMENTO, CA (MPG)** - A two-year tradition at the Sacramento Fine Art Center, an exhibition of children's art recently showcased efforts by over 200 children.

All artists — ranging from kindergarten pupils to senior high schoolers — were students of San Juan Unified School District. Their show ran two weeks, culminating with a final day concert by Grand Oaks

Elementary School choristers. Exhibits included paintings, mixed-media sculptures and pottery. "Our children have so few opportunities to show pieces in a real gallery," said San Juan District art teacher Debbie

Smith. "It's an exciting for them to be chosen to exhibit." Over 500 parents and supporters were equally excited to view the two-salon show.

Continued on Page 3

# Senator Jim Nielsen Appointed to Vice Chair

**SACRAMENTO, CA (MPG)** - California Senate President pro Tempore Darrell Steinberg (D-Sacramento) recommended and the Rules Committee unanimously confirmed Senator Jim Nielsen (R-Gerber) to serve as Vice Chair of the Senate Committee on Budget and Fiscal Review.

Experienced and knowledgeable in the state's convoluted budget process, Senator Nielsen will be an assertive steward as decisions are made on the spending of taxpayers' monies.

In response to the Governor's budget proposal, Senator Nielsen expressed his appreciation that the Governor advocated for fiscal restraint in presenting many of the same recommendations Republicans have made for the past decade.

"I appreciate the Governor's efforts; however, this budget proposal doesn't adequately address the structural deficit that continues to plague the state treasury. It also continues to fund the Governor's 'dream' of the High Speed Rail that California taxpayers don't want and can't afford."

Senator Nielsen added, "The state recently received more tax dollars than state financial experts predicted. These monies should either be returned to taxpayers or used to pay down the state's debt." Citing cost-of-living adjustments and other automatic increases in the state's budgets, Nielsen vowed to push for reforms in the budget process.

"California's financial problems have not been erased by this temporary financial windfall created by a 'temporary tax increase' (Proposition 30) last year. We continue to be plagued by expensive on-going costs like the High Speed Rail project, and the Affordable Care Act also known as Obamacare."

Senator Nielsen continued, "The state has a massive \$355 billion 'wall of debt' that must be paid down so our economy can grow. Our state's economy is not recovering like the rest of the country. We must address the need to create more jobs for Californians who want to work." ★

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

# Residents Receive Free Tax Help at Local Centers

New website through United Way also helps local residents keep their tax refunds.

**SACRAMENTO REGION, CA (MPG)** - Local households making less than \$58,000 a year can receive help filing their taxes for free as part of the region's Volunteer Income Tax Assistance program led by United Way California Capital Region. Those interested can visit SAFE Credit Union's Rancho Cordova branch, 12519 Folsom Boulevard, or the Folsom Cordova Community Partnership, 10665 Coloma Road.

As part of the VITA program, United Way has created [www.KeepYourTaxRefund.com](http://www.KeepYourTaxRefund.com), an online tool helping local residents save money this tax season.

"We want people to keep more money in their pockets and make our community stronger by taking advantage of tax credits," said Stephanie McLemore Bray, United Way president and CEO. "This website is an easy and effective way to file your taxes and save your money for what matters most to you."

KeepYourTaxRefund.com's filing tool is free to individuals or households making less than \$58,000 a year. For those making more, the cost is less than \$50. The website, which is powered by H&R Block software, saves users an average of \$200 in tax preparation fees. Users will need a valid email address and income forms,



such as a W2, 1099, 1098, etc. Those who need in-person help can schedule an appointment through the website to meet with a VITA volunteer who will help file their taxes for free, if they qualify, or they can visit the Rancho Cordova VITA locations.

United Way also is seeking volunteers to distribute information about VITA. No prior tax law experience is necessary. Schedules and locations are flexible. For more information, contact United Way

Volunteer Services at [volunteer@uwccr.org](mailto:volunteer@uwccr.org) or (916) 856-3983.

United Way California Capital Region is spearheading the effort, along with partners including the IRS, Franchise Tax Board, 2-1-1, Asian Resources, Bank of America, CHOC Housing, City of Sacramento, Community Link, Goodwill Industries, Sacramento Coalition for Working Families, Sacramento News & Review, Sacramento Regional Transit, SAFE Credit Union and the Yolo

Family Resource Center.

For 90 years, United Way California Capital Region has actively worked to address the community's most pressing issues, now focusing on innovative solutions related to high school graduation rates, household financial stability and obesity. For more information or to make a donation, visit [www.yourlocalunitedway.org](http://www.yourlocalunitedway.org). ★

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**Publisher, Paul V. Scholl**

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# San Juan Artists Shine



Grand Oaks Elementary teacher La Veme Slayton (right) directed young choristers for a concert at the art show. Photo by Susan Skinner

Continued from Page 1

"Children's art is important," said arts center spokesman David Peterson. "Everyone is born an artist but it's possible for to grow up with no exposure to art. If kids' creativity is encouraged, they'll appreciate the arts in later years. We offer them a place to learn, to work and to display what they produce."

show at the center will exhibit juried paintings by high school protégés. Exhibits will be selected from entrants in the annual High School Watercolor Competition. Watercolor Artists of Sacramento Horizons (WASH) hosts the contest, awarding \$500 in cash prizes for teenagers whose work is judged outstanding. The contest is open to any high school art student in Sacramento region.

To this end, a January/February



Mira Loma High 12th grader Ting Chang contributed this portrait for the San Juan students' exhibition. Photo by Susan Skinner



Mesa Verde High senior Marty Daniel Ramirez named his landscape "Windmills of Color." Photo by Susan Skinner

Students wishing to compete should take framed watercolor paintings to the Sacramento Fine Arts Center between 11 a.m. and 4 p.m. on Jan 18 or between 5 and 7 p.m. on Jan 21.

The competition show runs from January 28 to February 15. Exhibited art may be offered for sale if desired. An awards ceremony will be held on February 8,

in conjunction with the Northern California Arts Aspiring Artists' Show.

Sacramento Fine Arts Center is located at 5330B Gibbons Drive, Carmichael. For information about the 2014 WASH-sponsored High School Watercolor Competition and show, visit [www.sacfinearts.org](http://www.sacfinearts.org) ★

## Check Your Energy Use; Check Out a SMUD Power Monitor

**SACRAMENTO REGION, CA (MPG)** - Use your Sacramento Public Library card to check out a "Kill A Watt™ EZ" power monitor just like you would a book. Save money by learning how much power your appliances are using, and which are costing you the most money to operate. The monitor will help you decide how to better use them to save money.

The Sacramento Municipal Utility District (SMUD) donated 56 Kill A Watt™ EZ monitors, two for each of the Sacramento Public Library's 28 branches. The tool helps customers realize energy efficiency benefits. SMUD's website, [smud.org](http://smud.org), has all the information a customer needs including tips and programs to help them save money.

The Kill A Watt™ EZ is simple to use. Just plug it into the socket, and then plug the appliance into the device. Enter the cost per kilowatt-hour, and the monitor displays the cost of electricity as well as the kilowatt-hour usage to run the appliance. You can monitor the energy cost of any 110- or 120-volt appliance such as refrigerators, freezers, portable heaters, televisions and computers.

The monitor even calculates cost and forecasts costs by the week, month or year. You'll understand

how individual appliances can impact energy bills and determine if an appliance should be replaced with a more energy-efficient model, or perhaps unplugged, or plugged into a power strip that can be easily turned on when the appliance is needed.

"The monitor puts knowledge and control in the hands of SMUD customers," said John Grindrod, SMUD program manager. "It is a tremendous way to show our customers the value of energy efficiency and help them save money," said Grindrod. "This service is one more way Sacramento Public Library can fulfill its mission to provide valuable information to the public - information that can impact their lives for the better," said Library Director Rivkah Sass.

The Sacramento Public Library system serves residents throughout Sacramento County - the same territory as SMUD - and more than 600,000 county residents have library cards.

For more information about saving money on your electric bill, visit [smud.org](http://smud.org) or call 1-888-742-SMUD. For information on borrowing a monitor, visit [saclibrary.org](http://saclibrary.org) or call 916-264-2920. ★

Source SMUD Newsroom



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# Sac Zoo Announces First Baby Born in 2014: a Coquerel's Sifaka Lemur

SACRAMENTO REGION, CA (MPG) - The Sacramento Zoo welcomes its newest resident, and the first baby born in 2014: an infant Coquerel's Sifaka Lemur discovered by keepers the morning of Sunday, January 5th. The male weighed 121 grams at birth. Mother, father and infant are bonding in their habitat across from the Conservation Carousel.



Coquerel's Sifaka have a unique brown and white coloration, and are distinguished from other lemurs by the way they move. All sifaka have arms, hips, hands, and feet specially adapted for vertical clinging and leaping. Their legs are extremely long relative to body and arm length. Using their powerful back legs, they travel through the forest jumping from one upright tree limb to another, easily leaping more than 20 feet in a single bound. On the ground, they cannot run on all fours because of their long legs so they travel by springing sideways to cover the distance. There are potentially less than 10,000 Coquerel's Sifaka living in the wild and they are native only to a small area of northwestern Madagascar. Coquerel's Sifaka are among the most endangered of the sifaka species - habitat

loss due to deforestation is the leading threat.

There are only nine Association of Zoos and Aquariums-accredited facilities in the U.S. that house fewer than 60 endangered Coquerel's Sifaka. To help preserve vanishing species, the Sacramento Zoo takes part in Species Survival Plans® initiated by the AZA, to cooperatively manage specific populations of typically threatened or endangered species in accredited institutions.



Open since 1927, the Sacramento Zoo is home to more than 500 native, rare and endangered animals and is one of over 200 accredited institutions of the Association of Zoos and Aquariums. Located near the corner of Land Park Drive and Sutterville Road in William Land Park, the Zoo is wholly managed by the non-profit Sacramento Zoological Society.


This Sacramento treasure inspires conservation awareness through education and recreation. Open daily from 10:00 am to 4:00 pm, general admission is \$11.25; children ages 2-11 are \$7.25 and one and under are admitted free. Parking is free throughout the park or ride Regional Transit bus #6. ★

For info, call 916-808-5888 or visit [saczoology.org](http://saczoology.org).

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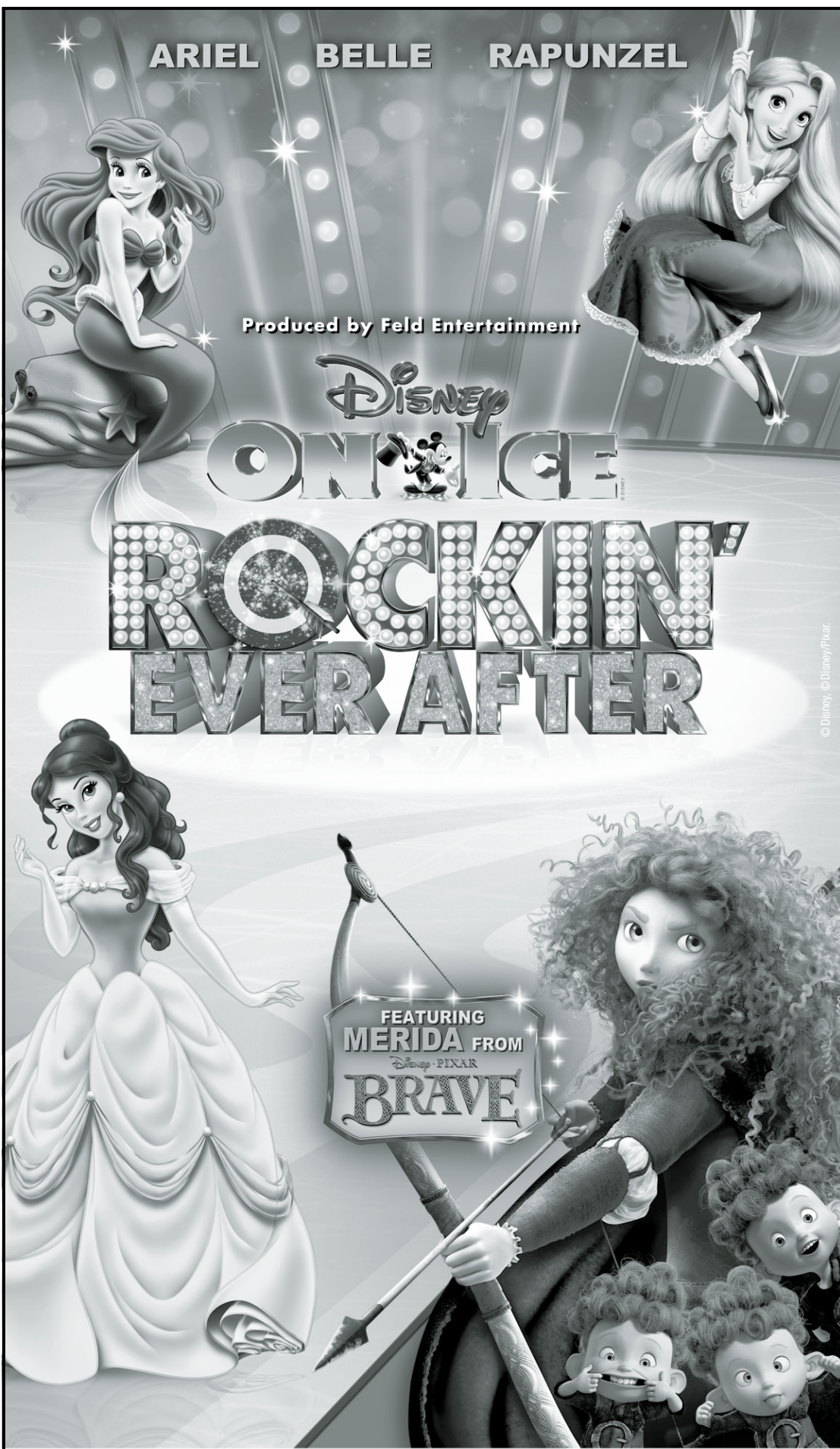
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 FOOD REVIEW  
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By Ronnie McBryer

## Turn Down the "Stinking Thinking"

"God knows," God knows we tend to argue with ourselves, don't we? Late in the day, quietly in the dark; early in the morning before we've had our coffee or medication; driving alone with only the hum of the tires on the pavement: We have these conversations with ourselves that those in recovery have learned to call, "Stinking Thinking."

It's a line of thought on the other end of the emotional spectrum, but it is "Stinking Thinking" all the same.

This, then, is one of the great benefits of prayer – and I don't think it matters if that prayer is guided by means of a rosary, prayer beads, meditation, a daily repetition of a favorite Scripture, or some other spiritual practice. People who pray aren't simply memorizing a repeated litany of words or practicing religious rituals. They are, in a real sense, reprogramming their software. They are overwriting the faulty components of their thinking.

They are experiencing the transformation of their hearts and minds, for in learning to listen to God's voice in prayer (and listening is a learned art form) they can turn down the cacophony of voices around them. And yes, these other voices include the "Stinking Thinking" inside their own heads.

Those who learn to truly pray are empowered to say, "Amen, let it be!" to God's voice, and to shout in protest, "No, absolutely not!" to all other pretensions – especially those pretensions that are manufactured from within. Such praying may not get one everything he or she asks for, but such praying may lead one to getting what he or she needs; and to that, I must say, "Amen." ★

*Ronnie McBryer is a syndicated columnist, pastor, and author. His newest book is "The Gospel According to Waffle House." You can read more at [www.ronniemcbrayer.me](http://www.ronniemcbrayer.me).*

It is a word of affirmation, comfort, agreement, and relief. It is a word that completes vows, promises, blessings, and all of our prayers. It is a word of release – signaling the end of far too lengthy worship services – and it is the "Get ready...Get set...Go!" when we have gathered around the dinner table to eat. The word, of course, is "Amen."

At its most basic definition "Amen" means, "Let it be." Thus, when we say "Amen" at the conclusion of our prayers, we are not saying, "the end" (though I've heard many children finish that way); we aren't finishing our prayers at all. We are actually beginning, for we are confirming and confessing our trust in the God to whom we have just prayed.

"Amen," then, is a sort of faith signature that we sign to our prayers. "Let it be," we are declaring, "as God wills it." So, every time we invoke this familiar word, we are saying "Yes" to God's perspective about the world and about us, and we are saying "No" to all other perspectives.

Every "Amen" becomes an argument to convince ourselves, over and over again, that God knows us best and knows what is best for us. And speaking of

We create these stories inside our heads about who we are; how we have failed; how ashamed we should be of ourselves; how unworthy we are; how utterly useless our lifework has been; how we are a lousy father, mother, parent, business owner or whatever. I'm convinced that many people can't be quiet, and they can't still their minds because they can't bear what they say to themselves in the quiet moments.

So, they have to keep the volume of life turned up to ear-bleeding levels and they keep the pace of life at breakneck speed. These people aren't busy, they are suffering, and I can't blame them for wanting to smother the voices in their heads, because a majority of the time that self-guided narrative they are feeding themselves is erroneous, untrue, and downright destructive.

Obviously there are those who do not have the voices of shame and inadequacy screaming in their brains. There are those who have, shall we say, more narcissistic tendencies. Their thinking is about how great they are; how overlooked and persecuted they have been; how they are so much better than that other guy and why can't everybody see that.

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## Sacramento County DA Reports



### Recent cases of interest

**CASE: Kyacey Uscola (01/17/14)**

**PROSECUTOR: Deputy District Attorney Kristen Ilharreguy, Domestic Violence Unit**

District Attorney Jan Scully announced today that Kyacey Uscola was convicted by jury of battery on a spouse or cohabitant, battery with serious bodily injury, and corporal injury on a spouse or cohabitant. The jury also found true that Uscola personally inflicted great bodily injury upon the victim under circumstances involving domestic violence and that he has a prior domestic violence conviction.

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

Deputy District Attorney Kristen Ilharreguy states, "This conviction would not have been possible without the hard work of the Sacramento Police Department, District Attorney Criminal Investigator Diane Hall, and District Attorney Victim Advocate Lisa Corral."

Uscola faces a maximum sentence of 13 years in prison. Sentencing is set for February 14, 2014 in Department 19 before the Honorable Patrick Marlette.

**CASE: Francis Palacio (01/16/14)**

**PROSECUTOR: Deputy District Attorney Amy Holliday, Adult Sexual Assault Prosecution Unit**

District Attorney Jan Scully announced that Francis Palacio was convicted by jury of seven charges, including forcible sexual intercourse, oral copulation, sexual penetration with a foreign object, and kidnapping for the purpose of committing rape. The jury also found true allegations that Palacio kidnapped the victim during the commission of each offense.

On July 13, 2012, the victim was walking on Walerga Road near Kirkby Way when Palacio stopped her to ask what she was doing in the area. After a brief conversation, Palacio pushed her over the guardrail at the side of the road, got on top of her, and began strangling her when she screamed. When she attempted to wave for help, Palacio dragged her down the embankment out of the view of passing traffic. He then committed forcible sexual acts against her and kicked her in the head multiple times before fleeing.

The victim called 911, but responding Sacramento County sheriff's deputies were not able to locate Palacio. Palacio was ultimately identified as a suspect through the use of DNA analysis performed by the Sacramento County District Attorney's Crime Lab.

Deputy District Attorney Amy Holliday states, "I commend and thank Sacramento County Sheriff's Detective Bradley Jones and District Attorney Victim Advocate Mailyn Chuong for their hard work and dedication to obtaining justice for this victim."

Palacio faces a maximum sentence of 97 years to life in prison. Sentencing is set for February 21, 2014 at 1:30 p.m. in Department 3 before the Honorable Maryanne Gilliard.

**CASE: Ronnie Vang & Joson Vang (01/15/14)**

**PROSECUTOR: Deputy District Attorney Valerie Brown, Homicide Unit**

District Attorney Jan Scully announced today that a jury returned a death sentence verdict for Ronnie Vang. His cousin and co-defendant, Joson Vang, was sentenced to life in prison without the possibility of parole on January 10, 2014.

On December 4, 2013, two separate juries convicted Ronnie Vang and Joson Vang for the first degree murder of 44-year-old Keith Fessler. They were both convicted on additional charges of robbery, burglary, arson of the victim's house and theft of the victim's car. Ronnie Vang was also convicted of arson of the car and the attempted burglary of another home.

On June 23, 2009, the defendants broke into Mr. Fessler's South Sacramento home, stole several of his musical instruments, and hogtied Mr. Fessler. Ronnie Vang, who had been released from prison four days earlier, then shot Mr. Fessler twice in the back of the head before they set the house on fire. Ronnie Vang later said he killed Mr. Fessler to avoid being identified.

**CASE: Nicholas Mangelli (01/14/14)**

**PROSECUTOR: Supervising Deputy District Attorney, Robin Shakely**

District Attorney Jan Scully announced that yesterday Nicholas Mangelli pled guilty to the special circumstance murder of former Marine Michael Cole in his home during a robbery with the use of a knife on February 10, 2012.

Mangelli faces a sentence of life in prison without the possibility of parole. Sentencing is set for February 22, 2013 in Department 61 before the Honorable Michael Savage.

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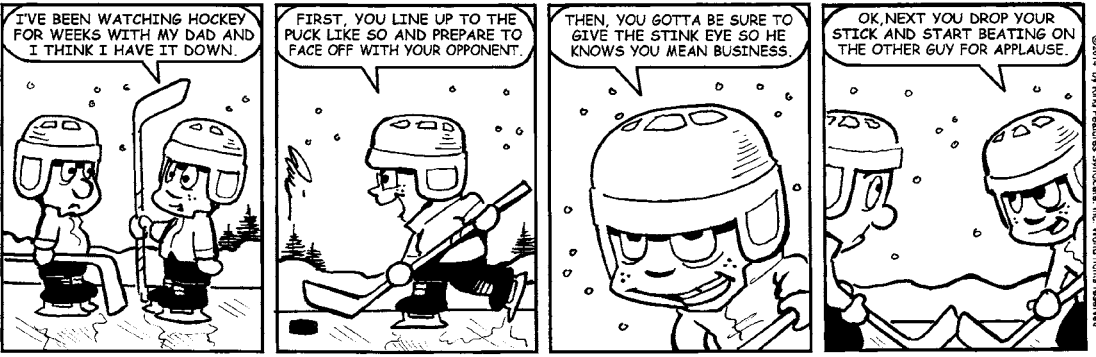
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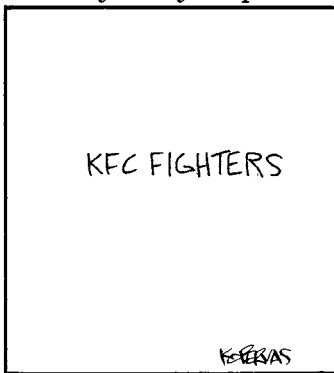
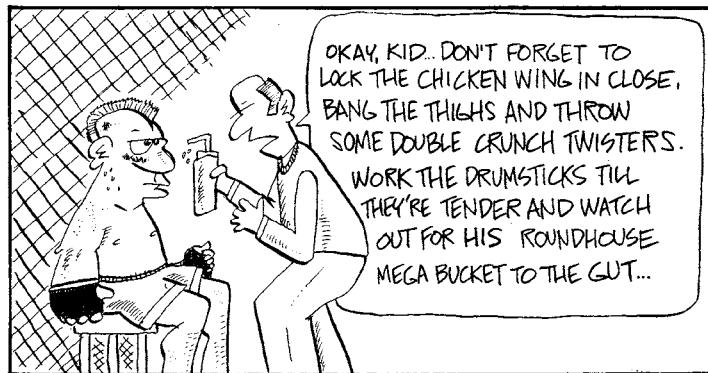
### Amber Waves

by Dave T. Phipps



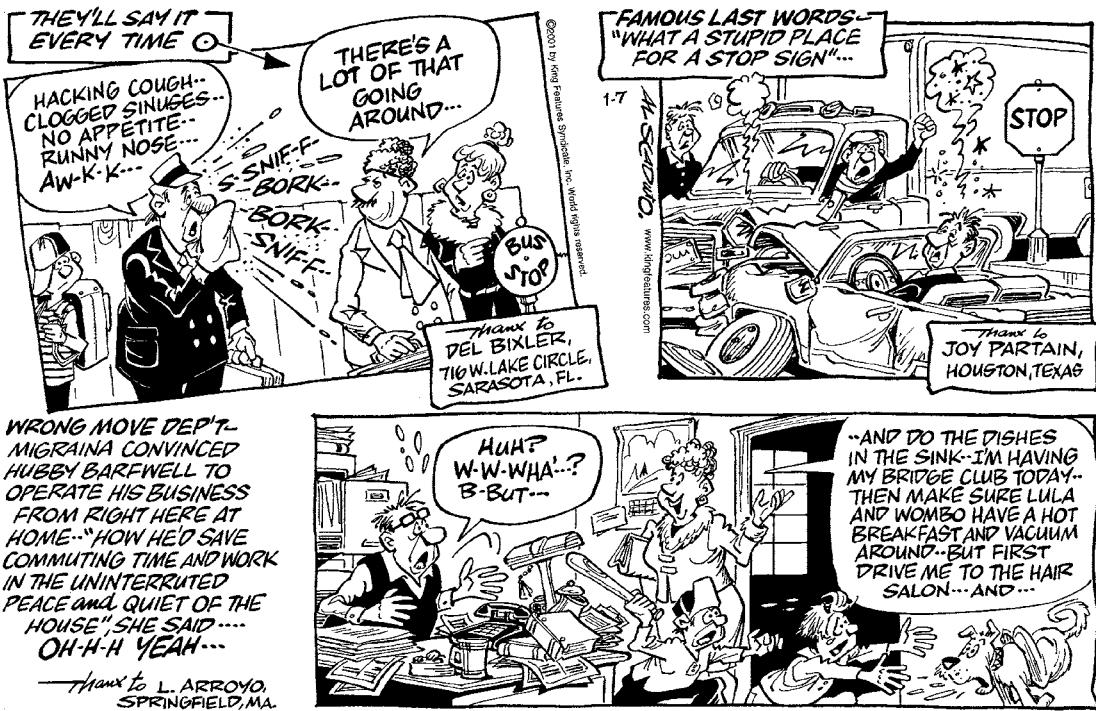
### Out on a Limb

by Gary Kopervas



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### KATZENJAMMER KIDS

BY HY EISMAN



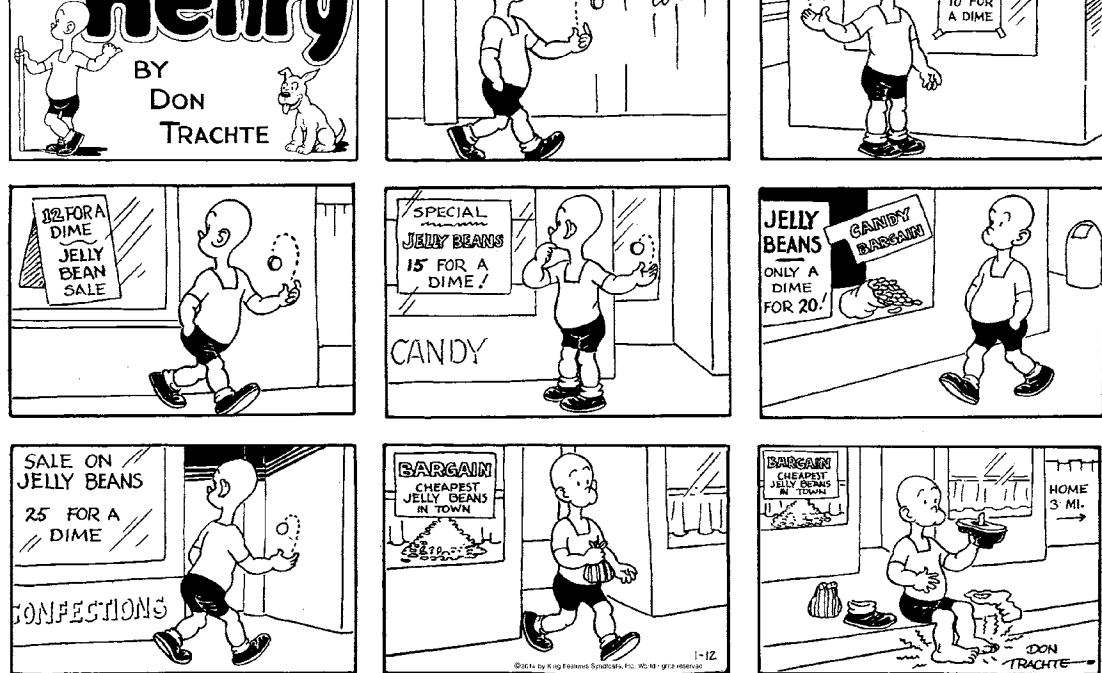
### R.F.D.

by Mike Marland



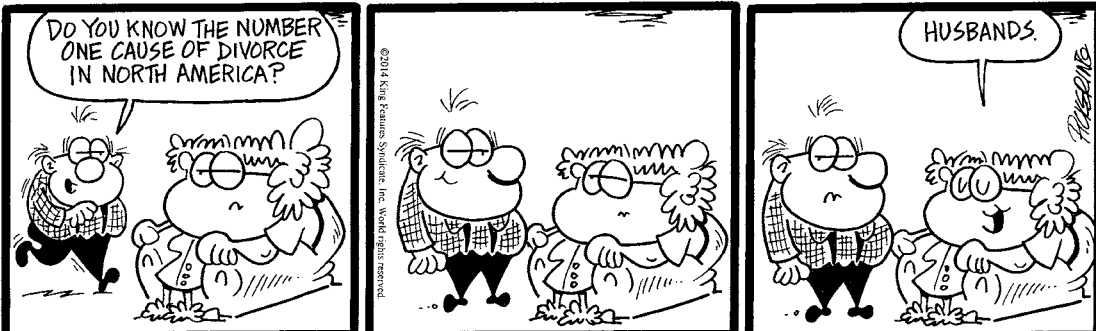
### Henry

BY DON TRACHTE



### The Spats

by Jeff Pickering



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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  
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# Child Safety Update

## Protect Your Child From Concussions In Sports

(NAPSA)—According to the U.S. Centers for Disease Control and Prevention, 1.6 to 3.8 million sports- and recreation-related traumatic brain injuries, such as concussions, occur each year. Most concussions go undiagnosed and untreated, which increases the risk of serious long-term effects in athletes. In light of the media's recent attention on the NFL and NHL players' lawsuits, parents might understandably be concerned for the safety of their children. Parents can protect their children by recognizing the signs of a concussion and following a few helpful tips.



**A private coach can help children learn sports skills and build their confidence so they're less likely to be injured at play.**

**Signs To Watch For**  
All concussions are serious. Call 911 or immediately take the athlete to the emergency room, after a bump, blow or jolt to the head or body, if the athlete has:

- An enlarged pupil
- Drowsiness
- A headache that gets worse
- Weakness, numbness or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- An inability to recognize people or places
- Increasing confusion, restlessness or agitation
- Unusual behavior
- Loss of consciousness.

After a concussion, the brain needs time to heal. Athletes who have incurred a concussion have a greater risk of sustaining another. Repeat concussions, especially those that occur before full recovery, can increase the chances for severe issues later in life.

**Safety-First Tips**  
Three ways to help minimize the risks for brain injuries are:

1. Keep the lines of communication open among parents, players and coaches. It's important that all parties feel comfortable talking about concerns that arise, including pulling an athlete from play when he or she is hurt.
2. Make sure athletes always wear proper, well-fitted protective gear.

3. Ensure that athletes follow the rules of their sport and practice proper technique, such as safe, "clean" tackles.

Having suffered from multiple concussions himself, athlete and lacrosse coach Nick Stamas knows how easy it can be for an athlete to ignore or push through the symptoms of a concussion. "As an athlete, I had this mentality of 'I can do it all.' When it comes to concussions, you can't be that way. You have to take a step back and listen to the professionals."

Through the help of CoachUp.com, Stamas coaches athletes on technique and safe play. CoachUp connects athletes with experienced private coaches for one-on-one and small-group coaching. Enlisting the help of a private coach can be a wise investment for parents. A private coach can help improve an athlete's skill level and increase his or her confidence in play. Just as important, a private coach can be a resource for an athlete to share injury concerns and seek training advice.

Parents can help reduce the risk of brain injuries from sports by following these tips and by educating their children on concussion symptoms. Proper coaching and familiarity with concussion symptoms are keys to ensuring the healthy future of all athletes.

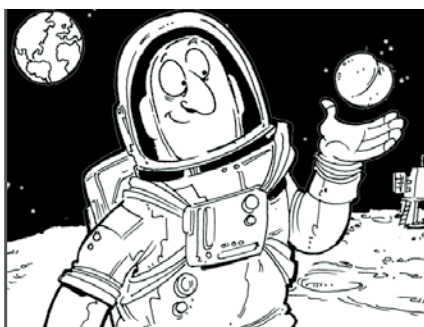
**Learn More**  
More at [www.coachup.com](http://www.coachup.com) and (888) 680-4750.

# Home Ideas

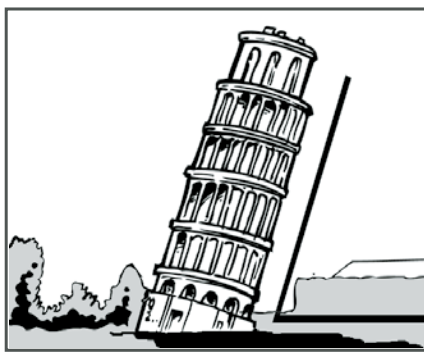
(NAPSA)—When interviewing an HVAC contractor, be sure to ask for references from prior customers



and whether or not the contractor is certified. For more information or to find a contractor near you, visit [www.colemanac.com](http://www.colemanac.com).



**The first fruit eaten on the moon was a peach.**



**The restoration work on the Leaning Tower of Pisa that took place between 1990 and 2001 shifted the tower's "lean" back to an angle of 4 degrees. It was previously leaning at an angle of 5.5 degrees.**

\*\*\*  
**Some prices are just too high, no matter how much you may want the prize. The one thing you can't trade for your heart's desire is your heart.**  
—Lois McMaster Bujold

# Comfort Food Fun



*With a package of BBQ pork, you can make many marvelous appetizers, such as these delightful BBQ Stuffed Spuds.*

(NAPSA) - During the chilly months, many people like to have some warm comfort food with family and friends.

To make the most of that idea, you may care to consider a fun if slightly offbeat way to feed a crowd with little fuss: Throw together a delicious little "barbecue bar" and let guests go wild building their own scrumptious dishes.

Start with a tray of mouthwatering pork BBQ surrounded by assorted popular toppings for personalized barbecue platters ready to go.

Once the BBQ sandwich basics are all laid out, you'll be surprised at how just a few more trimmings can open up a world of choices for your guests.

From tangy BBQ nachos to a light, layered BBQ salad, the options are almost limitless.

For example, add some pita bread and leaf lettuce for filling BBQ pita pockets or bring some baked potatoes, green onions, sour cream and cheese into the picture for hot BBQ stuffed spuds. Here's the recipe:

**BBQ Stuffed Spuds**  
2 cups Byron's Fully Cooked Pork BBQ, heated according to package directions

- 4 baking potatoes
- 1/2 cup sour cream
- 4 green onions, finely chopped and divided
- 1/2 cup shredded extra-sharp cheddar cheese

Preheat oven to 425j F. Poke holes in potatoes and wrap in foil. Bake potatoes in oven for 45 to 60 minutes, until tender. (Or, poke holes in potatoes and microwave on high for 10 minutes, turning potatoes after 5 minutes.) While potatoes cook, combine sour cream and 2 tablespoons green onions; set aside. Slice potatoes lengthwise and fluff them with a fork. Top potatoes with pork BBQ, sour cream mixture, cheese and remaining onions. Serves 4.

These are made with Byron's Fully Cooked Pork BBQ. Available at Sam's Club, it easily delivers authentic smokehouse barbecue from the freezer to the table. Each 4-pound package of hand-pulled, hickory-smoked pork BBQ comes fully cooked in an aluminum tray and needs only to be reheated, so it's ready at a moment's notice.

**Learn More**  
Further information and other recipes can be found at [www.byronsbq.com](http://www.byronsbq.com).

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**ARIES (March 21 to April 19)** Taking some time out of your usually busy social life could be just what you need to help you focus on putting those finishing touches on your plans for a possible career change.

**TAURUS (April 20 to May 20)** A misunderstanding about a colleague's suggestions could create a delay in moving on with your proposal. But by week's end, all the confusing points should finally be cleared up.

**GEMINI (May 21 to June 20)** You might feel overwhelmed by all the tasks you suddenly have to take care of. But just say the magic word -- help! -- and you'll soon find others rushing to offer much-needed assistance.

**CANCER (June 21 to July 22)** Finishing a current project ahead of schedule leaves you free to deal with other upcoming situations, including a possible workplace change, as well as a demanding personal matter.

**LEO (July 23 to August 22)** Turn that fine-tuned feline sensitivity radar up to high to help uncover any facts that could influence a decision you might be preparing to make. Devote the weekend to family activities.

**VIRGO (August 23 to September 22)** A state of confusion is soon cleared up with explanations from the responsible parties. Don't waste time chastising anyone. Instead, move forward with your plans.

**LIBRA (September 23 to October 22)** You might feel obligated to help work out a dispute between family members. But this is one of those times when you should step aside and let them work out their problems on their own.

**SCORPIO (October 23 to November 21)** Your ability to resolve an on-the-job problem without leaving too many ruffled feathers earns you kudos from co-workers. You also impress major decision-makers at your workplace.

**SAGITTARIUS (November 22 to December 21)** Newly made and long-held friendships merge well, with possibly one

exception. Take time to listen to the dissenter's explanations. You could learn something important.

**CAPRICORN (December 22 to January 19)** Be prepared to be flexible about your current travel plans. Although you don't have to take them, at least consider suggestions from the experts in the travel business.

**AQUARIUS (January 20 to February 18)** A problem with a recent financial transaction could lead to more problems later on unless you resolve it immediately. Get all the proof you need to support your position.

**PISCES (February 19 to March 20)** Daydreaming makes it difficult to stay focused on what you need to do. But reality sets in by midweek, and you manage to get everything done in time for a relaxing weekend.

**BORN THIS WEEK:** *Your ability to reach out to those in need of spiritual comfort makes you a much-revered, much-loved person in your community.*

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COUCH THEATER -- DVD PREVIEW  
By Sam Struckhoff

**EDITOR'S NOTE:** *DVDs reviewed in this column will be available in stores the week of Jan. 27, 2014.*

**PICKS OF THE WEEK**



Benedict Cumberbatch in "The Fifth Estate"

**"Cloudy with a Chance of Meatballs 2" (PG)** -- Brilliant scientist and inventor Flint Lockwood (Bill Hader) was a surprise success in the last film, in which he made a device that turned rain into food. In this follow-up to the last animated romp, Flint and friends must go on an expedition into a wild world of food-animal hybrids -- shrimpanzees, tacodiles and flamangoes to name a few of the pun-tastic creatures.

This new adventure successfully adapts to formula from the first and adds the right amount of tweaks. The pacing is fast and frenetic, with comedic action sequences that both thrill and tickle. The quick jabs and jokes -- verbal and visual -- are measured out at just the right rate.

**"Rush" (R)** -- Two drivers risk death on the racetrack in a six-year battle for supremacy in the prestigious Formula 1 racing circuit of the 1970s. James Hunt (Chris Hemsworth, Thor from "The Avengers," clean-shaven and dashing) is the Englishman and unstoppable party machine. If he's not racing, he's intoxicated

-- and sometimes the two overlap. His archrival is Niki Lauda (Daniel Bruhl, the sniper from "Inglorious Basterds"), a calculating and methodic Austrian racer.

Director Ron Howard uses his resources to full effect: pulse-pounding racing and a gentlemen's grudge between diametrically opposed athletes at the top of their games. While Hunt lusts after life-threatening situations; Bruhl calculates his risk before every race.

**"Last Vegas" (R)** -- With four distinguished performers leading a story about life and identity in older age, you'd think there would be something meaningful or at least entertaining about this film. Instead, you'll likely find yourself praying that the guys from "The Hangover" grow up before they become this bland. Robert De Niro, Morgan Freeman, Kevin Kline and Michael Douglas play four old buds in Las Vegas having the time of their lives. It's neither charming nor edgy, not too funny and not too sappy. I think it would be more entertaining to watch the actors drinking after a day of shooting than this schlock.

**"The Fifth Estate" (R)** -- This film looks behind the headlines to tell a dramatized version of the rise of Wikileaks -- the controversial online organization that publishes classified government information. At its center is the polarizing Julian Assange (Benedict Cumberbatch), a white-haired Aussie who believes it's his personal crusade to expose the darkest secrets of the world's most powerful organizations. The film is big on details, short on thrills. The script and direction somehow miss the mark, and the real-life story of espionage, exposure and informational warfare gets watered down into a sort of melodrama.

**TV RELEASES**

**"Masterpiece: Downton Abbey Season 4 DVD" (U.K. Edition)**

**"Treme: The Complete Fourth Season"**

**"Vera, Set 3"**

**"African Americans: Many Rivers to Cross"**

**"Danny Phantom: The Complete (c) 2014 King Features Synd., Inc. Series"**



THE HISTORY CHANNEL

• On Jan. 29, 1845, Edgar Allan Poe's poem "The Raven," which begins "Once upon a midnight dreary," is published in the New York Evening Mirror. Poe's macabre work often portrayed motiveless crimes and intolerable guilt in his characters.

• On Feb. 2, 1887, Groundhog Day, featuring a rodent meteorologist, is celebrated for the first time at Gobbler's Knob in Punxsutawney, Pa. According to tradition, if a groundhog comes out of its hole on this day and sees its shadow, there will be six more weeks of winter weather; no shadow means an early spring.

• On Jan. 30, 1943, the British Royal Air Force begins a bombing campaign in Berlin that coincides with the 10th anniversary of Hitler's accession to power. To make matters worse for the Germans, the following day a massive surrender of German troops occurred at Stalingrad.

• On Jan. 27, 1967, a launch-pad fire during Apollo program tests at Cape Canaveral, Fla., kills astronauts Virgil "Gus" Grissom, Edward H. White II and Roger B. Chafee. An investigation indicated that a faulty electrical wire inside the Apollo 1 command module was the probable cause of the fire.

• On Feb. 1, 1974, University of Washington student Lynda Ann Healy disappears from her apartment and is murdered by serial killer Ted Bundy. In the summer of 1974, Bundy attacked at least seven young women in Washington. By the time he was captured in 1979, Bundy had become America's most infamous serial killer.

• On Jan. 28, 1985, 45 American music artists gather to record "We Are the World," a record that would eventually sell more than 7 million copies and raise some \$60 million for African famine relief. The instruction producer Quincy Jones sent to pop stars doing the recording: "Check your egos at the door."

• On Jan. 31, 1990, the Soviet Union's first McDonald's fast-food restaurant opens in Moscow. Throngs of people line up to pay the equivalent of several days' wages for Big Macs, shakes and french fries. Customers were most amazed at the politeness of the workers.

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**The Garden Bug** **Songbirds in winter**  
Missing your wild feathered friends? If you make soft, repeated "psh-psh-psh" sounds while standing near trees, this is bird parlance for "a predator is near." Even in winter, some birds may still pop by to investigate, and make a few short "call notes" of their own to help warn of danger. Your best ally in this trick is the black-capped chickadee, often the first to respond (they are known to vary the rate or urgency of their calls to convey the distance or immediacy of the threat).

- Brenda Weaver Source: northernwoodlands.org




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

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



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

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

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

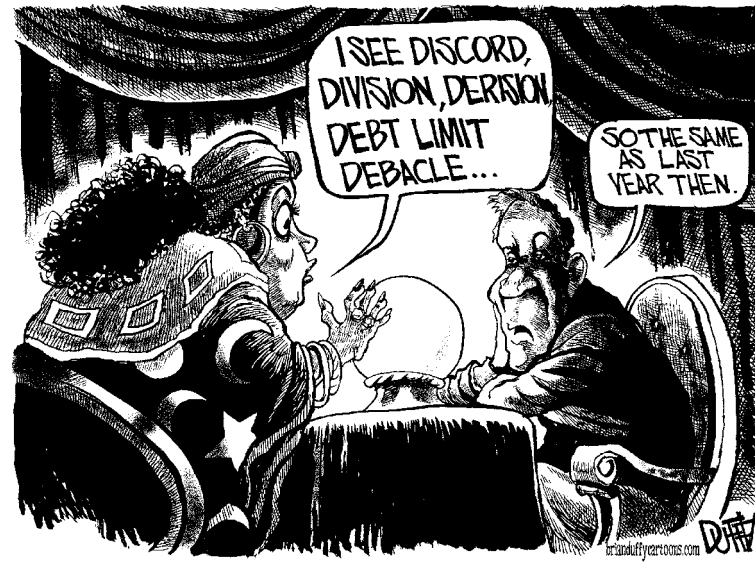
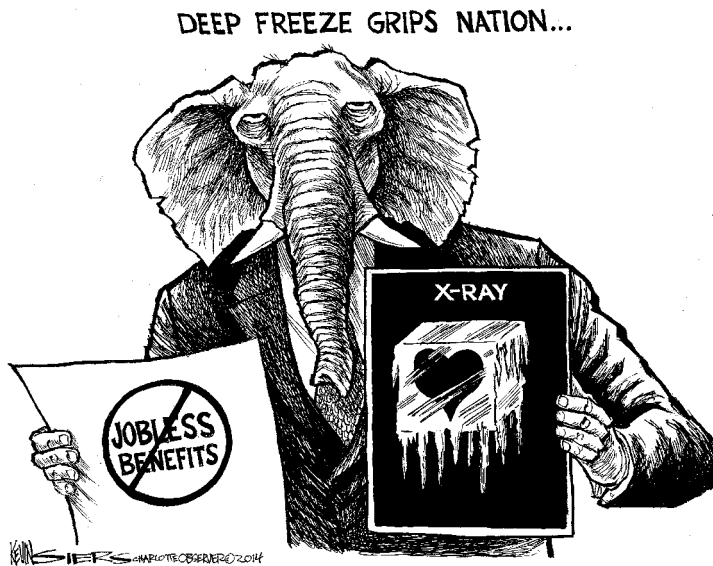
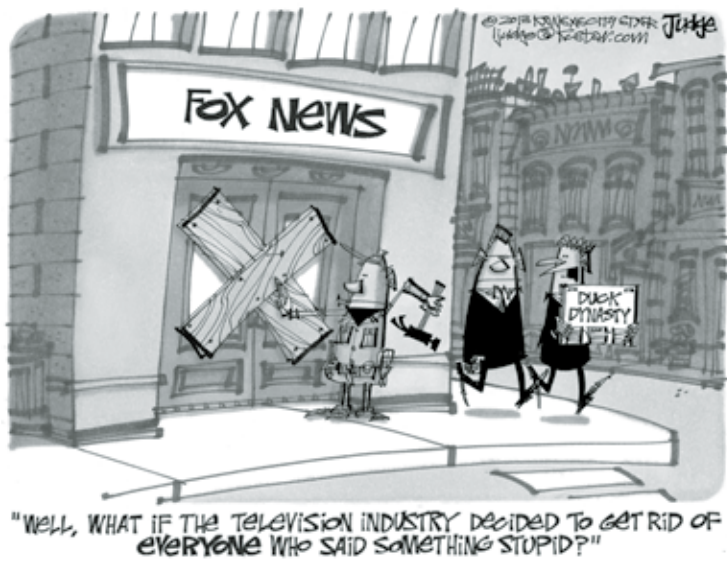
If you or a loved one has difficulty paying for heating bills, then this distribution of brand new portable infrared heaters is your chance to make life a little easier. These infrared heaters warm the room evenly and efficiently without drying out the air. They never get hot to the touch, like other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

**Call toll free: 1-800-921-5970**



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





THE RICH LOWRY COLUMN  
By Rich Lowry

**Obama vs. Nuns**

It takes some doing to get embroiled in a court fight with nuns who provide hospice care for the indigent. Amazingly, the Obama administration has managed it.

Its legal battle with the Little Sisters of the Poor is the logical consequence of Obamacare's conscience-trampling contraception mandate. The requirement went into effect Jan. 1, but Supreme Court Justice Sonia Sotomayor issued a New Year's Eve injunction against enforcing it on the Little Sisters.

They are Catholic nuns who follow the doctrinal teachings of the church and therefore oppose contraceptive and abortive drugs and sterilization, all of which Obamacare mandates that employers cover in their insurance plans. Given the ongoing delays, waivers and exemptions associated with the law, it would seem natural simply to let the

Little Sisters go about their business of pouring out their hearts for the sick and dying.

But this is a fight the administration won't walk away from. For it, it is a matter of principle. And the principle is that the state trumps the convictions of people with deep-held religious beliefs.

When the contraception mandate first caused an uproar, the administration contrived a so-called accommodation for religiously oriented groups (actual churches have always been exempt). But whoever crafted it had a sick sense of humor. The very same document by which a group registers its moral objection to contraceptives and abortifacients also authorizes the insurer to cover them for the group's employees. What the accommodation gives with one hand, it takes away with the other.

The Little Sisters refuse to sign such a document. They happen to be in an unusual situation because they get their insurance from another religiously affiliated organization opposed to contraceptives and abortifacients, so it may be that these drugs don't get covered no matter what. But the Little Sisters can't be sure of this -- the regulations are complicated and subject to change.

Regardless, they don't want to sign. They want no part in authorizing coverage of contraceptive or abortive

drugs. Enthusiasts for the mandate scoff. What the nuns are objecting to, they insist, is just a piece of paper.

Just a piece of paper? So is a mortgage. So is a wedding certificate. So is a will.

The Little Sisters deserve deference. Their religious sensibility is different than that of the mandarins of President Barack Obama's administrative state. In a dispute over what their conscience tells them to do or not to do, the Little Sisters are better positioned to know than anyone else.

Besides, who is harmed if the Little Sisters don't provide contraception coverage? They are a voluntary organization. They aren't imposing their views on anyone. Who, for that matter, is harmed if a secular organization run by people with moral objections to contraceptives and abortifacients refuses to cover them? Employees are still free to go out on their own and get contraceptives, which are widely available. If this sounds like an outlandish imposition, it is what people managed to do throughout American history all the way up to last week.

Instead of respecting the moral views of the Little Sisters, the administration hopes to grind them under foot by force of law. For shame.

Rich Lowry is editor of the National Review.

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BY HENRY BOLTINOFF



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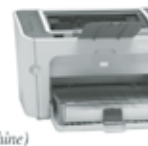
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### CLUES

- ACROSS
- What John Wilkes Booth did
  - \*Montana used it to throw 11 Super Bowl TDs
  - Manufactured
  - With ample space
  - Waikiki garland
  - Policeman's shocker
  - Spritelike
  - Egg cells
  - Shamu and such
  - \*The coldest Super Bowl venue to-date
  - \*2014 Super Bowl stadium name holder
  - Australian runner
  - Fries, e.g.
  - Actor's domain
  - Trans-Siberian Railroad city
  - \*Last year's power
  - Younger sister to Katniss
  - Larger-than-life
  - Tolerate
  - Milano moolah
  - India bigwig
  - Network of nerves
  - Like a lemon
  - Cough syrup balsam
  - Inevitable occurrence
  - Tip of lion's tail
  - Shipping hazard
  - Bell and Barker
  - Swerves
  - Orinoco or Grande
  - \*Type of Super Bowl venue
  - Kool & the Gang's 1983 hit
  - Boston hockey player
  - 34th pres.
  - Haley to Manny on "Modern Family"
  - Moved like Argo
  - \*It's raised for field goals
  - Mauritanian village, Boeir
  - The Benevolent and Protective Order of
  - Fossil fuel
  - Sound like Wilbur
- DOWN
- "... we there yet?"
  - \*Manning in 2006
  - Soybean curd
  - Novelist Zola
  - Go-getter
  - Medicinal succulent
  - R in rpm
  - \*Frequent Super Bowl host, but not this year
  - Lime-rich soil
  - American Society for Clinical Investigation
  - Like Beethoven
  - Gaelic
  - Come up with a sum
  - Divine presence
  - Tokyo, once
  - Bicycles on skis
  - Water balloon sound
  - "All My Children" vixen
  - Firestone ware, pl.
  - Quarrel
  - \*It's artificial at this year's Super Bowl
  - Elite military unit
  - ...percha tree
  - The Three Musketeers' swords
  - \*Half-time entertainer
  - His was a merry old soul
  - Donkey in Latin America
  - "Above and ..."
  - \*Tzu of "Tao Te Ching" fame
  - \*They play at host venue
  - Between wash and dry
  - Tear jerker
  - Double reed woodwind
  - Europe/Asia mountain divide
  - Ottoman man
  - \*Tomorrow Never ...
  - \*They also play at host venue
  - Infamous Roman
  - Maple, to a botanist
  - New Zealander parrot
  - \*Super Bowl begins at 6:25 pm in this zone

CROSSWORD											
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For Solutions See Page 7

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## FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00019. Aleksandr Lamakin, 4928 Vir Mar St., Apt. 10, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Allunlimited" at 4928 Vir Mar St., Apt. 10, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on December 20, 2013. Publish: January 9, 16, 23, 30, 2014. ALLUNLI 140105 01-30-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-09984. Teresa Sue Ponce, 8081 Via De Palmas Ln., No. 1, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Knowledge Empowers You" at 8081 Via De Palmas Ln., No. 1, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on December 30, 2013. Publish: January 9, 16, 23, 30, 2014. KNOW 140105 01-30-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-09283. JSA Strategic Alliance, LLC, 6830 Stockton Blvd., No. 150 A, Sacramento, CA 95823 is doing business under the Fictitious Business Name "Smoke Plus" at 6830 Stockton Blvd., No. 150 A, Sacramento, CA 95823. Filed with the Clerk of Sacramento County on November 25, 2013. Publish: January 9, 16, 23, 30, 2014. SMOKE 140105 01-30-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-09926. 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 140201 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 140201 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 140201 02-06-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-09576. Arnold Duplantier, 1957 1st Ave., Sacramento, CA 95818 is doing business under the Fictitious Business Name "Galaxy Sky Video" at 1957 1st Ave., Sacramento, CA 95818. Filed with the Clerk of Sacramento County on December 10, 2013. Publish: January 16, 23, 30, February 6, 2014. GALAXY 140201 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 140201 02-06-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-09896. MJJM, Inc., 9927 Waimea Ln., Elk Grove, CA 95624 is doing business under the Fictitious Business Name "Elk Grove Chevron" at 9603 E. Stockton Blvd., Elk Grove, CA 95624. Filed with the Clerk of Sacramento County on December 24, 2013. Publish: January 23, 30, February 6, 13, 2014. ELKGROVE 140202 02-13-14

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 140202 02-13-14

## 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 140202 02-13-14

## 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 140105 01-30-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00155236

WHEREAS, Faun O'Neel has filed a petition with this court for a decree changing the names of Annndrea Lily Try to Annndrea Lily O'Neel and Dru Joseph Try to Dru Joseph O'Neel.

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 140105 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 140105 01-30-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00155220

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 9 a.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 140105 01-30-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00155281

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 140201 02-06-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00156236

WHEREAS, Abbech Kolcha Hidoto has filed a petition with this court for a decree changing the name of Abbech Kolcha Hidoto to Leah Kolcha Hidoto.

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 Raymond I. Cadei Judge of the Superior Court Publish: January 16, 23, 30, February 6, 2014 HIDOTO 140202 02-13-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00156686

WHEREAS, Abdul Nasir Jan has filed a petition with this court for a decree changing the name of Abdul Nasir Jan to Nasir Krijji.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on March 5, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: January 15, 2014 David I. Brown Judge of the Superior Court Publish: January 23, 30, February 6, 13, 2014 JAN 140202 02-13-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00156293

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 140201 02-06-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00156238

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 140201 02-06-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00156220

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 140201 02-06-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00156236

WHEREAS, Abbech Kolcha Hidoto has filed a petition with this court for a decree changing the name of Abbech Kolcha Hidoto to Leah Kolcha Hidoto.

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 Raymond I. Cadei Judge of the Superior Court Publish: January 23, 30, February 6, 13, 2014 HIDOTO 140202 02-13-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00156686

WHEREAS, Abdul Nasir Jan has filed a petition with this court for a decree changing the name of Abdul Nasir Jan to Nasir Krijji.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on March 5, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: January 15, 2014 David I. Brown Judge of the Superior Court Publish: January 23, 30, February 6, 13, 2014 JAN 140202 02-13-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00156302

WHEREAS, Nectary Teacher has filed a petition with this court for a decree changing the name of Nectary Teacher to Nektarios Klostakis.

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 140202 02-13-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00156701

WHEREAS, Shadhia 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 140202 02-13-14

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

A hearing on the petition will be held in this court as follows: 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 attorney for the petitioner is: Gary G. Perry, Esq., 2251 Fair Oaks Boulevard, Suite 200, Sacramento, CA 95825 Publish: January 9, 16, 23, 30, 2014 PARTRIDGE 140105 01-30-14

NOTICE OF PETITION FOR PROBATE AND TO ADMINISTER ESTATE OF MARY S. THIBAUT (deceased) ESTATE NO. 34-201400156525

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

A hearing on the petition will be held in this court as follows: March 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 attorney for 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 140213 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 140201 02-06-14

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ARDEN PLAYHOUSE PRESENTS

Sibling Schemes

Written & Directed by Michael Messmer

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Joanne wants her brother to give up plans to become a monk and come back to running the family business. Tad, who isn't really becoming a monk, wants his sister to leave him alone. She has hired an actress to pretend to be a sexy French maid who can get Tad to realize what he'd be missing as a monk.

He has asked a college friend, who is also an actor, to pretend to be a psychiatrist treating him for stress. The actress is having to work without her contacts, is clumsy, hasn't a clue as to what she's supposed to do and gets a poison ivy rash. The college friend finds Joanne very attractive and begins to dislike using Tad's scheme on her.

Stir in a housekeeper who is very serious about her job, has a tendency to be bluntly honest, resents having the useless maid



Sidney, the housekeeper (Katherine Leishman, standing), welcomes Tad (James Andrew) back home after Karla, a near-sighted maid (Vanessa Voetsch) has had yet another accident helping guests in the Arden Playhouse production of SIBLING SCHEMES. Photo: Michael Messmer.

around, doesn't like the scheming...yet, finds herself attracted to Tad... and you have a recipe for wild, madcap fun.

**Performance Dates:**  
8PM Fridays and Saturdays  
-January 24, 25, 31, February 1, 7, 8, 14, 15



Karla, the maid (Vanessa Voetsch, center rear) accuses Sidney, the housekeeper (Katherine Leishman, left) of being the one who revealed the scheme as Richard (Mark Stone, seated), Joanne (Carolyn Gregory) and Tad (James Andrew) wonder in the Arden Playhouse production of SIBLING SCHEMES. Photo: Michael Messmer.

Sunday Matinees 2PM - February 2 & 9

All tickets are \$15 with a reservation and \$18.00 at the door. (Cash or check only.)

Tickets can be reserved by calling (916) 332-2582.

Arden Playhouse is located at 5640 Roseville Road, Suite D, Sacramento, and seats 150.

Arden Playhouse is a community theater dedicated to continuing its tradition of presenting entertainment in a casual setting.

For more information about **Sibling Schemes** or to find out about our group discounts, call the theater office at 332-2582, email [admin@ardenplayhouse.com](mailto:admin@ardenplayhouse.com), or check the website [ardenplayhouse.com](http://ardenplayhouse.com).

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A graduate of the Harvard School of Dental Medicine, Dr. Kung is a specialist in Orthodontics and Dentofacial Orthopedics. While at Harvard, Dr. Kung also worked at Boston Children's Hospital and the Massachusetts General Hospital. Dr. Kung received his Doctor of Dental Surgery degree from the University of California San Francisco.

Dr. Kung is an expert at moving teeth, helping jaws develop properly and working with the patient to help make sure the teeth stay in their new corrected positions. Madison Orthodontics, is committed to staying abreast of the latest advancements in technology and with an office atmosphere that encourages you and your child to feel relaxed and comfortable. In fact, many of the dentists in the area have chosen this office for orthodontic care for their own family members.

Understand that choosing to receive orthodontic care is an important decision and recognizing that every patient has different goals and desires. Madison Orthodontics takes great pride on individualizing every treatment plan to exceed your expectations.

Whether you're an adult, teen or child, Dr. Kung and his staff are committed to helping you achieve your goals for your teeth and face as well as providing balance and harmony for a lifetime of beautiful, healthy smiles.

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In our community, we are fortunate to have Adkins Eye Specialists committed to helping you maintain healthy eyes and the best possible vision for the past 12 years. The building of long term patient relationships is a prime objective of their medical practice.

Dr. Jeffery Adkins is board certified by the American Academy of Ophthalmology. He, along with his staff, provides the latest in diagnostic, preventative, and therapeutic technology. They are committed to providing high quality eye care in an ethical and caring manner. They strive to create an atmosphere which is warm and welcoming to all.

Adkins Eye Specialists also offers the latest in fashion eyewear and technology. They offer a wide range of frame and lens options to reflect each individual's lifestyle and age. Patients can choose from a large selection of designer frames and specialty lenses. The licensed opticians are experienced and can handle even the most difficult prescriptions. Frame selection is constantly updated to reflect the latest trends in style and design.

Adkins Eye Specialists recently moved to a new location at 5404 Laurel Hills Dr. Patients can now conveniently park and walk right in to the new office. Everyone is welcome to browse the large frame selection while waiting or just sit back and have a cup of coffee while taking advantage of the free Wi-Fi. They are always happy to clean or adjust your glasses for free.

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Arne Jensen and Jay Sullivan have over 25 years of Journeyman level automotive experience as well as on-board computer systems diagnostics. They are continually undergoing the latest educational classes, seminars, clinics, and training to stay on the cutting edge of technology and keep up with ever changing automobile/light truck diagnosis, service, and repair procedures.

Together, with their staff, EL CAMINO SMOG & REPAIR can tackle virtually any problem, diagnose it, and fix it right the first time.

With 50 years of combined experience, their ASE certified master technicians have the knowledge of auto repair and quality workmanship to get you out of the door and back on the road as quickly as possible, and they can accurately diagnose and repair cars that other places are unable to.

Whether you come in for a smog test or some on-board computer diagnostics, you can rest assured that their repair facility strives to communicate in a friendly and honest fashion with you. They also participate in the Smog Check Consumer Assistance Program (CAP).



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AlphaOne Ambulance Medical Services Inc's Advanced Life Support Team is staffed with at least one (1) Paramedic and an EMT. Our vehicles are equipped with the most highly advanced equipment used in the pre-hospital setting to care for the ill and injured. Specializing in emergency treatment and transportation of the geriatric population, our highly trained pre-hospital care staff, provide excellent response times, and exceptional patient care twenty four(24) hours a day.

AlphaOne Ambulance Medical Services Inc's Basic Life Support Team provides medical monitoring by a certified Emergency Medical Technician and may include monitoring of vital signs, airway management, orthopedic and wound care. The BLS Ambulance is staffed with (2) two EMT's and their primary role is transportation of non-ambulatory patients to and from acute and sub-acute hospitals twenty four (24) hours-a-day.

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Importance of Preplanning

It's never too late...until it is. Too often, family members struggle at the last minute to arrange funeral plans for a loved one who has passed. The stress of hasty planning is only compounded by the physical, emotional, and even financial distress that can follow the death of a family member.

In our community, we are fortunate to have Russ Monroe's Cremation and Burial Services. They realize that talking about death can be unpleasant, but they have been helping our community in time of need for over 60 years. Over the years, they have dedicated themselves in helping to make funeral arrangement planning pain-free.

Planning ahead of time, even if it is decades in advance, will allow you and your funeral home to fully understand all of your options so that you are able to create unforgettable funeral or memorial services. Preplanning a funeral also allows you to focus on what truly matters in a time of loss for your family...comfort, memories, and condolences.

Don't wait until it's too late. Contact Russ Monroes to start planning today.

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For over fifty-five years, vehicle owners have trusted their automotive collision and auto glass repairs to Bob's Body Shop, Inc. in Carmichael. Matt and Jon, the owners and their I-Car train team will ensure that the repair is done right the first time. Matt and Jon know auto body repair from every angle. Their team shares this passion for cars and are dedicated to providing their customers with unparalleled auto repair satisfaction.

As Carmichael's Original Body Shop Since 1958, their quality workmanship and outstanding customer service are just a couple of the reasons why their customers choose to bring their vehicles to Bobs. They handle collision repairs for all domestic and import vehicles.

A deep comprehension of even the most modern vehicle's structure and design means that their collision repair technicians are capable of completely returning stability to your vehicle and maximum protection for the people inside. You'll rest easy knowing you and your family is safe in a vehicle repaired by their auto body repair experts.

Whether you need their collision repair services for your car, truck, motorcycle, or anything else that can be painted or customized, as well as auto glass repair and windshield replacement work, at Bob's Body Shop, their company philosophy is simple: "WOW Every Customer... Be the Best. We are a team that is dedicated and committed to our mission, to continuous improvement, and to delivering superior value to our customers".





# SBA Economic Injury Disaster Loans Available to California Small Businesses

**SACRAMENTO, CA (MPG)** - Small, nonfarm businesses in 35 California counties and neighboring counties in Arizona and Nevada are now eligible to apply for low-interest federal disaster loans from the U. S. Small Business Administration (SBA). "These loans offset economic losses because of reduced revenues caused by the drought that began on January 1, 2014, in the following primary counties," announced Tanya N. Garfield, Acting Director of SBA's Disaster Field Operations Center-West.

Primary California counties: Alameda, Alpine, Amador, Calaveras, Contra Costa, El Dorado, Fresno, Inyo, Kern, Kings, Los Angeles, Madera, Mariposa, Merced, Mono, Monterey, Sacramento, San Benito, San Bernardino, San Joaquin, San Luis Obispo, Santa Barbara, Santa Clara, Stanislaus, Tulare, Tuolumne and Ventura;

Neighboring California counties: Orange, Placer, Riverside, San Mateo, Santa Cruz, Solano, Sutter and Yolo;

Neighboring Arizona counties: La Paz and Mohave;

Neighboring Nevada counties: Clark, Douglas, Esmeralda, Lyon, Mineral and Nye.

"SBA eligibility covers both the economic impacts on businesses dependent on farmers and ranchers that have suffered agricultural production losses caused by the disaster and businesses directly impacted by the disaster," Garfield said.

Small, nonfarm businesses, small agricultural cooperatives, small businesses engaged in aquaculture and most private, nonprofit organizations of any size may qualify for Economic Injury Disaster Loans (EIDLs) of up to \$2 million to help meet financial obligations and operating expenses which could have been met had the disaster not occurred.

"Eligibility for these loans is based on the financial impact of the disaster only and not on any actual property damage. These loans have an interest rate of 4% for businesses and 2.625% for private, nonprofit organizations, a maximum term of 30 years, and are available to small businesses and most private, nonprofits without the financial ability to offset the adverse impact without hardship," Garfield said.

By law, SBA makes EIDLs available when the U. S. Secretary of Agriculture designates an agricultural disaster.

Secretary Tom Vilsack declared this disaster on January 15, 2014.

Businesses primarily engaged in farming or ranching are not eligible for SBA disaster assistance. Agricultural enterprises should contact the Farm Services Agency (FSA) about the U. S. Department of Agriculture (USDA) assistance made available by the Secretary's declaration. However, in drought disasters nurseries are eligible for SBA disaster assistance.

Applicants may apply online using the Electronic Loan Application (ELA) via SBA's secure Web site at <https://disasterloan.sba.gov/ela>.

Disaster loan information and application forms are also available from SBA's Customer Service Center by calling (800) 659-2955 or e-mailing [disastercustomerservice@sba.gov](mailto:disastercustomerservice@sba.gov).

Individuals who are deaf or hard of hearing may call (800) 877-8339. For more information about SBA's disaster assistance programs, visit <http://www.sba.gov/disaster>.

The deadline to apply for these loans is September 15, 2014. ★

Source: SBA

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**SATURDAY**

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

**SATURDAY**

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

**SATURDAY**

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

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*BMSUSA Certified Farmers Markets offer fresh grown organic produce and specialty food products weekly rain or shine, all year round and seasonal!*

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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>

## TO HONOR AND SUPPORT OUR COMMUNITY LEADERS

*Carmichael Chamber of Commerce Proudly Announces*  
**2014 Person of the Year Community Award Honorees**

*The Chamber's*  
**Dinner with the D.A.**  
*Fundraiser Event*

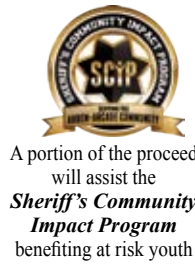
**Celebrated Friday, January 24**  
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Or stop by the office to use credit card,  
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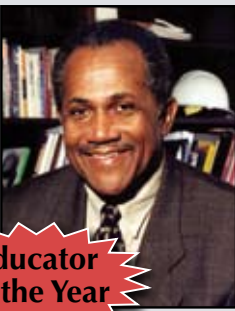


A portion of the proceed will assist the Sheriff's Community Impact Program benefiting at risk youth



**Person of the Year**

*Sacramento County District Attorney*  
**Jan Scully**



**Educator of the Year**

*San Juan District Superintendent*  
**Dr General Davie Jr.**



**Business of the Year**

*Be Money Smart USA*  
**Don & Marie Hall**



**Media Person of the Year**

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# Carmichael Dental Group

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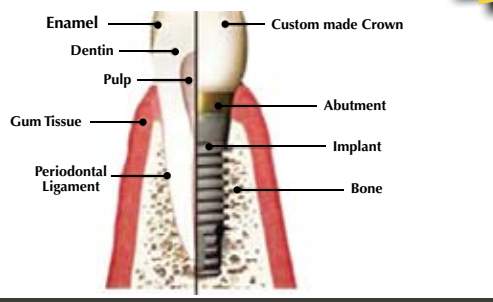


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X-rays and a Cleaning  
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*Terms and conditions may apply.*

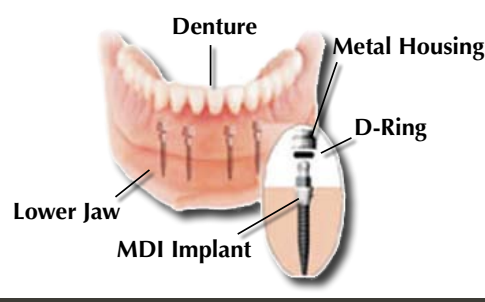
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