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Carmichael Times

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Serving Carmichael and Sacramento County since 1981

February 27, 2014

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direct link to our online edition!

Carmichael House Yields Gem

1936 Time Capsule Recalls Original Family



oaks on Garfield Avenue, Carmichael. Inset: David and Susan Miroglio grow wine grapes on the one-acre parcel that remains of the Newton farm. Photos by Susan Maxwell Skinner.

Story by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - An old Garfield Avenue home known as the "red door house" has opened a door to history. Via a time capsule, contemporary owners have learned about the home's original family.

Carmichael Colony was two decades old by the 1930s. Garfield Avenue was an expanse of farmland. Near the Kenneth Avenue corner, pioneer Robert Newton and his 40-year -old

son Ben acquired land and built a home. During construction, the family buried a gift for the

The clan came to the area from Kansas before 1935, possibly lured to Carmichael by realtors' promises of prosperity and self-sufficiency from 10-acre allotments. From the "Rev Ben Newton" inscribed in a Bible from the capsule, it seems Newton Jr was a clergyman. His parents, his wife Lorena and their four children inhabited the

two bedrooms, kitchen and dining space and - up a narrow stairway – more low-ceilinged bedrooms. In 1936, Robert and Ben expanded the manse with what is now a large den. Its multi-paned window is thought to have come from a schoolcircular entrance tower to hide the "seam" between the two building phases. A pointed roof and arched door completed this feature. Under the wooden foyer floor, the Newtons tucked their message in a bottle.

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simple house. Downstairs were house. The family conceived a Help Kids Become Star Readers



Drive to kick off at Fairytale Town as part of Dr. Seuss' Birthday Celebration. Photo courtesy Kristin Thébaud Communications.

The Perfect

armichael Times

STARS Shine at San Juan Fundraiser

SACRAMENTO REGION, CA (MPG) - Local residents can help kids reach for the stars by participating in United Way California Capital Region's 3rd Annual STAR Readers Book Drive

March 2-21. The drive benefits the group's STAR Readers project that is working to increase graduation rates by improving early reading skills.

The online book drive gives donors the chance to choose from four age-appropriate books for 650 children in kindergarten through third grade. Those who purchase books will receive a promotional code for a discounted admission to Runaway

START YOURS TODAY!

Stage Productions' upcoming "Seussical the Musical." To purchase books, visit www.yourlocalunitedway.org.

The drive will kick off at Fairytale Town on March 2 from 11 a.m.-3 p.m. as part of Fairytale Town's Dr. Seuss' Birthday Celebration. Actors from Runaway Stage Productions will perform excerpts from their upcoming "Seussical the Musical" between between 11 a.m.-12:30 p.m. Guests who bring a children's book to donate will receive a discount coupon to use on a future visit to Fairytale Town.

BOTH

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Diabetes Conference Changes Lives in Sacramento

SACRAMENTO REGION, CA (MPG)

- Diabetes affects more than 3.7 million people in California. Many are asking the same question: "Does anyone understand what it's like to live with diabetes?" Taking Control of Your Diabetes (TCOYD) is a 501(c)3 not-for-profit organization that has been educating and motivating diabetes communities in cities around the country since 1995, and they understand. TCOYD will be hosting its 152nd national event in Sacramento, CA with an all-star cast of diabetes experts for a day that will ignite motivation, offer hope and change the life of anyone with diabetes!

Steven Edelman, MD, Endocrinologist and Founder and Director of TCOYD, was diagnosed with diabetes at the age of 15. Edelman was told that blindness, kidney failure and amputations were likely to occur after several years and that his life expectancy wouldn't exceed 20 years. That was not a prediction that he was willing to settle for. Edelman went into medicine with a mission of improving his health, the health of others and the medical system behind it all. At the age of 58 he is living well with diabetes and had dedicated his medical career to educating and empowering others with this disease.

What makes TCOYD stand apart from any other organization is that they are strong advocates of change, believers in a cure for diabetes, and proponents of possibility. TCOYD brings the medical world and the patient world together in order to engage in conversations that make a difference, that improve lives and health at a very deep and lasting level. It is the only program of it's kind in the United States and abroad.

Join TCOYD at the Sacramento Convention Center on Saturday, March 8, 2014 from 9:00am -5:00pm. Learn, laugh and live better with leading diabetes experts, get one-on-one advice from endocrinologists, diabetes educators, dietitians, pharmacists and personal trainers and receive the most cutting-edge type-specific information on diabetes care and management by attending TCOYD's individualized type 1 or type 2 track.

SPACE IS LIMITED: preregistration is recommended.

Registration fees: \$20 per per-

son (\$15 per person for groups of 2 or more) on or before 12 noon PST Wednesday, March 5, 2014. Day-of event registration is \$25 and begins at 7:30am at the Sacramento Convention Center. FINANCIAL ASSISTANCE IS AVAILABLE BY CALLING TCOYD. To register or to get more information, call 800.99.TCOYD (800.998.2693) or visit www.tcoyd.org.

TCOYD is a San Diego-based 501(c)3 charitable diabetes educational organization dedicated to informing and empowering people with type 1 and type 2 diabetes to take an active role in their health.

Steven V. Edelman, MD, Founder and Director of Taking Control of Your Diabetes (TCOYD). Edelman, an internationally recognized leader in diabetes treatment, research and education says, "It is my conviction, that health care in this country will improve when people living with diabetes are informed and empowered to take an active role in their own condition." Dr. Edelman is a Professor of Medicine at University of California, San Diego and Director of the Diabetes Care Clinic at the VA Healthcare System in San Diego.

Source: TCOYD (Taking Control of Your Diabetes)



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See inside for details

Carmichael House Yields Gem

Continued from Page 1

The idea might have been inspired by a time capsule buried at Carmichael Grammar School, where the Newton children studied. (Sadly, when the 1980s date came to exhume this trove, no one remembered its location and it remains buried for eternity.) Whatever their inspiration, the Newtons' effort showed kindly sentiment. Ben's penciled note noted that his wife designed the home's plans. He wished God's blessings on future owners. "May his loving spirit ever guide them and keep them for himself," wrote the 40-year-old father of four. Another handwritten page shares several religious homilies. The leather-bound Bible has Ben's wife and children's names and birth dates inscribed. Included is that of David Newton, then 12 years old.

A May 6, 1936 Sacramento Bee edition completes the contents. Headlines define national, local and world concerns. Compelling for the home's modern owners is its back-to-the-future previews: "Italy Plans to Annex Ethiopia" prophesizes imminent fascist horrors. A photograph shows newly-crowned teenage King Farouk, who would become so reviled for extravagance that Egypt would eventually overthrow the ruler.

Another headline announces President Roosevelt's nomination for reelection. With war on the horizon, he would become the only American president to serve three terms. A poignant lowerpage filler says a zeppelin called Hindenburg would soon begin flights to America. Everyone knows how badly that tourist venture would end – exactly one year after the newspaper was buried.

Sacramento publisher C.K. McClatchy (a Carmichael resident) had just died. The capsule's Bee published a codicil to his will: McClatchy wished



a Bible and a 1936 copy of the Sacramento Bee. Photo by Susan Maxwell Skinner.

his newspapers to "fight for right no matter how powerfully entrenched wrong may be."

We lose contact with the Newtons beyond that point. The clan eventually moved to Southern California. The Heitke family purchased the home in the 1960s. During renovations, the sealed jar was found and opened. The 40-year-old papers yellowed even as the discoverers read Ben Newton's hopes.

Sometime before 2000, David Newton returned to Garfield Avenue. Then in his 70s, he told Ann Heitke he'd identified his old home by its turret. He wondered about the time capsule. To his joy, Mrs Heitke at once produced its contents. Though she offered to return the brittle souvenirs, David demurred. "They are part of the house," he decided. Both he and Ann Heitke have since died.

Current home owners David and Susan Miroglio inherited the capsule. Newton relics are now augmented by a photo sent by their descendants. It shows the house that Robert and Ben Newton built. Children, their mom, a white dog and an iconic child's wagon accessorize the yard. Freeze-framing the values of country folk in uncertain times, the capsule's messages and this 1938 picture remain behind the red door on Garfield Ave.

"We've made minor changes to the house," says David Miroglio. "The original structure is intact. Ben Newton may not have been a builder but he did a good job. He raised four children here; the Heitkes had six. Our two kids grew up in the same rooms. It's great to feel a house has a history of family. The capsule is part of that. Someday we'll pass it along to another family."



Carmichael farmer Robert Newton and his grandchildren, including David Newton (left).



Finished in two phases in the 1930s, the house sheltered three generations of the Newton family. Photos courtesy of the Newton family.

Carmichael Elks Lodge #2103 to Plant Four Trees at their lodge for California Arbor Week

Who: Carmichael Elks Lodge Officers, members, representatives from the Sacramento Tree Foundation.

What: Carmichael Elks Lodge is hosting a local tree planting event to celebrate California Arbor Week. Four trees will be planted by volunteers including invited officials, business leaders, dedicated volunteers and students.

The Sacramento Tree Foundation has informed us that we are the only Carmichael organization or business that has requested trees from them for the California Arbor Week celebration. Join us for a very educational discussion of the importance of trees and how to plant, feed and maintain them sponsored by the Sacramento Tree Foundation and their knowledgeable arborists.

Where: Carmichael Elks Lodge, 5631 Cypress Avenue, Carmichael, CA 95608

When: Friday, March 7, 2014 @ 2:30 PM

Why: The purpose of California Arbor Week is to promote the important effects trees have on our lives and our communities. Through collaboration with volunteers, local officials, the support of California Re-Leaf and the work of local organizations, California Arbor Week is sure to make a positive impact in the Carmichael and Fair Oaks communities.

Visual and Interview Opportunities Include:

• Elks Lodge Officers and Project Chairman David Berry, Bob Murray, with Sacramento Tree Foundation Arborists lecturing and tree planting instruction.

Visit www.arborweek.org for more information.



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

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Seating is limited to 30 attendees per seminar



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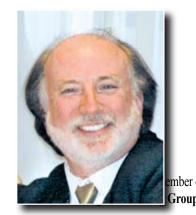
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We are proud members of these newspaper associations.

Carmichael Times Page 3 February 27, 2014

Congressman Bera Tours Sacramento County Farms and Businesses Impacted by Drought



SACRAMENTO REGION, CA (MPG) - Congressman Ami Bera recently toured local dairy and cattle farms in Elk Grove and Rancho Murieta, as well as companies in Folsom that rely on the local clean water supply, to survey and bring attention to the local impacts of California's drought. Bera brought a representative from the United States Department of Agriculture Natural Resources Conservation Service along for the farm tours so that the federal agency could learn more about the drought's

impact on Sacramento County. "California's historic drought is hurting many Sacramento County small businesses and farmers, which impacts not only individuals, but our entire local economy." said Bera. "I'm doing everything I can to both help those being affected in the short term, and to find long-term solutions for securing water access and storage that add to our water supply rather than taking from it." Bera visited Walter Hardesty Beef, Van Steyn Dairy, and Van Vleck Ranch. The ranchers raised concerns about having to cull their herds to stay afloat as production costs rise. Though ranchers are no strangers to drought, the current drought conditions are worsened, the say, by several dry years in a row. The Sacramento County Farm

Bureau helped arrange the tours. Bera also visited Kikkoman Soy Sauce manufacturing plant and Gekkeikan Sake factory in the City of Folsom. Both companies located in the area because of its direct access to clean surface water and agricultural products in the valley. Both companies are conserving water in ways that have yet to impact production, but have concerns if the drought situation does not improve. The drought is anticipated to cause price increases for the agricultural products that are essential to the production of soy sauce and sake, such as rice, soy, and wheat. In addition to the tours this week, Bera held a Drought Resources Workshop Tuesday with representatives from the USDA and Small Business Administration to inform local famers and small business owners about the resources available to them from the federal government. Those who were unable to attend the workshop but need help can call Bera's office at (916) 635-0505 or visit his Drought Relief Resources page at bera.house.gov/droughtrelief for more information. Bera is also working in Congress to preserve Sacramento County's water supply. He has

helped lead the fight against

the misguided Bay Delta

Conservation Plan to build tunnels under the Delta, and a recent partisan water grab bill. Both would take already-scarce water from Sacramento County and send it to other parts of the state. He also voted in January to reauthorize the Emergency Drought Relief Act and helped secure funding for upgrades to the Folsom Dam that will increase its water storage capacity to help during future dry periods and give us greater flood protection.

Congressman Ami Bera, M.D. represents Sacramento County. For more updates on Rep. Bera



"Carmichael Recreation and Park District... a foundation on which our dreams and futures could come true"

Commentary by Peter Tateishi

Carmichael Resident & President of the Carmichael Recreation & Park District Foundation

Some might call me a "homebody" or a little bit "sheltered," but I am proud to say that have spent my entire life as a resident of Carmichael. I love our small town feel, access to scenic paths and views and the quality of life Carmichael has provided me and now my growing family. Growing up in Carmichael, I spent many hours playing in our parks, swimming in our now torn down Carmichael pool and playing in basketball leagues at La Sierra Community Center. I enjoyed every moment I had in

our parks. Now that I have two young children who use our parks on a near weekly basis, I have to admit that they do not shine as well as they used to. Some of the facilities feel old and run down, while some parks look overgrown and play structures need repair. Though it's just my perception, security seems to be lacking and dark areas of parks at night seem to have moving shadows. Our community and our parks deserve better than



Peter Tateishi

declining property taxes have cut over \$2.5 million from our Carmichael Parks. This has impacted the maintenance, repairs and development at our park sites. Now, the Carmichael Recreation and Park District is asking voters if they want to reinvest in their parks and community through a "benefit assessment district." This assessment would cost property owners in Carmichael \$44.87/year and would provide for enhanced maintenance, new upgrades to all of our neighborhood parks, major repairs to Carmichael Park and La Sierra Community Center, and a full time park ranger program to enhance the safety and security of our parks and our community.

Back in 2009, I worked with Over the past four years, other Carmichael community Recreation and Park District Foundation, a 501(c)3 non-profit, public charity. Through my role as President of the Foundation, I have had the opportunity to support efforts to improve our parks, but the one reality that kept presenting itself was the fact that as a foundation, we were never going to be able to raise the dollars to truly renovate, enhance and improve our entire park system. Only through a district-wide park assessment will we truly have the opportunity to take care of the needs of our parks and our community.

While growing up in Carmichael, the community gave me, not just the idea, but the promise that a better future lay ahead for me. That the resources and support the community gave to me and every other child was to build a foundation on which our dreams and futures could come true. As I look my daughter and son in the face, I can't say that our community is providing that foundation as well as we once did. The opportunity to give back to create a place; a community where my children can grow up knowing that current and past generations support their dreams of a better tomorrow is invaluable. That's why I support this assessment.

Area Gas Prices Go Up Again

SACRAMENTO REGION, CA (MPG)

- Average retail gasoline prices in Sacramento have risen 7.7 cents per gallon in the past week, averaging \$3.55/g yesterday, according to GasBuddy's daily survey of 720 gas outlets in Sacramento. This compares with the national average that has increased 5.0 cents per gallon in the last week to \$3.40/g, according to gasoline price website GasBuddy.com.

Including the change in gas prices

in Sacramento during the past week, prices yesterday were 50.9 cents per gallon lower than the same day one year ago and are 15.0 cents per gallon higher than a month ago. The national average has increased 12.5 cents per gallon during the last month and stands 32.6 cents per gallon lower than this day one year ago.

"The rate of increase in the national average has accelerated over the last week, and the worst is likely yet to come," said GasBuddy.com Senior Petroleum Analyst Patrick DeHaan. "Oil prices continue to move higher as

refineries continue their maintenance season, leading to a double whammy at the gas station. In addition, in another month we'll also start seeing refineries producing more expensive, cleaner burning summer gasoline, and that will likely keep upward pressure on retail gasoline prices. Just a handful of stations across the nation are seeing a price under \$3/gallon, and a few weeks from today, motorists along the West Coast with perhaps a few other states will be wishing for those current \$3 prices," DeHaan said.

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Carmichael Times Page 4 February 27, 2014

College vs. High School-Viva La Difference!

By Kelly Davenport

Even as I write Cal State Sacramento, my alma mater, starts a new spring semester and for some a promise of graduation ceremonies in May signifying a long awaited milestone. As we Sacramento residents benefit from numerous colleges to choose from within reach logistically, some young people are unsure if college is the next best path in their life for various reasons. Of the biggest complaint I hear is that the high school experience left feelings of academic inadequacy and that college will be more of the same. These blanket statements break my heart! It is hard for me to hear a young bright mind shut doors before taking a peak at what the college experience can be and why college is so very different in enough ways to possibly make it the best decision of their lives.

College vs. high school is, in academic terms andragogy vs. pedagogy. "Say what?" Andragogy by definition is the art and science of helping adults learn. This is very different from pedagogy which is the art and science of educating children. Though volumes are written about the differences. a quick look at the two models reveal that adult learners are self directed and responsible for their own learning. In addition, the learning must be relevant to the needs of the learner. In pedagogy models the child is externally motivated by the



competition for grades and possibilities of failure. The children in the class room are dependent on the teacher for all the learning and the students are told what to learn in order to advance. The adult learner is internally motivated to achieve based on their own needs and goals, the possibility of a higher quality life. This internal motivation puts you the college student in control.

The great news is adult learning models work great in high school settings and many K-12 schools do deploy these models. What potential college bound students who still have a bad academic taste in their mouths need to understand is that college is geared to adult learning. K-12 education is foundation building and gives children a chance to grow up with structure and guidance. College and beyond is not for children. It is for adults young and old to achieve personal goals for reasons you choose and you direct. Is college easy? Is college stressful? Is the college experience

perfectly crafted for adults? Yes and no apply. But what college is, is not high school. It is a place of higher learning that you define for yourself to meet your personal learning objectives.

The best news of all is that going to college is loaded with options never before available until the internet. On-line courses abound and they can be equal in high quality as sitting in the classroom. Many hybrid courses exist i.e. part online, part classroom time. There are courses, majors, and university specialties to meet the needs of countless student circumstances and aspirations.

If you are someone who feels unsure about an academic life beyond high school rest assure you are not alone. Take one class that appeals to your interests, hobbies or biggest dream. Test the waters one step at a time. The benefits far out way the risks! You may find that you are in the driver's seat, calling the shots as a customer of learning, with expectations of excellent customer service from your learning provider and not a child ridding the bus being told what to learn.

Bio: Kelly Davenport lives in Sacramento with her husband and two children. She is a part time instructor at Sacramento State University and is the author of a children's book "Do Hotdogs Grow on Trees." Available at Amazon.com or http://tinyurl. com/nmjnnsm





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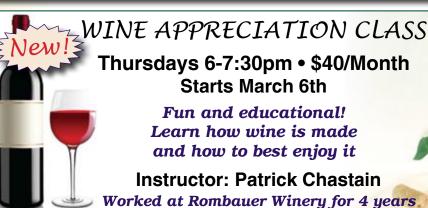
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GOT LOCAL NEWS?



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Railroad Museum Announces Special "Diesel Days" April through September

Two Eye-Catching Diesels from Museum's Impressive Collection to Pull Weekend Excursion Trains One Weekend Each Month

SACRAMENTO REGION, CA (MPG)

- California State Parks and the California State Railroad Museum are proud to offer special "Diesel Days" one weekend each month - April through September -- by operating two visually-exciting and gracefullystyled diesel locomotives as part of the popular weekend excursion train rides on the Museum's Sacramento Southern Railroad. These brightly painted diesels -- Western Pacific No. 913 and Southern Pacific "Daylight" No. 6051 -- will pull the excursion trains both Saturday and Sunday on the following weekends: April 19-20, May 17-18, June 14-15 (Father's Day Weekend), July 19-20, August 23-24 and September 20-21, 2014. These eye-catching and classic streamlined locomotives are representative of the so-called "First Generation" of diesel-electric locomotives which replaced steam engines all across America during the 1940s and 1950s.

Weekend excursion train ride tickets are available to book online in advance at www.csrmf. org or can be purchased in-person starting at 10:30 a.m. the day of the train ride (based on availability) at the Sacramento Southern Railroad ticket office located on Front Street between J and K Streets. All excursion trains depart from the Central Pacific Railroad Freight Depot in Old Sacramento (located on Front Street between J and K Streets). Departures are on-the-hour from 11 a.m. to 5 p.m. on the weekends the trains are running.

SACRAMENTO REGION, CA (MPG) -

The Capitol Pops Concert Band

will kick off its 17th season with

a free, open to the public concert

at 7 p.m. Friday, March 14, 2014,

at the California Automobile

Museum, 2200 Front Street in

The performance is entitled

"One More For The Road" as

Jerry Lopes enters his final season

as the CPCB's full-time director,

a position he has held since the

band was formed in 1997. Lopes'

50-year career includes decades

as a music educator, international

performer and memberships in the

region's top symphony/orches-

tra organizations. He continues

to play tuba and bass with locally

based Dr. Bach and the Jazz

museum will include some of

The CPCB's concert at the auto

Sacramento.

Practitioners.

Regular excursion train tickets cost \$10 for adults, \$5 for youths (ages 6-17), and ages five and under ride free. For passengers desiring a ride aboard the firstclass car El Dorado, tickets are \$20 for adults, \$15 for youths and are free for children five and under. Note: there is a small perticket service fee when booking online. Groups interested in reserving the entire El Dorado car for a regularly scheduled ride need to do so in advance by calling 916-322-8485. If summer temperatures reach 100 degrees or higher, trains may be cancelled for the remainder of that day. For more information about the weekend excursion train rides or the California State Railroad Museum in general, please call 916-323-9280.

Calendar Announcement

What: "Diesel Days!" Where: California State Railroad Museum, **Old Sacramento State** Historic Park.

Excursion trains depart from the Central Pacific Railroad Freight Depot (On Front Street between J and K Streets)

April 19-20, May 17-18, June 14-15 (Father's Day Weekend), July 19-20, August 23-24 and

September 20-21, 2014

Weekend excursion train rides depart hourly from 11 a.m. to

Museum is open 10 a.m. to 5 p.m.

Capitol Pops Concert Band's Retiring

Director Does "One More for the Road"

its traditional favorites and spe-

cially selected automotive-themed

arrangements, including "In My

Merry Oldsmobile," "Route

66" and NASCAR's "Thunder"

The concert is sponsored by

Raley's Family of Fine Stores.

For more than 75 years, the West

Sacramento-based grocer has

served Northern California and

Nevada with its Raley's, Bel Air

The California Automobile

Museum, which typically closes

at 6 p.m., will offer free admis-

sion at that time on March 14.

Visitors are welcome to tour

the museum, get detailed infor-

mation from museum docents

and visit the gift shop before

attending the free CPCB con-

cert. Liquid refreshments will be available for purchase on-site.

and Nob Hill Foods stores.

Regular train rides*: \$10 adults: \$5 youths ages 6-17; free for children ages 5 and under.

VIP El Dorado*: \$20 adults; \$15 youth; free for children ages 5 and under

*online bookings include a small per-ticket service fee

916-323-9280, 916-322-8485 (for booking the entire El Dorado for a regularly scheduled train ride) or www.csrmf.org

About the California State Railroad Museum

Operated by California State Parks with financial assistance from the non-profit California State Railroad Museum Foundation, the California State Railroad Museum is open daily from 10 a.m. to 5 p.m. except Thanksgiving, Christmas, and New Year's Day. Widely regarded as North America's finest and most popular railroad museum, the complex of facilities includes the 100,000-square foot Railroad History Museum plus the reconstructed Central Pacific Railroad Passenger Station and Freight Depot, 1849 Eagle Theatre, and Big Four and Dingley Spice Mill commercial buildings in Old Sacramento. For 24-hour information, visit www.csrmf.org or call 916-323-9280.

Source:

Traci Rockefeller Cusack T-Rock Communications

The CPCB annually performs

a diverse portfolio of high-qual-

ity, well-prepared music heard

by thousands of concert-goers

throughout Northern California.

The 75 musicians span a wide

range of ages, from students

to nonagenarians. More infor-

mation on the self-supporting,

nonprofit band can be found

at www.capitolpops.org or its

The California Automobile

Museum displays hundreds of

motor vehicles from all eras as

part of its mission to teach the

story of the automobile and its

influence on our lives. It's open

daily from 10 a.m. to 6 p.m. For

more details, visit www.calau-

tomuseum.org or the museum's

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Help Kids Become Star Readers Through United Way Book Drive

Continued from Page 1

The books will be donated to the STAR Readers Book Drive.

During the March 2-21 book drive, Clear Channel Radio will be collecting books at Sacramento-area Huntington Learning Centers that will be donated to United Way's STAR Readers Book Drive. Participating locations include Citrus Heights, Elk Grove, Folsom, Roseville and

United Way is partnering with Runaway Stage Productions, Fairytale Town, The Sacramento Bee, Huntington Learning Center, Scholastic, Sacramento Public Library, KSTE Talk 650 and KFBK News Radio. All books donated online or

through events will be delivered to United Way's STAR Readers project nonprofit partners: Amador-Tuolumne Community Resources, Boys & Girls Club of Placer County, Boys & Girls Club El Dorado County Western Slope, Boys & Girls Clubs of Greater Sacramento, Davis Bridge, New Morning Youth and Family Services, Yolo County Children's Alliance and Sacramento Chinese Community Service 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. United Way's team of

nonprofits, businesses, donors and volunteers are working together to provide positive, measurable results on these issues through United Way projects: STAR Readers, \$en\$e-Ability and Fit Kids. Community members can give, volunteer and advocate in support of the causes they care most about, benefiting United Way and hundreds of nonprofits in Amador, El Dorado, Placer, Sacramento and Yolo counties. United Way is an independent, local affiliate of United Way Worldwide. For more information, visit www.yourlocalunitedway.org.

Source: Kristin Thébaud Communications



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Widowed **Persons Association** Of California Workshop

SACRAMENTO REGION, CA (MPG)

The Grief Recovery Workshop which began Friday, Februay 7, 2014, 2:30-4:30 PM will continue through March 14, 2014. Doors open at 2:00 PM. The Grief Recovery Workshop is a 6-Week program, two hours each session. The topics include: Understanding Grief, Stress/ Anxiety, Changing Roles and Relationships, and Moving On With Your Life.

All widowed people are encouraged to attend. Should you not bw able to attend every session, you are encouraged to attend a make-up sesson later in the year.

There is no charge for the workshop and you need not be a member to attend.

The workshops are held at the Widowed Persons Association Meeting Room located at 2628 El Camino Avenue, Ste. D-18, Sacramento, CA 95821-5936. Enter from the back parking lot. The office is open Mon-Friday from 10 AM - 3 PM. The office number is (916) 972-9722. Please call the office for more



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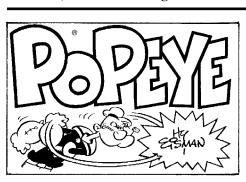
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GOT LOCAL NEWSP

Carmichael Times Page 6 February 27, 2014



















By Dick Wingert



By Dave Breger



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WASH Presents a workshop with **Dale Laitinen** April 13, 2014, 10 am to

4pm at the Sacramento

Fine Arts Center

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

Dale Laitinen has been painting in watercolor for over 35

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

on a Sierra Landscape. His website is www.dalelaitinen.com.

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Smart Shopping

Time- And Money-Saving Grocery Tips

(NAPSA)—If you are like most Americans, you not only want to save money at the grocery store, but you want to save time, too. In fact, in a recent survey conducted by SupermarketGuru.com, 25 percent of respondents said they have resorted to grocery shopping online just to save time. How can you be sure to get the best value in the shortest time possible? Here are a few hints from Phil Lempert, the Supermarket Guru, that can help:

• First, plan the timing of your shopping trip carefully. The supermarket's busiest time is between 4 p.m. and 5 p.m., so avoid the supermarket "rush hour."

•Use all your shopping resources. Check the store's circulars and use the latest technology to help enhance your trip. For example, ReadySetEat.com not only lets you plan your meals and ingredients ahead of time, it instantly shares what items are on sale at a retailer near you.

• Discounts are often worth the time spent seeking them. According to a Red Plum survey of shoppers, 80 percent of consumers surveyed spent up to three hours each week looking for coupons, deals and savings from all sources and 81 percent said they saved up to \$50 each week, or \$2,600 a year.

• Frozen single-serve meals can be cost effective. Frozen meals such as Healthy Choice can be a great way for those on a budget to eat more healthfully and



Food for thought: Careful planning can mean you don't have to spend a lot of time to save a lot of money on groceries.

waste less food due to portion con-

•Private brands can be valuable. With their quality generally comparable to leading brands, private brands are some of the best and most underused finds in the supermarket. Savings vary, but the best deals in terms of price and quality include breakfast cereals, jams, cookies, pasta, sauces, dairy products, paper goods, and snacks like H.K. Anderson Pretzels and Kangaroo Baked Snacks.

• Consider frozen. When produce is not in season, you can head to the frozen and canned aisles. Frozen fruits and veggies are preserved at their peak of nutritional value, and in season. For example, Hunt's tomatoes go from farm to can within 24 hours to lock in the fresh taste.

• Don't assume the bigger package is the better deal. Consider the unit price on the shelf tag and buy what goes on sale. Pricing

surveys have shown that some name-brand merchandise costs less at major grocery chains than at big warehouse stores.

• Finally, avoid waste. The Natural Resources Defense Council estimates that more than 40 percent of the food that Americans buy goes to waste. To avoid waste, follow these simple tips:

• To help reduce your personal waste, plan meals ahead of time, check expiration dates at the store and opt for portion-controlled frozen foods. Single-serve and family-size meals, such as Marie Callender's or Bertolli frozen meals, are great examples of portion-controlled meals for yourself or your whole family.

• Also, remember to store leftovers properly. Refrigerate below 40° F within two hours or one hour during hot weather (90° F and above). Place unused raw vegetables in a sealable plastic bag and squeeze out excess air. For unused canned ingredients, remove from the original can, put them in a sealable container and cover tightly to maintain optimal flavor. Fresh vegetables should be blanched quickly in boiling water, drained and then placed in a bag. Poultry and meats can be frozen in their original wrappers, but then placed in a freezer bag.

Keep these tips in mind for your next grocery shopping trip, and you may find that you can come home with more money in your pocket and more time to spend with your family.



Encouraging Parents To Do More With Less

A new campaign is encouraging parents to do more with less and eliminate excess from their children's lives.

(NAPSA) – A growing number of parents are creating their own approaches to parenthood- approaches that are authentic, simple, healthy. Most importantly, they're approaches that work for their own families.

To inspire families to do more with less, a well-known brand of children's medicine is launching the "Say Yes to Less" campaign to benefit Make-A-Wish(r)

The Little Remedies(r) brand, marketed by Medtech Products, Inc., is asking consumers to log on to www. SayYes2Less.com to take a 30-day pledge to "Say Yes to Less" and eliminate the things their children don't need. Instead, they're encouraged to focus on the small things that can make a big difference in their children's lives.

For example, families can pledge that they will do things such as eat less sugar or create less waste. In return, Little Remedies(r) will donate \$1 to Make-A-Wish(r) for each of the first 100,000 people who take the pledge to "Say Yes to Less."

New Teammates

To help draw attention to the campaign, Little Remedies(r) has teamed up with actresses and celebrity moms Tia Mowry-Hardrict and Tamera Mowry-Housley to have them serve as the official spokespersons for the pledge.

Tia and Tamera are passionate about taking a wholesome approach to raising their kids. They will appear in a series of videos featuring families that personify the Little Remedies(r) philosophy, "Everything They Need, Nothing They Don't." These families have committed to eliminating wastefulness from their lives.

To encourage consumers to follow through on their "Say Yes to Less" pledge, the pledge website, www. SayYes2Less.com, was created for parents to "check in" each day for 30 days to confirm that they are following through with their pledges.

After a key number of check-ins, consumers will be rewarded for their efforts with badges that are seen on their pledge page and high-value coupons for Little Remedies(r) products. Additionally, a grand-prize winner will be selected, who will receive a \$2,500 college education account to help create a positive future for his or her child

Created By a Parent

The Little Remedies(r) line of children's over-the-counter health care products was created by a father and pharmacist who grew tired of searching for products for his children that were effective, but also made with ingredients he could feel good about-that means no artificial flavors, artificial colors, alcohol, saccharin or dyes.

For more information on Little Remedies(r) and the full line of products, visit www.LittleRemedies.com. To learn more about Make-A-Wish(r), visit www.wish.org.

To Subscribe Call 773-1111



Snakes do not have eyelids, so even when they're asleep, they cannot close their eyes. They do have a protective layer of clear scales, called brille, over their eyes.



Eyelashes help to keep dirt out of eyes and eyebrows help to keep erpiration from running into eyes.



What may be that the oldest musical instrument was found in a cave, a Neanderthal site in Slovenia. The instrument is the 43,000-year-old femur of a bear that has two evenly spaced holes.



Give migrating finches and buntings a little boost this year by mixing equal portions of thistle seed, sunflower chips and white proso millet. Toss on the ground near a bush or brush pile. You'll be glad you did when you see one of these little beauties land in your yard.

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ARIES (March 21 to April 19) Your efforts in behalf of a colleague do not go unnoticed, let alone unappreciated. Meanwhile, arrange to spend more time investigating that troubling fact you recently uncovered.

TAURUS (April 20 to May 20) Devoting a lot of time to a current career move means having less time for those in your private life. But once you explain the circumstances, they should understand and be supportive.

GEMINI (May 21 to June 20) Organizing your many duties in order of importance should help you get through them pretty quickly. Additional information puts that still-to-bemade decision in a new light.

CANCER (June 21 to July 22) Lingering bad feelings over a recent misunderstanding should fade as reconciliation efforts continue. Meanwhile, vacation plans might need to be revised because of new developments.

LEO (July 23 to August 22) Love dominates the Lion's heart this week, with Cupid shooting arrows at single Leos and Leonas looking for romance. Partnered pairs also enjoy strengthened relationships.

VIRGO (August 23 to September 22) "Getting to Know You" should be the single Virgo's theme song as you and that special person discover more about one another. That workplace situation needs looking into.

LIBRA(September 23 to October 22) You might be upset at having your objectivity questioned in the handling of a dispute. But it would be wise to re-examine your feelings to make sure you're being fair with both sides.

SCORPIO (October 23 to *November 21)* A family dispute creates mixed feelings about how you hope it will be ultimately resolved. Best advice: Stay out of it and let the involved parties work it through by themselves.

SAGITTARIUS (November 22 to December 21) Making an effort to smooth over even the smallest obstacles now will

go a long way to assuring that things run smoothly once you're set to move on with your plans.

CAPRICORN (December 22 to January 19) A challenge to your authority can be upsetting, but your longtime supporters want you to defend your position so you can win over even your most adamant detractors.

AOUARIUS (January 20 to February 18) Being unable to get involved in a friend's problem calls for an honest approach. Provide explanations, not excuses. Another friend might be able to offer support for your decision.

PISCES (February 19 to March 20) You find yourself swimming in circles, looking for some way to get back on a straight course. But things get easier once you're able to refocus your energies.

BORN THIS WEEK: You're known for your charm and your wisdom, and there's no one who wouldn't want you to be part of his or her life. (c) 2014 King Features Synd., Inc.

Covent Garden, London.

- Brenda Weaver



DVD PREVIEWS By Sam Struckhoff EDITOR'S NOTE: DVDs reviewed in this column will be

available in stores the week of Feb. 24, 2014.

PICKS OF THE WEEK



Chiwetel Ejiofor

"12 Years a Slave" (R) -- Solomon Northup was an accomplished violinist who had a relatively comfortable life with his wife and children, living in Saratoga Springs, N.Y., in the 1800s. He was a free black man, born free in the north. This movie, based on Northup's memoirs, begins with an establishing scene of him working on a plantation after he was kidnapped, shipped south

and sold as a slave. The film already is guaranteed classic status. As Northup, Chiwetel Ejiofor musters bottomless pain and disbelief without going over the edge. Director Steve McQueen manages a fine balance between the darkness of human villainy and the beauty of world around them.

"Hours" (PG-13) -- Nolan (Paul Walker) and his wife Abigail (Genesis Rodriguez) rush to a New Orleans hospital because of complications with her pregnancy. In a short span, Nolan loses his wife and is presented with his newborn daughter -- who will require a respirator for the next 48 hours. Then Hurricane Katrina shows up. Then go the lights. Then the hospital is abandoned. Then there goes the rule of law.

With the recent loss of Paul Walker in a car accident, it's intriguing see how the leading man of the "Fast & Furious" franchise could support a different kind of on-screen tension. The movie takes you for a ride, with Walker behind the metaphorical wheel, but this isn't a full-throttle thriller. Walker balances grief and joy and shock and the will to fight.

"Girl Rising" (PG-13) -- This is a collection stories from young women around the world that are processed, acted out, filmed professionally and animated with little flourishes. The global storytelling jumps from topic to topic, continent to continent, but a few common threads exist. Stories include an account by a Haitian girl who defiantly attended school after the earthquake, even though her family could no longer afford the tuition. A host of celebrity voiceovers and visualized statistics can make things a little distracted. Still, it's a moving and valuable study of the will of girls to find their place in the world despite adversity.

"The Grandmaster" (PG-13) --Ip Man is the revered legend of Kung Fu -- a man who, during a transformative period in China's history, made a name for himself as the undefeated master of martial arts. While he would later go on to train Bruce Lee in Hong Kong, Ip Man's story starts in southern China, where he started training at the age of 7. The film is replete with creative and engrossing fight scenes, all set to the backdrop of the foreign invasion of mainland China. It's not a quest for revenge or beat'em up action flick, but rather a swift and stunning biography of a larger-than-life warrior.

TV RELEASES

"Venture Bros: Complete Season Five"

"Mr. & Mrs. Murder: Series 1" "Teen Titans Go: Mission to

Misbehave Season 1 Pt. 1" "Rawhide: Seventh Season --

Volume 1" "AgathaChristie'sPoirot:Series11" (c)2014 King Features Synd., Inc. Series"



- · Smartphones and computers are notorious for viruses - but I'm thinking of the kind that can make YOU sick. These devices are touched by us constantly. And then we stick them right up to our faces! Take the time daily to clean your device with an alcohol wipe to decontaminate it. Your respiratory and digestive systems will thank you. — JoAnn
- · "We are always prompted to choose strong passwords, but a random collection of letters, numbers and special symbols can be hard to remember. I make a strong password by using a coded phrase, like "My three boys are No. 1," which might be "MY3boysR#1." Just thought I'd share my trick, but not my password!"
- · Use secure networks to transfer data. When out and about, if you are using free Wi-Fi hotspots, choose ones that encrypt data. You can check the Web address and look for a padlock icon, or addresses that begin with https://. The "S" means "secure."
- · "Sign out of all accounts when you are using someone else's computer. I can't tell you how often I have used the computers at the library and went to sign into my webmail only to find that the previous user's email comes up. Navigating away from a page usually doesn't work, closing the browser sometimes doesn't work, but logging off ALWAYS works. The same for shopping sites, like Amazon. If you don't log off — because these sites use "cookies" to remember you someone could potentially use your account." - M.L. in Florida
- · Lock your device! Just as you wouldn't leave your door unlocked, so too should you not leave your phone unlocked, particularly if you have applications on your smartphone that can be easily accessed. Lock it up, and be smart.

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Thought for the Day: "The luck of having talent is not enough; one must also have a talent for luck." — Hector Berlioz

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John Parkinson (1567–1650) was the Royal Botanist for Charles I of England. His famous works are Paradisi in Sole Paradisus Terrestris (about cultivation of plants) and *Theatrum* Botanicum, the best English treatise on plants of that time. He saw the botanical world as an expression of divine creation, and that through gardens man could experience something of Eden. He kept a garden at Long Acre in

Source: wikipedia.org

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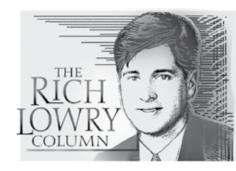


Carmichael Times Page 9 February 27, 2014









THE RICH LOWRY COLUMN By Rich Lowry

The Party of Less Work

The Democrats once styled themselves the party of workers. Now, they are the party of people who would have been workers, if it hadn't been for Obamacare.

The Congressional Budget Office released a new analysis of the economic effects of the health-care law that estimates that it will reduce the number of workers, in effect, by 2.5 million in 2024.

This unleashed a torrent of arguments the Democrats implicitly denigrating the value of work. Perhaps not since Southern "fire-eaters" attacked Northern "wage slavery" in the mid-19th century has a good honest day's work been talked about so dismissively.

The old jobs crisis was people not having jobs; the new jobs crisis is people having to work. The party devoted to

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combating inequality is now blithely unconcerned about a law discouraging people -- especially people down the income scale -- from earning more. So much for its championing of economic mobility.

A few caveats are in order: We aren't talking about jobs that are eliminated in the usual sense of discouraging employers from hiring, as some Republican talking points suggested. And the 2.5 million number isn't for jobs per se, but for "full-time equivalent" positions, i.e., the cumulative lost hours of millions of people deciding to work less.

Nonetheless, the number is devastating. Democrats want to pass it all off as ending the "job lock" that keeps people in a job only to preserve their health insurance. There is a little something to this, but it isn't the main problem. Obamacare has created a vast apparatus of subsidies, penalties and taxes that is effectively anti-work.

The CBO explains that Obamacare's subsidies, by giving people more resources, allow "some people to maintain the same standard of living while working less." And the way they phase out creates another disincentive, as "subsidies decline with rising income (and increase as income falls), thus making work less attractive." The penalties and taxes, meanwhile, "will ultimately induce some workers to supply less labor."

Democrats consider all this and pronounce themselves well-pleased. Rep. Mark Pocan, D-Wis., sees only upside in people working less: "What that means is instead they might be able to tuck their child in bed at night and read a bedtime story, or go to an activity, which means they're better off."

White House economic adviser Jason Furman made an inapt comparison. "Getting rid of Social Security and Medicare would cause more 95-year-olds to work," he said. "You wouldn't judge whether Social Security or Medicare are good or bad based on what they do to labor supply."

No, you wouldn't -- because they are programs for the elderly. Discouraging work among 95-year-olds is different than discouraging work among people in the prime of their lives. No one told us when the bill was being considered that Obamacare would have some of the same effects as a retirement program.

The latest CBO numbers are part of the growing list of facts about Obamacare that, if they had been widely acknowledged before its passage, would have doomed it in Congress. But that debate seems so long ago. It was back when both political parties professed to be pro-work.

Rich Lowry is editor of the National Review.

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- 13. Tropical vine
- 's Heroes'
- 16. Type of window
- tem for tsunamis
- 21. *Polar
- 24. Long, long time
- 25. Communications
- 35. Porcine fat
- 39 Jananese animation
- 41. Delivery bird?
- 46. Twelfth month of
- 50. Julia Louis-Dreyfus'
- 55. H+, e.q.
- 60. Swell
- 69. "Swan Lake" steps
- 71. Chipper
- 73. Christian virtue, pl.
- 1. Eastern
- 2. Ethereal
- 4. Genuflected
- 6. Misery cause 7. Be obliged
- 9. *Wear a heavy one in winter storm
- 12. Take your pick
- 25. *Spring threat

- 17. "Young" prefix warning sys

- Jewish civil year 47 Poverty
- 64. Japanese-American
- 67 Mountaineer's tool
- 70. Fossil fuel rock deposit
- 72. Café alternative
- 3. Flock member
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- 6. Cranberry habitat Cola
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- regulator
- 37. Hawk's aerie, e.g.
- cookie

- show 52. Dog tags, e.g.
- 57. *Tornado visual
- 65. Victorian time, e.g.

- 10. Princess Fiona, at night 11. Mineral residue
- 22. Goes with "aah" 24. Let off the hook
- 27. Native American people in parts

- **CLUES**

- 19. *Twists around an eve
- 23. To boot
- 28. *Like frostbitten fingers 30. Snake, usually
- 40. Popular three-layer
- 43. Singles 44. Out in the open
- 48. Joseph Stalin, e.g.
- 53. Solomon-like
- 68. Mountain ridge
- DOWN
- 8. *Stops wind from nipping fingers
- 20. People, places and things

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38. Test choice

42. Designing Calvin

49. Black ___ event

51. Type of sausage

56. Jack Black's Libre

57. *Lightning can cause this

58. "Breaking Bad" victim

63. Donald and Ivana, e.g.

66. Repeated at rallies

54. Slumbered

59. Profit

60. Facilitate

61. Cut the crop

62. *Outburst

64. Siesta

45. Local in a college bar

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

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Sudoku Puzzle on Page 10

3 1 2 6 8 7 5 9 4

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7	6	9	5	2	4	თ	8	1	
8	4	5	1	9	3	7	2	6	
1	9	8	3	7	6	2	4	5	
6	2	3	4	5	9	8	1	7	
4	5	7	8	1	2	60	3	9	
9	7	1	2	3	5	4	6	8	
5	3	4	တ	6	8	1	7	2	
2	8	6	7	4	1	တ	5	3	

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

School Bus Driver's **Training Class**

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

Food For Heroes

Forgotten Warrior will be giving food to veterans & families. Even Monday 10-12p At The ElCamino Baptist Church 2805 ElCamino Ave. Sacramento, CA 95821 Call 916-533-9811 for more info

For Sale Electric Scooter

Electric Scooter, runs and looks good. For disabled person. Golden Companion Model. Valued new at \$2900. For Sale at \$750. Call 916-745-3859. (MPG 02-28-14)

Found Dog

On Sunday we found a female, brindle color dog at the corner of West La Loma and Las Casas. She had been running the neighborhood for 2 days in the storm. She has a blue collar with no tags and no microchip. She is well behaved house broken and follows com mands. If anyone knows her family, please contact Bob at 916-835-1157. (MPG 02-28-14

VICTORIA HEATING & AIR CONDITIONING

Lic#877379 Over 10 Years of Experience We Provide SERVICE, REPAIR. CHANGE OUT AND NEW INSTALL • Easy • Fast Response

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and one year warranty OR, new unit installed with 5 to 10 years warranty So Don't Wait! Call Us At

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NOTICE TO READERS California law requires that contractors taking jobs that otal \$500 or more (labor and or materials) be licensed by the Contractors State License Board State law also requires that contractors include their license numbers on all advertising. Check your contractor's status at www. cslb.ca.gov or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500

that they are not licensed by the Contractors State License Board DISCLAIMER Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.

В

must state in their advertises

HEALTHCARE OCCUPATIONAL THERAPIST in Auburn, CA Plan & Conduct O.T. prog. Required:

and CA OT License.

Mail resume to:

Pamela Wright,

HR/Payroll Coordinator,

Rock Creek Care Center

260 Race Track Street,

Auburn, CA 95603

Veterans Non Profit

Starting Security

Company

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guard card please call the Forgotten

Warrior offices at 916-533-9811.

CALL 530-823-2463

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IN YOUR LOCAL

HOMETOWN

NEWSPAPER

(MPG 03-31-14)

MPG 02-28-14)

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773-1111

URGENT NEWS IF YOU USED TESTOSTERONE HEART ATTACK OF STROKE?

Studies show that using Testosterone products may significantly increase your risk of a heart attack, stroke, blood clots and death. If you or a loved one has suffered any of these injuries, call 1-800-THE-EAGLE now about making a claim for substantial monetary compensation. No fees or costs until your case is settled or won. We practice law only in Arizona, but associate with lawyers throughout the U.S. GOLDBERG & OSBORNE 1-800-THE-EAGLE (1-800-843-3245) www.1800thecagle.com

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

Customer Service/ Inside Sales

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

Copy/Traffic Editor Must have editorial experience and work well with

others in a fast paced environment. Position manages incoming submissions via email, copy edits submissions to prepare them for print and generally organizes editorial copy. Flexible schedule. Web Work We are seeking someone

to post articles to our many

news sites. This would be

a few hours per night, 2-3

nights per week. Flexible

schedule. Flat rate per ar-

ticle posted. Must be proficient in Dreamweaver and basis. Professional attire re-Photoshop CS3.

Graphic Artist-Layout Advertising Sales person need-ed InDesign, etc. Design ads layout duties at MPG offic-

publishing preferred.

Delivery Home delivery and single copy/newsstand routes available in Citrus Heights, Oaks, Rancho Carmichael, Cordova. Orangevale, Arden-Arcade, Auburn/Colfax. No collecting. Delivery days vary on Tuesday, Wednesday, home. Must have good run-

Editorial

Have you ever wanted to write for your local newspaper? We are looking for people who would love to cover events and issues in your home town. Contracted payment per each submitted story. If you have strong writing skills you could earn this extra income.

Web Advertising Sales We are seeking an outside sales agent to focus on sales for our many websites. If you have a strong sales background and are "net savvy" - you can work from your home office and make a good steady income helping small businesses succeed. Generous com-

Event Ambassadors

We are seeking people to represent our company as ambassadors at fairs, daysin-the-park, local events etc. Will require set-up, take-down and handing out our products. Must have excellent communication skills. Schedule is flexible. depending on event dates. Payment is on a per event

quired at some events.

it vou can sell advertisind to assist with graphics and we have a great plan, great layout. Must be proficient in marketing tools, great prodvarious programs including ucts and offer a very com-Adobe CS3-5 Photoshop, petitive compensation. As an independent sales agent from home and/or perform you create your own schedule and work from your own es. Newspaper or magazine home office to manage your own success. Create a solid group of clients and build the work you will love.

Company also provides some leads and support.

Social Media Support We are looking for a knowledgeable Social Media professional to contract to manage our Social Media needs for our many Thursday. Deliver close to websites. Must already know what you are doing ning vehicle, current DMV. References and a track reauto insurance, CA driver's cord a must. We are a growing media company. This

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could be a long-term deal! To apply for any of these positions email your resume and references to Publisher@MPG8.com

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Η G Α W 0 Ε 0 Ε R C Ε Ε 0 0 Ν Ε 0 0 C В S S Ε R Μ Ε Ε R Ν S Α Ν Μ D R Ε S Ε S 0 0 R Ν 0 Т Κ 0 Ε Ε 0 ٧ R W Α Ν U S D Ε S Р Ε Ε Р D 0 W S 0 Ν Ν Ε E N RIGIE Α S Ε Ε С Ε Α R Α Н R Ε Т Ε Ρ Α S S Α Ε L Ρ Ε R Т Н Ε Η 0 Ρ Ε S **Crossword Puzzle on Page 10**

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LEGAL ADVERTISING

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

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

FICTITIOUS BUSINESS NAME STATEMENTS

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

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

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-00729. Malaki Seku-Amen, 2548 Portola Way, Sacramento, CA 95818 and Diana Ramson, 9822 Kapalua Lane, Elk Grove, CA 95624 are doing business under the Fictitious Business Name Dzign Strategies" at 980 9th St., 16th Flr., Sacramento, CA 95814. Filed with the Clerk of Sacramento County on January 27, 2014. Publish: February 6, 13, 20, 27, 2014 140204 02-27-14

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

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

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

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-00136. Jace M. Hall, 7319 Sunset Ave., Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Hallaways Tackle" at 7319 Sunset Ave., Fair Oaks, CA 95628. Filed with the Clerk of

Sacramento County on January 7, 2014, 2013 Publish: February 6, 13, 20, 27, 2014. HALL 140204 02-27-14 FICTITIOUS BUSINESS NAME STATEMENT Alexei Mitioglo. #FBNF2014-00748. Galbrath Dr., No. 545, Sacramento, CA 95842

is doing business under the Fictitious Business Name "MAA" at 4339 Galbrath Dr., No. 545. Sacramento, CA 95842. Filed with the Clerk of Sacramento County on January 27, 2014. Publish: February 6, 13, 20, 27, 2014 MAA 140204

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

FICTITIOUS BUSINESS NAME STATEMENT #FRNF2014-00765 Tami Wright 5920 Moon Rock Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "Love At First Bite Cafe" at 7405 Winding Way, aks CA 95628 Filed with the Sacramento County on January 28, 2014. Publish: February 6, 13, 20, 27, 2014 LOVEAT 140204

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-00907. Debra Bakerjian, 3620 Charring Lane, Carmichael, CA 95608 is doing under the Fictitious Business Name

"geriHEALTHsolutions" at 3620 Charring Lane, Carmichael, CA 95608. Filed with the Clerk Sacramento County on February 3, 2014. Publish: February 13, 20, 27, March 6, 2014 GERI 140301 03 FICTITIOUS BUSINESS NAME STATEMENT

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

FICTITIOUS BUSINESS NAME STATEMENT #FBNF201400896. Stacy Hayden, 3615 38th St., Sacramento, CA 95817 is doing business under the Fictitious Business Name "Luft Design Studio" at 3615 38th St., Sacramento, CA 95817. Filed with the Clerk of Sacramento County on February 3, 2013. Publish: February 13, 20, 27, March 6, 2014 LUFT 140301 03-06-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-00872. Mary Ann Baker, 8206 Dutcher

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

FICTITIOUS BUSINESS NAME STATEMENT business under the Fictitious Business Name "Guideline Construction" at 801 Watt Ave., Sacramento, CA 95864. Filed with the Clerk of Sacramento County on December 31, 2013. Publish: February 13, 20, 27, March 6, 2014 GUIDE 140301 03

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-00873. Sacramento Wine & Nightlife Tours, Inc., 1017 L St., Ste. 580, Sacramento, CA 95814 is doing business under the Fictitious Business Name "SacTrips" and SacTrips.Com at 257221St St., Sacramento, CA 95818. Filed with the Clerk of Sacramento County on January 31, 2014. Publish: February 13, 20, 27, March 6, 2014 SACTRIPS 140301 03

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-00649. Ken Law, 20 Pinnacles Cir., Sacramento, CA 95835 is doing business under the Fictitious Business Name "Star City Softball" at 20 Pinnacles Cir., Sacramento, CA 95835. Filed with the

Clerk of Sacramento County on January 23, 2014. Publish: February 13, 20, 27, March 6, 2014 STAR 140301 03 03-06-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-01064. Wendi A. Dickson, 4853 Scotch Ct., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Freshlook Florist" at 4764 Manzanita Ave. Carmichael, CA 95608. Filed with the Clerk of Sacramento County on February 7, 2014. Publish: February 13, 20, 27, March 6, 2014 FRESH 140301 03

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

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

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

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

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

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

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

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

140211 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-00856. Ronald J. Burberry Court, Elk Grove, CA 95757 is doing business under the Fictitious Business Name "Eden's Home Care - RCFE" at 5917 Kifisia Way, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on January 30, 2014. Publish: February 20, 27, March 6, 13, 2014 140213

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

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

CHRIS 140210 03-13-14 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-00864. Justin Phipps and Eddie Gonzalez, 1340 Castle Creek Ranch Road, Newcastle, CA 95658 is doing business under the Fictitious Business Name "J & E Motors" at 320 N 10th Street, Suite 100-V, Sacramento, CA 95811. Filed with the Clerk of Sacramento County on January 31, 2014. Publish: February 20, 27, March 6, 13, 2014

JEMOTORS 140209 03-13-14 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-01011. David Shary, 3760 W. River Drive, Sacramento, CA 95833 is doing business under the Fictitious Business Name "USA Great Buys" at 3760 W. River Drive, Sacramento, CA 95833. Filed with the Clerk of Sacramento County on February 5, 2014.

Publish: February 27, March 6, 13 and 20, 2014 USAGREATBUÝS 140217 03-20-14 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-00916. Sean and Tracy Jackson, 6816 Duckling Way, Sacramento, CA 95842 is doing business under the Fictitious Business Name "Legacy Tattoo" at 5140 Folsom Boulevard,

Sacramento, CA 95819. Filed with the Clerk of Sacramento County on February 3, 2014. Publish: February 27, March 6, 13 and 20, 2014 140217 03-20-14 FICTITIOUS BUSINESS NAME STATEMENT

#FBNF2014-00700. Seng Dieng, 6137 Ivory Way, Sacramento, CA 95824 is doing business the Fictitious Business Name "Silver Garden" at 4321 Madison Avenue, Suite A, Sacramento, CA 95842. Filed with the Clerk of Sacramento County on January 24, 2014. Publish: February 27, March 6, 13 and 20, 2014 SILVER 140214

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-01133. NationalTeacher.org, 1912 Richmond Street, Sacramento, CA 95825 is doing business under the Fictitious Business Name "InsideCaliforniaEducation" at 1912 Richmond Street, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on February 10, 2014. Publish: February 27, March 6, 13 and 20, 2014 140211 03-20-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-00904. James A. Larejeno, 5008 Marconi Avenue, Apt. 75, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Esoteric Records" at 1139 Fulton Avenue, Suite B-1, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on February 3, 2014. Publish: February 27, March 6, 13 and 20, 2014 ESOTERIC 140215 03-20 **ESOTERIC** 03-20-14



FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-00812. Nancy S. Paterson, 5658 Gerard Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business "The Right Sign" at 5658 Gerard Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on January 30, 2014. Publish: February 27, March 6, 13 and 20, 2014 RIGHTSIGN 140214 03-20-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-01382. Donald & Wendi Dickson, 4853 Scotch Court, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Freshlook Florist" at 4764 Manzinita Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on February 20, 2014. Publish: February 27, March 6, 13 and 20, 2014 140220

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-010927. ABMS Limited and Sutherlan Family LLC, 1508 Eureka Road, #230, Roseville, CA 95661 is doing business under the Fictitious Business Name "Auburn Blvd. Mini Stor" at 6230 Auburn Blvd., Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on February 4, 2014. Publish: February 27, March 6, 13 and 20, 2014

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-01150. Filo Real Estate Inc., 1150 Sunset Blvd., #158, Rocklin, CA 95765 is doing business under the Fictitious Business Name "Citadel Management Company" at 1508 Eureka Road, #230, Roseville, CA 95661. Filed with the Clerk of Sacramento County on February 11, 2014. Publish: February 27, March 6, 13 and 20, 2014 140221

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-00880. Winona Mae Marshall, 2856 Rockway Drive, Sacramento, CA 95235 is doing business under the Fictitious Business Name "CLC Property Management" at 5704 Dry Creek Road, Rio Linda, CA 95673. Filed with the Clerk of Sacramento County on February 3, 2014. Publish: February 27, March 6, 13 and 20, 2014

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-01054. Ralph Delgado, Clarissa Drive, Orangevale, CA 95662 is doing business under the Fictitious Business Name "A-1 Car Wash" at 5123 Madison Avenue, Sacramento, CA 95841. Filed with the Clerk of Sacramento County on February 6, 2014. Publish: February 27, March 6, 13 and 20, 2014 140221

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-00892. Michael Brown,600 Harbor Blvd., #B, West Sacramento, CA 95691 is doing business under the Fictitious Business Name "Carmichael Appliances" at 6210 Fair Oaks Boulevard #B, Sacramento, CA 95608. Filed with the Clerk of Sacramento County on February 3, 2014. Publish: February 27, March 6, 13 and 20, 2014 CARMICHAEL 140221 03-20-

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-00546. Eric Myers,158 River Run Circle, Sacramento, CA 95833 and Cody Reeves, 2227 Gateway Oaks Drive, Sacramento, CA 95833 is doing business under the Fictitious Business Name "Cire Origins" at 158 River Run Circle, Sacramento, CA 95833. Filed with the Clerk of Sacramento County on January 21, 2014. Publish: February 27, March 6, 13 and 20, 2014 140221 03-20-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-01438. Joseph Hilary Heflin, 5601 Natomas Boulevard #15308, Sacramento, CA 95835 is doing business under the Fictitious Business Name "Chef Hef Enterprises" at 701 16th Street, Sacramento, CA 95814. Filed with the Clerk of Sacramento County on January 21, 2014. Publish: February 27, March 6, 13 and 20, 2014 140221

ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

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

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

on December 24, 2013. Publish: February 6, 13, 20, 27, 2014 02-27-14 140204

ORDER TO SHOW CAUSE CHANGE OF NAME

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

WHEREAS, Joseph Rodney Carroll has filed a petition with this court for a decree changing the names of Joseph

Rodney Patrick Carroll too Julia Rae Carroll. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on March 19, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of

this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: January 29, 2014 Raymond M. Čadei Judge of the Superior Court

Publish: February 6, 13, 20, 27, 2014 **CARROLL** 140204 02-27-14 SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00157453 WHEREAS, Artemisa Vega Heredia

has filed a petition with this court for a decree changing the name of Artemisa Heredia to Artemisa Vega De Green, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on March 20, 2014, in Department 53, located

at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County,

California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: January 29, 2014 David I. Brown

Judge of the Superior Court Publish: February 6, 13, 20, 27, 2014 HEREDIA 140204 02-27-14

Classified

Advertising 773-1111

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

WHEREAS, Michael Iseley and Sabrina Bentley have filed a petition with this court for a decree changing the name of Michael Logan Bentley to Michael Logan Iseley,

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on March 19, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of

this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: January 29, 2014 Raymond M. Cadei Judge of the Superior Court

Publish: February 6, 13, 20, 27, 2014 140204 02-27-14 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2014-00156703 WHEREAS, Carmen Polk has filed a petition with

this court for a decree changing the name of Dominic Eugene Polk-Bailey to Dominic Eugene Polk, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on March 7, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition

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

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

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

WHEREAS, Kit J. Syn and Genise Syn have filed a petition with this court for a decree changing the name of Dang Van Long to Benjamin Tyger Yin Syn, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on March 13, 2014, in Department 54, located

at 800 Ninth Street, Third Floor, Sacramento, CA

95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition.

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

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

WHEREAS, Charles Chau Tranhas filed a petition with this court for a decree changing the name of Charles Chau Tran to Charles Minh Chau Nguyen, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on March 11, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: January 22, 2014 David I. Brown

Judge of the Superior Court Publish: February 6, 13, 20, 27, 2014 TRAN 140204 02-27-14 SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00157058 WHEREAS, Brenda Zavala Esquivel has filed

a petition with this court for a decree changing the name of Brenda Zavala Esquivel to Vicente Zavala, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on March 12, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition

for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: January 22, 2014 Raymond M. Cadei

Judge of the Superior Court Publish: February 6, 13, 20, 27, 2014 ZAVALA 140204

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

02-27-14

has filed a petition with this court for a decree changing the name of Chizoba Florence Okeke to Chizoba Florence Ifyefobi, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on March 26, 2014, in Department 53, located

at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the

Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: February 5, 2014 David I. Brown

Judge of the Superior Court Publish: February 13, 20, 27, March 6, 2014 OKEKE 140201 03 03-06-14

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

WHEREAS, Jesse Joseph Herbert has filed a petition with this court for a decree changing the name of Jesse Joseph Herbert to Jesse Joseph Gebauer.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on March 27, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition

for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: February 5, 2014 Raymond M. Cadei Judge of the Superior Court

Publish: February 13, 20, 27, March 6, 2014 HERBERT 140201 03 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00157818

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

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of circulation, printed in Sacramento County California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: February 5, 2014 David I Brown

Judge of the Superior Court Publish: February 13, 20, 27, March 6, 2014 RIVERA 140201 03-06-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00158258

WHEREAS. Thomas Bernard Clark has filed a petition with this court for a decree changing the name of Thomas Bernard Clark to Cathy Clark, IT IS ORDERED that all persons interested in

the above entitled matter appear before this court at 2:00 p.m. on April 2, 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 California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: February 19, 2014 David I. Brown Judge of the Superior Court

Publish: February 27, March 6, 13 and 20, 2014 CLARK 140219 03-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00158274 WHEREAS, Iris L. Sandoval has filed a petition

with this court for a decree changing the name of Iris .. Sandoval to Damian Saul Sandoval IT IS ORDERED that all persons interested in the above entitled matter appear before this court at

9:00 a.m. on April 3, 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,

prior to the date set for hearing on the petition. Dated: February 19, 2014 Ravmond M. Cadei Judge of the Superior Court Publish: February 27, March 6, 13 and 20, 2014 SANDOVAL 140219 03-20 03-20-14

California, once a week for four consecutive weeks



PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION FOR PROBATE AND TO ADMINISTER **ESTATE OF**

MARY S. THIBAULT (deceased) ESTATE NO. 34-2014-00156525 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. THIBAULT; aka LOUISE THIBAULT (deceased): petition for probate has been filed by AMY THIBAULT in the Superior Court of California, County of Sacramento, requesting

that AMY THIBAULT be appointed as Executor to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and 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

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

cause why the court should not grant the authority.

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 deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate

Code, or (2) 60 days from the date of mailing or

personal delivery to you of a notice under section 9052 of the California Probate Code. Other

California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attornev 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

The name and address of the petitioner is: Amy Thibault, 4700 Storrow Way, Sacramento CA 95842 Publish: February 6, 13, 20, 27, 2014 THIBAULT 140413

Special Notice form is available from the court clerk.

NOTICE OF PETITION FOR PROBATE AND TO

ESTATE OF MARY E. MYERS (deceased) ESTATE NO. 34-2014-00157802

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 E. MYERS, MARY EDITH MYERS MARY MYERS, MARY QUINLISK, MARY EDITH QUINLISK, MARY E. QUINLISK (deceased): A petition for probate has been filed by CHARLES M. MYERS, JOHN P. MYERS in the Superior Court of California, County of Sacramento, requesting that CHARLES M. MYERS, JOHN P. MYERS 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 s an inte 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 27, 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 deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other

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.

California statutes and legal authority may affect

your rights as a creditor. You may want to consult

The name and address of the attorney is: Peter Robert Stone, P.O. Box 41199, Sacramento CA 95841(916)348-5600 Publish: February 27, March 6 and 13, 2014 140218

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NEWS?

Carmichael Times Page 13 February 27, 2014

Experts to Discuss Groundwater Strategies for California's Severe Drought

Special Report from Groundwater Resources Association of California

SACRAMENTO REGION, CA (MPG)

- As parched California faces another severe drought with no end in sight, water resource experts from local, state and federal governments will gather in Sacramento to discuss groundwater management strategies during this prolonged water crisis. Groundwater Resources Association of California (GRA) in partnership with the U.S. Society for Irrigation and Drainage Professionals (USCID) will host a two-day issues forum in Sacramento.

"With roughly 30 percent of water delivery being provided by groundwater it is essential this valuable resource is managed properly," said GRA President Ted Johnson. "Another issue of significant concern is how

the drought exacerbates the possibility of contaminated groundwater. With less water available to dilute the contaminants, the threat to public health increases," stated Johnson.

The conference titled, "Groundwater Issues & Water Management: Addressing Sustainability & Drought" will be held March 4-5, 2014, at the Lions Gate Hotel at McClellan Park. Speakers will address a wide range of issues that are linked to groundwater resources and management challenges including the interaction between surface and groundwater as well as water recycling, groundwater recharge, salts and nutrients, contaminants and well maintenance.

It is reported that at last count, 10 communities have less than 60

days of water and water deliveries to 750,000 acres of farmland and 25 million people have been halted. Recently Governor Jerry Brown declared a state of emergency due to the dwindling water supply which was followed by a visit from President Barack Obama who provided \$200 million in relief dollars.

"The length and severity of this current drought is unpredictable," said Johnson. "California needs to prepare for the worst, hope for rain and be smarter about water management and usage. Our groundwater is a key part of California's water supply, and that is what will be discussed at the conference."

Registration information is available at www.grac.org or call (916) 446-3626.

SMUD Appoints Customer Services Director

- The Sacramento Municipal Utility District (SMUD) has named Nicole Howard as director of Customer Services. Howard will oversee all customerrelated operations, programs and services, including energy efficiency and renewable energy programs. She succeeds Frankie McDermott who was appointed SMUD Chief Customer Officer last month.

Since June 2011, Howard has managed Customer Operations, with services that include the Contact Center, billing and credit, field services, and revenue protection (power theft prevention). She was also responsible for implementing operational opportunities made available by SMUD's smart grid initiative.

As a 12-year veteran of SMUD, Howard has served the community-owned electric utility in many capacities: as a supervisor in Supply Chain Services; as a cost-scheduling specialist and



Nicole Howard

supplier diversity representative; and as a customer service representative. "Nicole brings a wealth of experience and the leadership skills we need as we continue to move forward into a challenging utility environment," said McDermott.

She holds a bachelor's degree in legal studies from UC Berkeley and a master's

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

52nd Roseville Gem, Jewelry,

degree in public administration from CSU, Dominguez Hills. In addition, she is a graduating Fellow of the Nehemiah Emerging Leaders Program and the Catalyst Leadership Program. She currently sits on the Cosumnes River College Foundation Board.

As the nation's sixth-largest community-owned electric service provider, SMUD has been providing low-cost, reliable electricity for more than 65 years to Sacramento County (and a small portion of Placer County). SMUD is a recognized industry leader and award winner for its innovative energy efficiency programs, renewable power technologies, and for its sustainable solutions for a healthier environment. SMUD is the first large California utility to receive more than 20 percent of its energy from renewable resources. For more information, visit smud.org.



Announcements & Events

NEW FUNDING MEASURE FOR CARMICHAEL RECREATION AND PARK DISTRICT

★ Provide Safety and Security Patrols ★ Neighborhood Park Improvements ★

★ Facility Renovations ★ Local Control and Accountability ★ The funding measure will be decided by property owners of the district who will vote by mail. For more information call 485-5322 or visit www.carmichaelpark.com

PARK REC & EAT IT FOOD TRUCK EVENT

Thursday, March 6, 5-8pm • Rain or Shine at Carmichael Park! ❖ Come to the PARK ❖ RECreate with family and friends EAT from food trucks!

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



Saturday, March 1 9am-3pm



Mission Oaks Community Center 4701 Gibbons Drive Carmichael, CA 95608





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Carmichael Times Page 14 February 27, 2014

SUNDAY



Dare to Live Without Limits

What Are Your Standards?



every aspect of your life. They influence the quality of your journey. Standards include what you demand from yourself, what you expect from others, and how you allow yourself to be treated.

The food you eat, where and how you live, the clothes you wear, how you behave, and how people treat you are all affected by your standards. Your standards are connected to attitude and outlook, not money. It's not what you spend, but rather what you do with what you have that reflects your level of excellence.

What do you ask of yourself? Do you strive for excellence or is mediocrity acceptable? Those for whom mediocrity is good enough face a constant struggle. They are constantly competing with a large segment of the population with a similar outlook. When you don't expect much from yourself you won't get much.

However, people who aim for excellence gain a significant edge. For them, education never ends. Their mind is always open to new and better ways of doing things. They do more than is required without being asked. These are the individuals who get promoted, run success where others struggle.

People who have high standards are polite and considerate. They treat others in a manner they themselves would like to be treated.

Your personal standards impact They don't take advantage of anyone. Their word is their bond and their handshake is better than any contract. Additionally, they attract others who also believe in excellence.

Standards also apply to what you consider is acceptable treatment by others. Being a nice person does not mean you have to put up with being taken advantage of or having your good nature abused. High standards will significantly limit the amount of poor treatment you will accept.

When you have high standards, you will have a positive attitude. Because you expect good things to happen, they will occur more often. You will more readily discover solutions to elusive problems.

If high standards are so beneficial, why do any people have low standards? One reason is having the wrong examples set for us when we are growing up. We may continually be told that we won't amount to much, have low potential, or have to accept whatever we get. As a result, we don't think much of ourselves or feel worthy of happiness and success. When this happens, our standards are knocked

Some people seek out the easy successful businesses, and achieve road. Since they don't want to expend much effort, their standards are lowered to allow them to be satisfied with whatever results they get. They formulate a long list of excuses to justify why they can't

How can you raise your standards? Start by rejecting mediocrity and demanding excellence from yourself. Do the best possible job in whatever you tackle. Do more than is expected. For you, good enough shouldn't be good enough. Take pride in your behavior and appearance. Never act in an unethical manner. Set high goals. Believe in yourself. You have more potential than you acknowledge.

You may be criticized for having high standards. Many people would rather pull you down to their level than climb up to yours. Don't allow their derision to deter you. If you capitulate to their admonition, you will sacrifice your future. Lowering your standards helps no one. However, maintaining high standards may motivate others.

Today is a perfect time to examine your standards. Raise them in as many areas as needed. Elevate your attitude and actions. Don't lower your expectations. Maintaining high personal standards will enhance your life in numerous ways

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



Carmichael Park Farmers Market

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

Sacramento Midtown Farmers Market

SATURDAY 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.

Sunrise Mall Farmers Market SATURDAY

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

Historic Folsom Farmers Market SATURDAY

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

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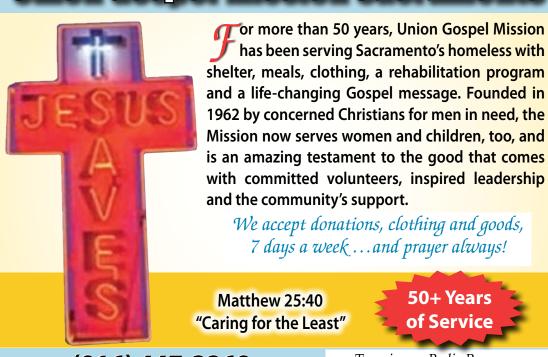
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River Cats Announce 2014 Promotional Schedule

WEST SACRAMENTO, CA (MPG)

- The complete River Cats promotional schedule for the 2014 season was unveiled today, with 22 separate fireworks shows, a five-part Home Grown Garden Gnome giveaway, and a pair of new recurring promotions—Baseball Bingo Mondays presented by Cache Creek Casino Resort and Wireless Wednesdays—featured as highlights to the best promo schedule in baseball.

For the second year in a row, Raley Field will be the backdrop for postgame fireworks after every Friday home game in addition to the return of the popular Sutter Health Fireworks Saturdays. With a fireworks extravaganza planned for the Independence Day Celebration on July 3 as well, there will be 22 fireworks shows after River Cats games this season.

Also, the River Cats will be giving away garden gnomes at five different home games this season—each commemorating a former River Cats great who is now making a name for himself in the big leagues. Fan voting will decide the winners. Fans can vote online at rivercats.com/vote or on their mobile devices at atmilb.com/ pollrc. The first giveaway is set for



April 25, with subsequent giveaways set for May 16, June 13, July 11, and Aug. 1.

Recurring promotions—a promotion for every day of the week, all season long—will return this season with a pair of unique additions. Baseball Bingo Mondays presented by Cache Creek Casino Resort will feature a complimentary game of baseball bingo. Every play on the field corresponds to the numbers on your bingo card; get a straight line and win a prize... it's that simple. Wireless Wednesdays will highlight the technological amenities of Raley Field, none better than the free Wi-Fi provided for our fans. Post pictures of yourself at the game on Twitter, Facebook, or Instagram, and you might see yourself on Cat Vision during the

Toyota Family Value Tuesdays, Miller Lite Thirsty Thursdays, Fireworks Fridays, Sutter Health Fireworks Saturdays, and Sunday Fundays with Kids Run the Bases are all returning for the 2014

New single-game promotions include #Caturday (April 12), Jackie Robinson Day (April 15), 80's Night (June 26), Shark Night (July 31), and Social Media Night (Aug. 13).

Other popular theme nights that will return to Raley Field in 2014 include Mother's Day (May 11), Military Appreciation Day presented by US Army (May 17), Bark in the Ballpark (May 28), US Army Birthday (June 14), Dinger's Birthday presented by Jelly Belly (June 29), Independence Day Celebration (July 3), Fin Fest (July 12), Princess & Pirate Night (Aug. 5), Star Wars Night (August 16), and Fan Appreciation Day (Sept. 1).

The complete 2014 promotional schedule can be found online at rivercats com

River Cats Season Tickets, Mini-Plans, and Flex Plans can now be purchased for the 2014 season by calling the River Cats Ticket Hotline at (916) 371-HITS (4487). For more information about the River Cats, visit www.rivercats. com. For information on other events at Raley Field, visit www. raleyfield.com.

Source: Sacramento River Cats

Carnival's Upgraded Inspiration Ship-Shape



atrium is the centerpiece of Carnival's ships, including this one on the Inspiration, which sails out of Long Beach. Photo by David Dickstein.

By David Dickstein

SACRAMENTO REGION, CA (MPG) -I won't lie – some of Carnival Cruise Line's "Fun Ship 2.0" upgrades enjoyed aboard the Conquest last summer in the Caribbean were missing on a recent winter cruise to Ensenada,

Mexico on the Inspiration. OK, so I need fat calories as much as the Sacramento Kings need another loss, but it was a bummer that none of celebrity chef Guy Fieri's signature cheeseburgers ended up in my belly over the course of the 3-day sail in and out of Long Beach. As far as another sense, my eyes were never dazzled by huge LED screens that are part of many of the fresh lineup of production shows. And while dancing ranks No. 100 on my top 100 ways to have fun, sad that had I packed my boogie shoes they wouldn't have stepped foot in Carnival's new dance club concept.

The 2,052-passenger Inspiration and its yearolder Fantasy Class sister, the Carnival Imagination, also sailing out of Long Beach, are two ships among Carnival's fleet of 23 that didn't get the full pack of new 2.0 features when they were dry-docked for refurbishment last fall. There's just not enough deck space for Guy's Burger Joint, DJ Irie's Spin'iversity, the Blue Iguana Tequila Bar and Cantina, the Red Frog Rum Bar, the Alchemy Bar and the line's other new ways to eat, drink and be merry on the high seas.

But now having experienced the total 2.0 package and one of scant proportions, I'm actually glad a few ships not festooned in razzle dazzle and branded grub and grog concepts are still with us. It's like Las Vegas. Sure, those behemoth hotel-casinos on the Strip are magnificent, but downtown offers decent-enough properties with reasonable accommodations and minimum bets away from the dancing waters, pirate

battles and erupting volcanos. So let Carnival have its Breeze, Magic, Conquest and the other ships with all the bells and whistles. We're just fine with two floating versions of downtown Las Vegas' Golden Nugget – the Inspiration and Imagination - sailing out of Long Beach, our closest Carnival port.

The recent 3-day Ensenada sail, my 13th cruise in a 10-year span, served two purposes. It allowed me a before-and-after experience as I had taken the Inspiration last March, before it was upgraded. The trip also made for a short and affordable family reunion made up the first cousins. Of the eight of us, half had never sailed with Carnival before and three were cruise virgins. The countless hours of planning were worth it just from the look of amazement on their faces as we boarded the vessel and their responses to the question, "what was your most pleasant surprise," asked as we disembarked three days

"The overall quality of the ship, entertainment and food," was Cousin Dawn's answer. "That we had plenty of room in our cabin, even in the bathroom, and the overall value," said Cousin Paul, who, like the rest of us, doubled up to enjoy a fare of just \$397 for a midship, Upper Deck, ocean view cabin.

With nothing to compare the Carnival Inspiration to, the three blood relatives who had never cruised before probably would have been thrilled with just mediocre food, entertainment and accommodations. Napa Valley's French Laundry, a Broadway musical and the Peninsula Beverly Hills it isn't, and even Carnival would admit the 18-year-old ship is in the fleet's bottom third for luxury, but the Inspiration holds its own and then some - even more so since being dry-docked last fall.

The production shows in the Paris Lounge are new and improved. Goodbye lame attempts for audience participation and even lamer choreography, hello vivacity and an all-round talented cast. The much-needed transformation actually lends freshness to decades-old songs, be they Motown in "Motor City" or disco in "Studio VIP." The Inspiration doesn't have room for the gigantic LED panels that are featured on most of Carnival's other upgraded ships, and as noted, that's not a bad thing. Let the singerdancers shine, not the millions of digitally programmed pixels. Both shows, refreshing for cruise veterans, mind-blowing for first-timers ("This is on a ship?!" remarked Cousin Karis), will play the Inspiration through 2015, according to cruise director Jeff Bronson.

Another new element brought to the ship is Hasbro, The Game Show, also appearing in the Paris Lounge. These are larger-than-life versions of Connect 4, Yahtzee and other popular family games played by guests plucked from the audience. Sadly, the only time it was offered during the entire cruise conflicted with earlyseating dinner. Bronson needs to figure that one out, starting with looking at an afternoon slot. It's too much fun to miss, as this former contestant on the Carnival Conquest knows first-hand, and since the ship features only a fraction of Fun Ship 2.0 upgrades anyway, inhibiting nearly half of the passengers from seeing Hasbro is inexcusable.

Ample, however, is the number of opportunities to laugh in the Candlelight Lounge. A family show is offered each evening along with two adultsonly sets in the lounge, which for these shows is renamed the Punchliner Comedy Club. The only change between then and now is that comedian George Lopez now welcomes the audience with a videotaped message. This gets old fast.

What is a breath of fresh air are, well, breaths of fresh air not on the outside decks where smoking is prohibited, but in the stateroom bathrooms and hallways. The dishrag smell that in March was permeating from shower drains and detectable in some hallway areas was not noticeable on my return cruise. Carnival officials promised that the odorous issue would be addressed when the ship was dry-docked and they delivered. Just like the waiter did on formal night when I ordered seven additional lobster tails with my dinner. Talk about an upgrade. ★

Singles Nite in Hollywood Dance Saturday, March 1 in Carmichael

Singles Network, northern California's largest and oldest Christian singles group, will host a Nite in Hollywood Dance for Single adults back at Carmichael Presbyterian Church, 5645 Marconi Ave. March 1. Dance teacher Janine Wright will teach the Cowboy Cha Cha at 7 PM. DJ John Maricich plays all types of Dance music 8-11:30 PM. All ages are welcome. Ticket price includes the dance lesson, hors d'oeuvres and the dance.

Ages average 35-70. For more information call 530-878-8606. A mix of rock and roll, ballroom, Latin, country and Christian music is played at all retreats, cruises, seminars, con-

CARMICHAEL, CA (MPG) - Christian dances. Dress like a star in costume, or come as the star you are - like you are going to the Academy Awards. You can also dress casual like a sports star, famous musician or a character from a movie or TV show. The ticket price of \$15 presale or \$20 at the door includes hors d'oeuvres and desserts, nonalcohol beverages and the dance lesson. Volunteers attend free. Dance tickets are available on line at www.christiansinglesnet. com, Singles at Destiny Church in Rocklin, and by mail to CSN, P.O. Box 909, Meadow Vista, CA 95722

The group has sponsored

certs and weekly dinners and monthly dances the past 21 years Membership is not necessary to attend, although members get a \$5 discount at the door. All ages and all denominations are welcome CSN dances draw singles from the Sacramento, the foothills, and beyond to Reno and the Bay Area.

To receive more information about activities, or directions call the 530-878-8606. or the dance 24 hour event line at 916-658-0606. The website, www. christiansinglesnet.com, includes directions to the dance as well as information about upcoming



Call Lenka (916) 338-7156

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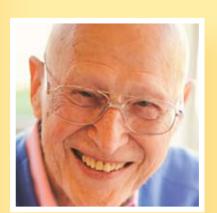
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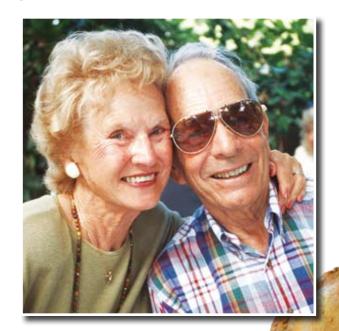




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SPRING SEASON 2013-2014

Donald Kendrick Music Director



CUROPEANMASTERWORKS

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

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

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

Sacramento Community Center Theater 1301 L Street, Sacramento

SACRAMENTOCHORAL.COM

Community Center Box Office | 916 808-5181 or Tickets.com
Tickets | \$55. \$45, \$35 | Students 50% discount

The Exciting New World of Snap On Dentures







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

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

Upper dentures are better than lower dentures due to a suction in the upper palate that keeps the denture in place.

However, having the palate covered reduces the tastes of foods and the ability to tell the temperature of foods.

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



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



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

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