



# Carmichael Family Farewells to a Patriot

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# Carmichael Times

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Serving Carmichael and Sacramento County since 1981

January 16, 2014

## "R.D." Williams was Carmichael Birdman



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## River Cats Now Hiring For 2014 Season



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# SummerPlace Living Breaks Ground



SummerPlace Living Carmichael will be a 120 unit, 138 bed facility that will help fill some of the massive need for new assisted living facilities in the U.S. Photo courtesy Heathertron Public Relations

CARMICHAEL, CA (MPG) - FCM Capital Partners of Roseville and its joint venture partner PDC Capital Group of Costa Mesa, both of California broke ground at the end of November

on SummerPlace Living, a new Assisted Living and Memory Care facility in Carmichael. The new community is just the first of a series of 25 locations planned across California

by FCM Partners over the next five years and eventually 75 nationwide. A total of four facilities are planned for the Capital Region including Carmichael, Citrus Heights, West Sacramento

and Lincoln. Carmichael's SummerPlace Living is expected to begin pre-leasing in late spring. SummerPlace Living is an

Continued on Page 15

## Gas Prices Drop

SACRAMENTO REGION, CA (MPG) - Average retail gasoline prices in Sacramento have fallen 3.9 cents per gallon in the past week, averaging \$3.49, according to GasBuddy's daily survey of 720 gas outlets in Sacramento. This compares with the national average that has fallen 0.4 cents per gallon in the last week to \$3.29/g, according to gasoline price website GasBuddy.com.

Including the change in gas prices in Sacramento during the past week, prices yesterday were 1 cent per gallon higher than the same day one year ago and are 5.4 cents per gallon higher than a month ago. The national average has increased 6.8 cents per gallon during the last month and stands 3.4 cents per gallon higher than this day one year ago.

"As expected, the deep freeze during the last week impacted more than just the air temperature, but also kept a grip on gasoline prices," said GasBuddy.com Senior Petroleum Analyst Patrick DeHaan. "We saw very little change in the national average during the last seven days, and it's likely that the winter blues continue to lead to an overall dull next few weeks at gasoline pumps across much of the country. Due to the slow demand that January and February typically see, it'd really take a monumental ice breaker to crack the grip that holds the national average in place. I foresee prices remaining relatively quiet this week," DeHaan said.

Source: GasBuddy

# Hiring Pace and Economic Expectations Rising

Pacific Staffing Special Report

SACRAMENTO REGION, CA (MPG) - Three quarters of Sacramento's top employers are optimistic about the economy in the New Year and those expectations will keep them busy hiring through Quarter 1. When asked directly seventy-six percent (76%) of human resource contacts were optimistic about economic growth and job markets in the Sacramento region for 2014.

Polled directly by telephone, that optimism is reflected in hiring activity as sixty percent (60%) of top companies say they are planning to hire in January, February and March.

This is a slightly more rapid pace of hiring than last year's first quarter when fifty-seven percent (57%) were hiring with thirty-six percent (36%) motivated to hire for growth, or workforce expansion in 2013.

Quarter 1 of 2014 finds forty-two percent (42%) hiring for growth, with thirty-eight percent (38%) hiring for attrition, or replacements among existing workers in the first three months.

These are significant improvements in the market from regional employment and economic conditions just four years ago. As Pacific Staffing discovered then, the first three months of 2009 sent the market crashing with hiring freezes, workforce reductions, furloughs and shortened workweeks, massive layoffs and companies going out of business as the national recession hit the area. That's history as seventy-four percent (74%) of those surveyed



also say they expect their companies to grow in 2014.

While the majority of HR contacts were positive about Q1 2014, thirteen percent (13%) remain pessimistic the economy would improve in the New Year. Two companies are expecting to reduce their workforce numbers due to seasonal change in the first three months of the year.

As the economy improves employers

are beginning to share concerns about retention of essential skills, the need for specific technical backgrounds and some entry-level positions. Drivers who can pass DMV, drug and other background checks are in demand among distributors, bottling plants, construction supply and materials firms. Customer service, sales, manufacturing, warehouse and shipping lead hiring demand.

Of the top 100 Sacramento Regional Companies, 35% are Service, 36% are Manufacturers, 18% are Construction and 11% are Retail.

How does this Quarter compare to last Quarter, or last year? Find out for yourself.

For more information, employment blogs & market surveys go to www.pacificstaffing.com.

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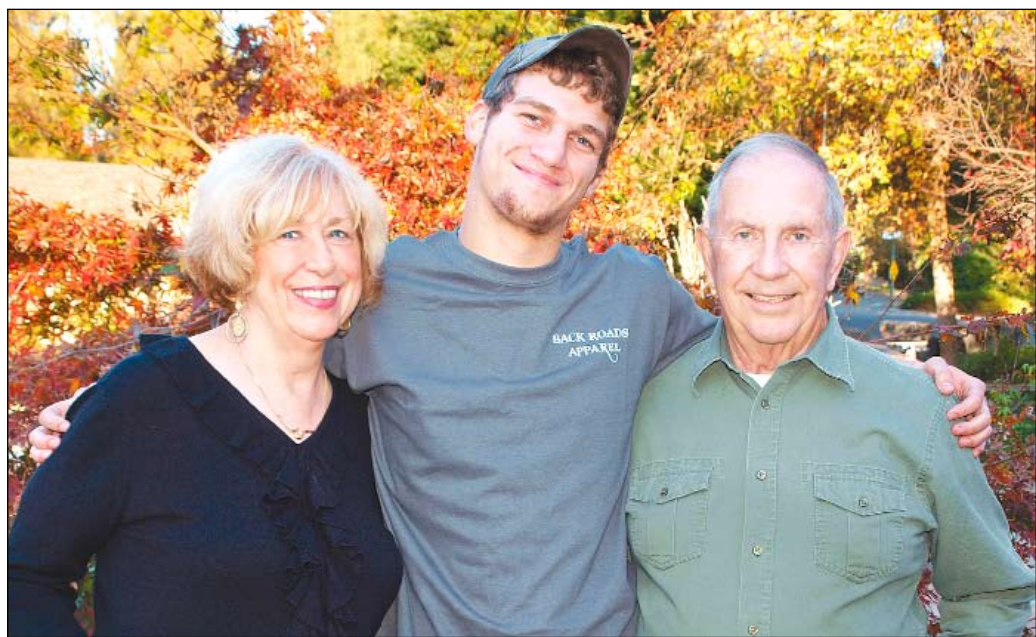
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**THE SACRAMENTO BEE**  
November 23, 2013



# Carmichael Family Farewells a Patriot



Tom Blankenship (center) recently left for U.S. Army boot camp training at Fort Benning, Georgia. The 19-year-old is the son of Carmichael-raised Allison Safford Blankenship. His family now resides in Arizona. Pictured: Carmichael grandparents Barbara and Tom Safford farewelled the young patriot. Photo by Susan Maxwell Skinner.

# Metro Fire Arrives at Fire Within Two Minutes



SACRAMENTO, CA (MPG) - Just after noon today, Metro Fire was dispatched to a reported vehicle fire in the garage of a house on McTavish Circle in Sacramento. While crews were en route they were given an update that an elderly man was also in the garage.

Arriving just two minutes after being dispatched, Metro Fire crews reported a working garage fire and immediately began looking for the reported victim. Fortunately the resident was quickly located standing in a safe location in front of his home. Crews then worked quickly to confine the fire to the garage and extinguish it. Because of their quick response and aggressive tactics, they were able to save irreplaceable



belongings along with approximately \$200K in property value.

The cause of this fire is undetermined at this time. ★

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# Muchos Tacos



Chamber members Teresa and Esteban Nava (left) snack with Jimboy's restaurant staffers Angela Lovest and Daniel Harms. Photo by Susan Maxwell Skinner.

# Willy Wonka Is Coming To Carmichael!

By Robyn Burwell

**CARMICHAEL, CA (MPG)** - Please join the Schweitzer Elementary 3rd through 5th grade class as they bring together their musical and artistic talents to present *Charlie and the Chocolate Factory*! Come enjoy songs like "The Candy Man," "Cheer Up Charlie," "Think Positive," and all the Oompa-Loompa songs. And join Charlie Bucket's hope-filled journey as he experiences the wonder and magic of the world's best-loved candy man—Willy Wonka.

Performances will be held on Thursday and Friday, January 23 and 24, at 9:30 am and 7:00 pm. Admission is FREE! No tickets needed. Snacks and drinks will be available for purchase during evening performances. Programs will be available during all four performances.

Location: Multipurpose Room, Schweitzer Elementary School, 4350 Glenridge Drive, Carmichael, CA 95608. (916) 867-2094. Free admission.

We look forward to seeing you there! ★



## Announcements & Events

### ESTATE PLANNING WORKSHOP

Thursday, January 23, 10-11am

La Sierra Community Center, Room 800

FREE, but you must pre-register by calling 483-7826

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Dr. Bob Graykowski



Have you ever been stressed? Understanding the process of brain and nerve system in response to stressful situations may be the key to better health. By taking certain action steps it can have a direct result in improving the function of your nerve system. This improved function then directly improves the functioning of all your other body systems as well.

One of the structural problems addressed by chiropractic care is a "facilitated segment." This is a section of your spinal cord that is being bombarded by too many nerve signals. These nerve signals arrive at the wrong times and in too great a quantity. Physical pain and other diseases and disorders can develop as a result of a facilitated segment. Stress makes facilitated segments (and their effects) worse. By aligning your spine this helps to reduce and resolve these irritated segments of your spinal cord. As a result, the stresses in your life have a less physiological impact. You can become better at interacting with people and situations, and even become better able to manage stress.

**We live in stressful times.** The economy is tough, global conflicts rage, severe weather events are affecting people in every corner of the globe, and our numerous technological devices don't seem to be making things any easier. Of course, this is nothing new. Every generation thinks theirs is the best of times

# Better Brain Solutions and Dealing with Stress?

and the worst of times. But the result is that people everywhere have high levels of stress.

Sometimes stress is a positive thing. Mechanical stress, such as exercise, causes your muscles and bones to become stronger and your nervous system to become smarter. Taking on a new assignment at work or taking a challenging class in school may be stressful, but the effort involved in achieving a successful result can cause you to grow and develop in ways that you might not have imagined. After all, the great philosopher Friedrich Nietzsche famously said "what doesn't kill you makes you stronger."

Daily chronic physical and mental stress is NOT good for us! Chronic stress causes real psychological and physical problems. People undergoing chronic stress may develop anxiety, which if not managed effectively may lead to depression. Chronic stress may lead to a variety of disorders and diseases, including arthritis, inflammatory conditions such as Crohn's disease, gastrointestinal problems, diabetes, high blood pressure, and even heart attacks or stroke. As we are all subject to numerous stresses every day, both personal and work-related, it's very important for us to develop strategies that will be successful in helping us manage ongoing stresses.

*The most important method for managing stress is to attempt to focus your point-of-view, your frame of reference, on the present moment.* Our minds are constantly in motion, constantly at work creating new thoughts and new scenarios regarding some potentially stressful situation, or rehashing old conversations, old conflicts, and old problems. Many times focusing on problems that we have no influence or control

over yet we stress ourselves out. The result is that we're almost never at peace. When we try to sit down and relax for a bit, it's never too long before our minds start bringing up the exact things we'd like to be able to forget or ignore, at least for a little while. Most of us can't flip a metaphorical switch and shut off our incessant stream of mostly negative self-talk. But we can learn to remind ourselves to return to the present, to come back to this moment, the one that's happening now.

The best way to do this is to ask yourself, "is this [what I'm thinking about] happening right now?" If you can see that what's happening now is that you're sitting in a chair reading the newspaper, you have a good chance of being able to let go of what your mind is talking to you about. Say to yourself, "I'm right here, right now, and none of that other stuff is actually happening right now."

This will help you create some distance from your self-talk, and the self-talk may even recede into the background for a while. The feeling of calm you might then experience is one you can build on. The more you practice returning to the moment, the more power you gain in being able to manage the stress in your life.

★  
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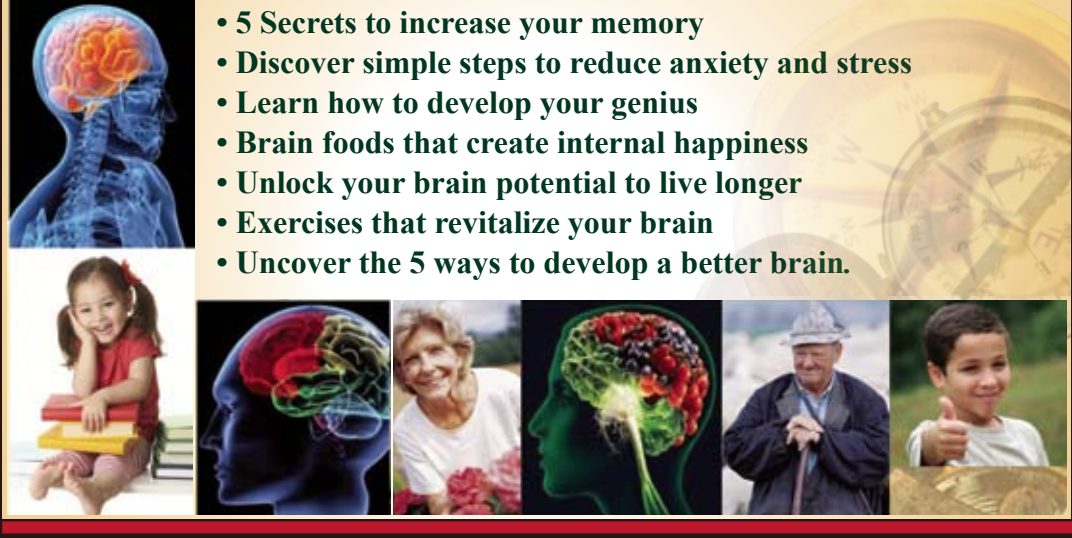
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**THE SACRAMENTO BEE**  
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By Ronnie McBrayer

## Clear Communication is Compassionate Communication

more than most. In these harrowing days when fewer and fewer people seem to stop and listen to what we have to say, we sometimes think the answer is to scream a little louder. Picket signs. Demonstrations. Boycotts. Petitions. Displays of righteous indignation accompanied by red faces and bulging carotids. The result is indeed clearer communication. It's clear that we are mad as hell about something.

Without a doubt most Christians want to see serious change in the world. I do too. I would love to see less violence, greater compassion, a moratorium on our limitless consumerism, and fewer public displays of vulgarity, just to name a few. But the solution is not to meet what we regard as societal inadequacies with the equal inadequacies of being judgmental, taking revenge, waging cultural warfare, and condemning every person who doesn't agree with us.

If, in our passion to communicate something we feel very strongly about, said communication becomes hateful, as Christians we have betrayed our message. The path of Christ is to love those whom we consider our opponents. The way of Jesus is to engage and pray for our enemies, not to kill them. And don't be fooled; our words can be as murderous (or more so) than flying bullets and hand grenades.

Mahatma Gandhi was a man that the world – including the Christian universe of which I am a part – could learn a great deal from. He revolutionized India with his leadership of the Indian Independence Movement, and he perfected the philosophy of

non-violent resistance. He met the injustice and oppression of his day with peace, integrity, and resolve.

Gandhi famously said, "We must become the change we wish to see in the world." That is, if I want a less violent society, I must become less violent. If I want to experience more compassion, I must become compassionate. If I want less consumerism, I should pull my own leg out of the commercialistic trap. If I want to protect my children from overt sensuality, then I should teach them respect for others, the value of a person and the human body, and I should probably turn the TV off earlier in the evening.

So, if you are one who loves a good boycott, why not take a different tactic: A little grace, a truce, a lowering of the weapons might be a necessary change of pace. And if you have been on the receiving end of a few displays of virtuous disapproval, cut some slack for your accusers as well. We're all just trying to get the car rolling again, but without clear communication, it is nothing but a wreck waiting to happen.

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

*Ronnie McBrayer is a syndicated columnist, pastor, and author of multiple books. You can read more and receive regular e-columns in your inbox at [www.ronniemcbrayer.me](http://www.ronniemcbrayer.me).*

I chuckle every time I hear this story. It seems a poor fellow's vehicle had conked out on the side of the road. After waving about like a banshee for more than an hour, he finally convinced a speeding motorist to stop and help. "If you could just push my car at a speed of 40 miles per hour," the stranded motorist said to his newly arrived partner, "I'm convinced it will start, and I will be on my way."

Sliding back behind the wheel of his car, the driver was relieved. The ordeal of being stuck in the middle of nowhere was finally over. He would be rolling again in a matter of seconds, all his worries behind him. Sadly, that exactly where his worries were: Right behind him.

As he waited for that gentle nudge on the rear bumper that would move him down the road, it never came. Looking around he discovered that his Good Samaritan had disappeared. What a cruel joke! Where could he have gone?

It was then that he saw his rescuer in the rearview mirror. He was a quarter of a mile away and bearing down on the broken down car at 40 miles per hour – just as he had been instructed. But the driver had not communicated as clearly as he had intended.

We Christians tend to bumble our communication a little

## Clear Channel Debuts New B92.5, Today's Country

**SACRAMENTO REGION, CA (MPG)** - Clear Channel Media and Entertainment Sacramento announced the debut of The New B92.5, Today's Country. The New B92.5 launched January 10th.

B92.5 will play today's hottest country hits, kicking off with 10,000 songs in a row, commercial free. Sacramento's new country station will broadcast The Bobby Bones Show weekday mornings from 5-9 a.m. PST. The morning show will feature on-air personalities Bobby Bones, Lunchbox and Amy, with special guest appearances from the biggest names in country music straight from Nashville. The Bobby Bones Show will entertain B92.5 listeners with a unique mix of pop-culture, news and crazy stunts.

"Country music is the most exciting format in America today. Stars like Blake Shelton, Keith Urban, Jason Aldean,

Taylor Swift and Florida Georgia Line make it a must have format for listeners and advertisers alike," said Dave Milner, President and Market Manager, Clear Channel Media and Entertainment Sacramento. "Pairing great music with the new Bobby Bones morning show and our exciting events like the iHeartRadio Country Festival, which we will be giving listeners exclusive opportunities to attend, allows us to bring a unique spin for Sacramento's huge country fan base."

Fans can listen to B92.5, via the station's website, [www.b925fm.com](http://www.b925fm.com), as well as on iHeartRadio, Clear Channel's all-in-one digital radio service. iHeartRadio delivers everything listeners want in one free, fully-integrated service: instant access to more than 1,500 of the nation's most popular live broadcast and digital-only radio stations from 150 cities, plus

user-created custom stations inspired by favorite artists and songs. iHeartRadio also offers listeners a "Perfect For" feature which allows users to choose from thousands of curated stations based on a range of moods and activities. New - iHeartRadio Talk feature offers on-demand listener-created talk content alongside popular news, celebrity and entertainment "audiosodes." iHeartRadio Talk also features "Daily Pulse," a customizable Talk channel featuring the most up-to-date news and culture highlights, to which users can add or remove content that is most important to them.

Clear Channel Sacramento owns and operates NewsRadio KFBK, Talk 650 KSTE, V101 KHYL and 93.7 JACK-FM KQJK. More information on the company can be found at [ClearChannel.com](http://ClearChannel.com). ★

Source: Clear Channel

## Sacramento County DA Reports

### Recent cases of interest



#### CASE: John Faljean (01/10/14)

#### PROSECUTOR: Deputy District Attorney Tim Carr, Special Assault & Child Abuse Unit

District Attorney Jan Scully announced today that the Honorable Eugene Balonon sentenced John Faljean to 80 years and 4 months to life in prison. On November 27, 2013, a jury convicted Faljean of 12 felony counts of child molestation and two felony counts of taking lewd photographs. The victim was between the ages of 8 and 13 when the crimes occurred.

#### CASE: Kevin Marcus Johnson (01/07/14)

#### PROSECUTOR: Deputy District Attorney Alan Hengel, Insurance Fraud Unit

District Attorney Jan Scully announced today that 38-year-old Kevin Marcus Johnson (who is no relation to Sacramento Mayor Kevin Johnson) was sentenced to one year in jail and placed on five years felony probation after pleading to felony charges of receiving stolen property and filing a fraudulent document with the Department of Motor Vehicles (DMV).

In April 2010, Johnson purchased a 2002 Cadillac Escalade for \$8,500. Unknown to him, the vehicle's registered owner owed \$28,000 on the vehicle to SAFE Credit Union. As part of an insurance fraud scam, the owner falsely reported his Escalade had been stolen to the Sacramento Police Department and his car insurance company.

Johnson figured out that he had been scammed and asked the California Highway Patrol (CHP) about getting the title to the vehicle. Since the vehicle was legally owned by the credit union, the CHP told him that it was considered stolen and that he needed to allow the CHP to inspect the vehicle. Johnson refused to allow an inspection.

Over the next few months, Johnson spent thousands of dollars replacing the Escalade's frame and body with a GMC Yukon frame and body he had bought at a salvage yard. He reassembled all of the Escalade's parts onto the salvaged frame and body. Johnson then filed a fraudulent vehicle inspection certification with the DMV in order to get the vehicle registered as a salvaged Yukon under his girlfriend's name.

In August 2011, Johnson was stopped by Sacramento police officers when he tried to evade a DUI checkpoint. Upon inspecting the vehicle, it was determined that the vehicle was a stolen Escalade, and Johnson was arrested.

#### CASE: Jermaine Barnes, Fitima Goodman, Alexander Lewis & Laquwon Warr (01/03/14)

#### PROSECUTOR: Deputy District Attorney Jeff Hightower, Homicide Unit

District Attorney Jan Scully announced today that Jermaine Barnes, Fitima Goodman, Alexander Lewis and Laquwon Warr were convicted by jury for the first degree murder of Fernando Vichez with the special circumstance of committing a murder in the commission of a robbery. The jury also convicted the defendants of second degree robbery and found true the allegation that Jermaine Barnes personally used a firearm and caused the death of Fernando Vichez.

Mr. Vichez was walking home from the Casino Royale when Lewis, Warr and Chelsea Washington, a former defendant in the case, panhandled him for money. The trio then called Barnes and Goodman out to rob Mr. Vichez. During the course of the robbery, Barnes shot Mr. Vichez seven times, killing him.

#### CASE: Ramces Orellana (01/03/14)

#### PROSECUTOR: Deputy District Attorney Timothy Carr, Special Assault & Child Abuse Unit

District Attorney Jan Scully announced today that 40-year-old Ramces Orellana was sentenced by the Honorable Trena Burger-Plavan to 32 years in state prison. On April 10, 2013, a jury convicted Orellana of 13 counts of committing lewd and lascivious acts on a child under 14.

Orellana was the live-in boyfriend of the victim's mother. He molested the young girl when she was between the ages of 11 and 12.

## The World Needs Ditch Diggers, Too



Commentary by David Koenig

not being able to support their families and the evil CEO's reaping all the profits. What I want to know is when working at a McDonalds or Subway became a career to support a family?

I thought these jobs were for kids just starting out looking for work or students working their way through college. \$8.00 per hour is a lot of money to pay some kid for flipping burgers or mopping floors but if we start paying them \$10.00-\$15.00 per hour then businesses are just going to close up shop or scale back the workforce. When will we finally learn our lesson? Back in the 90's they tried to make it so everyone could own a house and the market collapsed because of faulty loans.

In the early 2000's they tried to say that everyone deserved a college education and you ended up with a bunch of people with worthless degree's and mounting student loan debt. We just passed

the Affordable (?) Care Act so everyone can have health coverage and that nightmare is just starting to unfold so why are we looking to raise the minimum wage on top of it? But if you're going to raise it to \$10.00 per hour, why not make it \$20.00 so people can afford more for their families? Or \$30.00 so people can splurge on their kids like the evil rich people who probably stole their fortunes or cheated someone out of them?

What happened to hard work and earning your keep? Our nation has turned into a bunch of Cousin Eddie's from Christmas Vacation being unemployed for 7 years holding out for a management position. Since when did cleaning toilets, picking up trash or digging ditches become jobs that were below us? Or \$8.00 minimum wage become too little to work for? Isn't it called minimum wage for a reason? ★

## River Cats Now Hiring For 2014 Season

**WEST SACRAMENTO, CA (MPG)** - The Sacramento River Cats are in the midst of filling between 150-200 seasonal positions for the upcoming 2014 baseball season at Raley Field.

The club - which is entering its 15th season in Sacramento - is hiring clean team members, emergency medical technicians,

ushers, Kids Corner representatives, Merlino's Freeze workers, and several other seasonal positions. In addition to the seasonal positions, the River Cats are also looking to fill full-time positions in several departments including ticket sales and corporate partnerships.

The first River Cats home

game of the season is set for Friday, April 11, at 7:05 p.m. at Raley Field when the Salt Lake Bees - Triple-A affiliate of the Los Angeles Angels of Anaheim - come to town.

Those interested in applying are asked to visit [rivercats.com](http://rivercats.com) for more information. ★

## Registration Opens for Nature Bowl Science and Conservation Competition

**SACRAMENTO REGION, CA (MPG)** - Registration is now open for the 29th annual Nature Bowl, an elementary school activity-based competition held in the spring. Coordinated by the California Department of Fish and Wildlife (CDFW) in partnership with local organizations and agencies, the Nature Bowl increases the science and conservation literacy of third through sixth grade students in the Sacramento Valley and Sierra foothills.

The Nature Bowl is open to students from any school, group or organized youth club. Participants employ teamwork, creativity and critical thinking while participating in group learning activities centered on

local and regional natural environments. The first round will be held at 10 locations from mid-March through early May. Teams will consist of three to seven students each and several teams will advance to the finals to be held at California State University, Sacramento on May 17, 2014.

Teachers, youth group leaders or parents can coach a team. A coaches' workshop is scheduled Jan. 16, 2014 from 3:45 to 5 p.m. at the Nimbus Hatchery in Rancho Cordova and the semifinal at Nimbus Hatchery is scheduled April 3, 2014. For reservations, please call (916) 358-2884. Another coaches' workshop is scheduled Jan. 15, 2014 at Effie Yeaw Nature

Center in Carmichael from 3:45 to 5 p.m., with the semifinal at Effie Yeaw Nature Center scheduled March 11, 2014. For more information, please call (916) 489-4918. A new semifinal is also being offered at Sutter's Landing Regional Park in Sacramento on either May 1 or 2 (date to be determined). For more information, please call (916) 284-1627.

For more information about the Nature Bowl, please call (916) 358-2353 or visit the CDFW website at [www.dfg.ca.gov/regions/2/naturebowl/](http://www.dfg.ca.gov/regions/2/naturebowl/). ★

Source: California Department of Fish and Wildlife News Release

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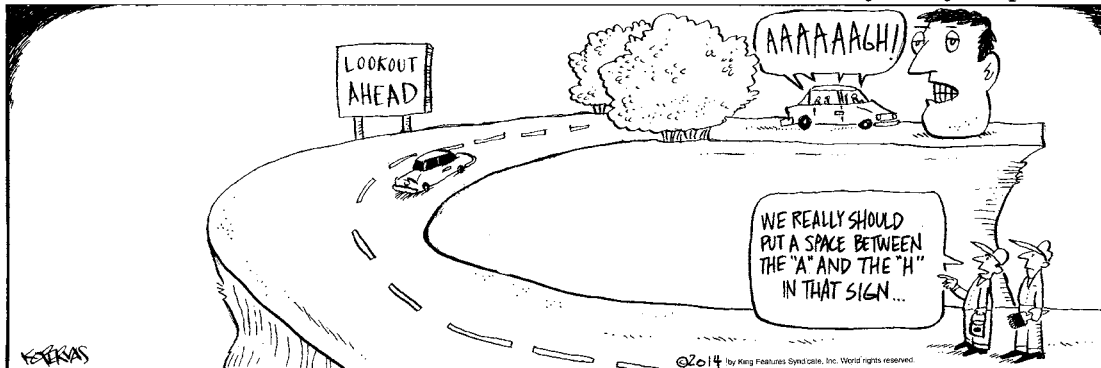
**Amber Waves**

by Dave T. Phipps



**Out on a Limb**

by Gary Kopervas



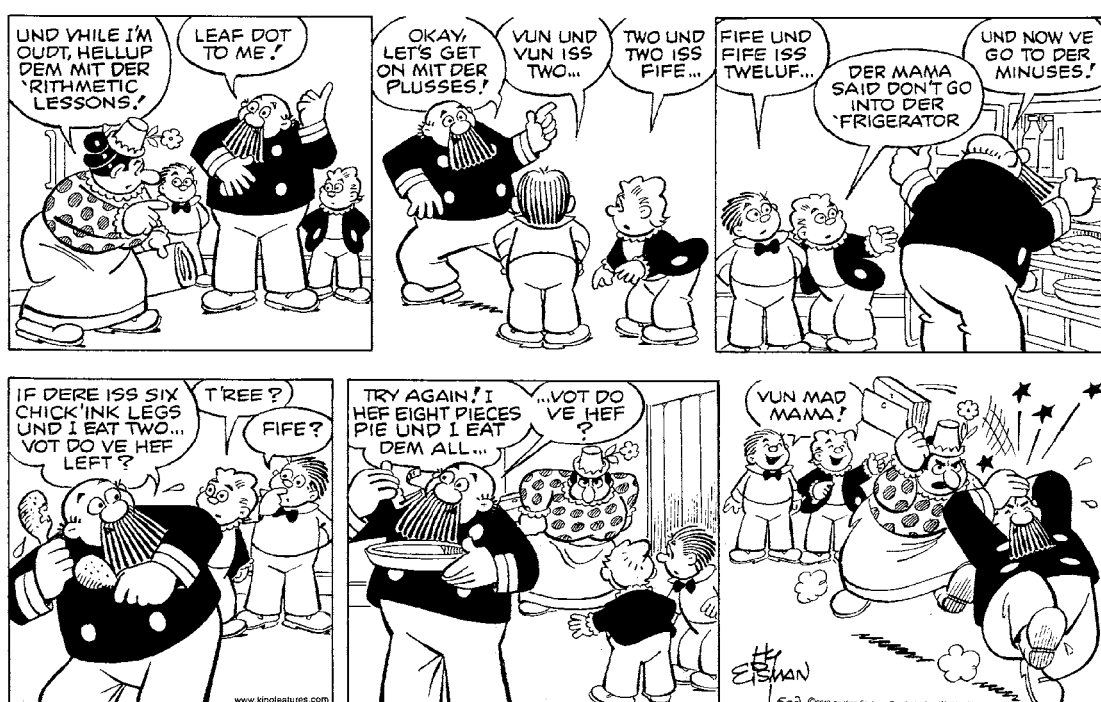
**THEY'LL DO IT EVERY TIME**

BY AL SCADUTO



**KATZENJAMMER KIDS**

BY HY EISMAN



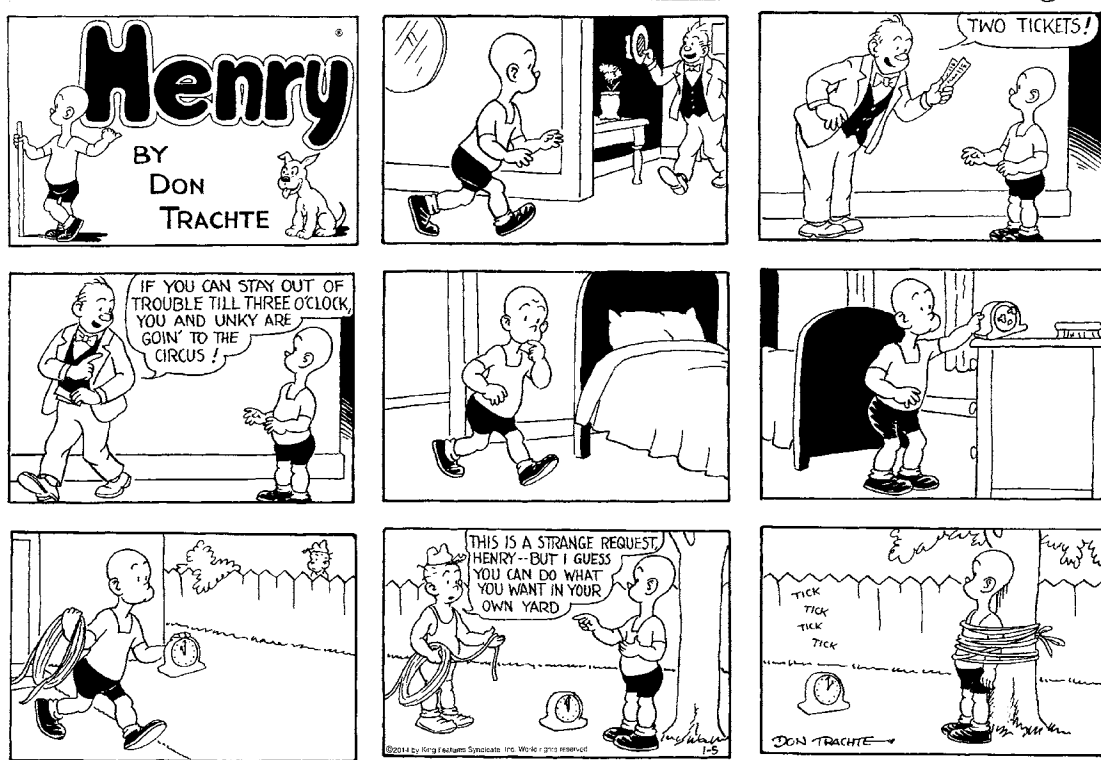
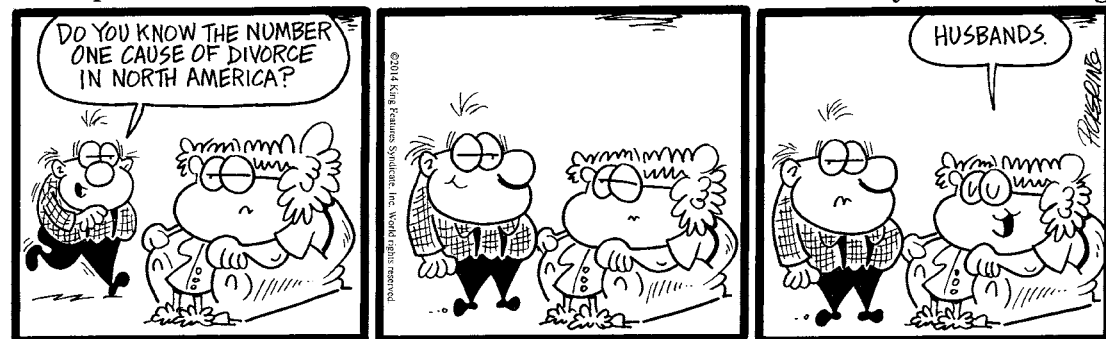
**R.F.D.**

by Mike Marland



**The Spats**

by Jeff Pickering



**Effie Yeaw Nature Center**  
 California Avenue and Tarshes Drive, Carmichael, CA  
 916-489-4918 - www.sacnaturecenter.net • February 2014

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

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

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

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

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

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

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

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

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

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

**Current and Upcoming Events**

**Aspiring Artist Debut** A free art exhibit open to new artists who have never shown in a juried exhibition. This annual art show is sponsored by Northern California Arts, Inc., located at Sacramento Fine Arts Center, 5330B Gibbons Drive, Carmichael, CA 95608.

All media accepted, drawing, mixed media, oil, acrylic, watercolor, pastel, photography, and sculpture. Open to artists high school age through adult. Show dates are January 28-February 15, 2014, open Tuesday 11 am-7 pm, Wednesday through Saturday 11 am-3 pm. Second Saturday Reception with awards presentation, February 8, 2014, 5:30 to 8:30 pm.

Do want to enter or know an artist who qualifies? Hand deliver artwork, Saturday January 18, 2014, 11 am-3 pm. Limit one art work, no entry fee. Prospectus online, <http://www.sacfinearts.org/exhibitionEntryForms.html> or at Sacramento Fine Arts Center.

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

**NCA 75th Anniversary of Northern California Arts, Inc.**  
 Membership Exhibition "Art Deco: 1939 to Present-Celebration"  
 January 2-25, 2014

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

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# Making Life Easier

## Five Suggestions To Simplify Your Daily Life

(NAPSA)—Life can be a little less complicated if you consider these hints to help simplify daily life:

**1. Before you barbecue.** Preslice and chop veggies for sides the day before a family barbecue. Similarly, bake treats the night before, cool and seal them in airtight containers. Cutting back on prep the day of an event means more time to mingle and enjoy the company of family and friends.

**2. Simplify s'mores.** Portion out s'mores supplies for a camping trip by placing equal amounts of marshmallows, graham squares and chocolate pieces into separate baggies for each camper. When the time comes to roast this favorite treat around the fire, there will be no scrambling for supplies and no one will worry about missing out on the chocolate!

**3. Break up cleaning projects.** Spread household chores throughout the week. Pick a time to clean every day and pair each room with a specific day of the week; for instance, always declutter the living room on Tuesdays. Set a timer for 20 to 30 minutes, and tackle that daily chore.

**4. Tote a gym bag.** Pack a gym bag with workout clothes, a towel and a water bottle and keep it at your desk or in your car. Having these items easily accessible will make it easier to seize any window of opportunity for exercise.

**5. Stock the kitchen.** Avoid the weekday "what's for dinner?" crunch by stocking a few staples



Eating well while camping out can be fun and easy with the help of some simple tips.

in the pantry. Keeping dried grains or pastas from the bulk aisle, frozen veggies, favorite proteins and fresh salad greens in the pantry or fridge helps when busy days call for throwing together a quick meal. Stock up on R.W. Knudsen Family® Just Juice® juices to use in a quick salad dressing or reduction sauce with wholesome fruity flavors.

To celebrate the simple things in life, R.W. Knudsen Family created the Share Your Simple promotion. The company's all-natural beverages have been made with a simple philosophy for more than 50 years without added sugar or artificial ingredients.

You can share your tips to simplify life for a chance to win one of three \$4,500 Grand Prizes or 14 biweekly prizes at [www.facebook.com/rwknudsen](http://www.facebook.com/rwknudsen).

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# Health Awareness

## Help Protect Yourself Against Pneumococcal Disease Talk to Your Health Care Professional About Vaccination

(NAPSA) - Do you know there is a vaccine that can help protect you from pneumonia and other serious diseases caused by a common bacteria called pneumococcus (pronounced "noo-mokakus")? These bacteria are a common cause of pneumonia, an infection of the lungs, but they can also cause other serious infections that affect thousands of people in the United States each year. In fact, more than 300,000 people are hospitalized each year with pneumococcal pneumonia, the most common pneumococcal disease among adults in the United States.

Pneumococcal disease includes a number of illnesses caused by the common bacteria Streptococcus pneumoniae (pneumococcus). These bacteria are often found in people's noses and throats and can be spread by coughing and sneezing. People are more vulnerable to the threat of infections as they get older because their immune system is not able to respond as well as when they were younger. In fact, the risk of pneumococcal diseases increases with age. When pneumococcal bacteria invade the bloodstream, it is called bacteremia, and when the bacteria invade the tissues and fluids surrounding the brain and spinal cord, it is called meningitis. These bacteria can sometimes be antibiotic resistant.

Pneumococcal disease can occur suddenly. The good news is you can help protect yourself from these potentially severe infections with a vaccine that has played an important role in pneumococcal disease prevention efforts for almost 30 years.

PNEUMOVAX® 23 (Pneumococcal Vaccine Polyvalent) is a vaccine that is given as a single shot. It helps protect you from infection by certain germs or bacteria, which are called pneumococci. PNEUMOVAX 23 is for people 50



Talk to your health care professional: Vaccination is recommended for people 65 and older, as well as people 2 and older who have certain medical conditions that increase their risk for pneumococcal disease.

years of age and older and those 2 years of age and older who are at increased risk for infection.

PNEUMOVAX 23 can help protect from infection by 23 forms of pneumococcal bacteria (called serotypes), including those that are most prevalent and most often cause serious disease (pneumonia, bacteremia and meningitis) in the United States. The Centers for Disease Control and Prevention (CDC) reported that in 2008, these 23 serotypes caused 76 percent of serious pneumococcal disease in adults ages 50-64 and 66 percent of serious pneumococcal disease in adults 65 years of age and older.

PNEUMOVAX 23 may not protect everyone who gets it. It will not protect against diseases that are caused by bacteria types that are not in the vaccine. You should not get PNEUMOVAX 23 if you are allergic to any of its ingredients, had an allergic reaction to PNEUMOVAX 23 in the past, or are less than 2 years of age.

PNEUMOVAX 23 is a vaccine recommended by the CDC to help prevent pneumococcal disease. The Advisory Committee on Immunization Practices (ACIP) - part of the CDC

- recommends vaccination with PNEUMOVAX 23 for all appropriate adults 65 years of age and older, as well as people two and older who have medical conditions such as diabetes, cardiovascular disease and respiratory diseases like COPD that put them at higher risk for infection. According to the CDC, adults 50 years of age and older commonly have chronic medical conditions that increase their risk for pneumococcal disease.

### Important Safety Information about PNEUMOVAX® 23 (Pneumococcal Vaccine Polyvalent)

You should not get PNEUMOVAX 23 if you are allergic to any of its ingredients, had an allergic reaction to PNEUMOVAX 23 in the past, or are less than 2 years of age.

Before getting PNEUMOVAX 23, tell your health care professional if you or your child are allergic to the vaccine, have heart or lung problems, have a fever, have immune problems or are receiving radiation treatment or chemotherapy, are pregnant or breastfeeding.

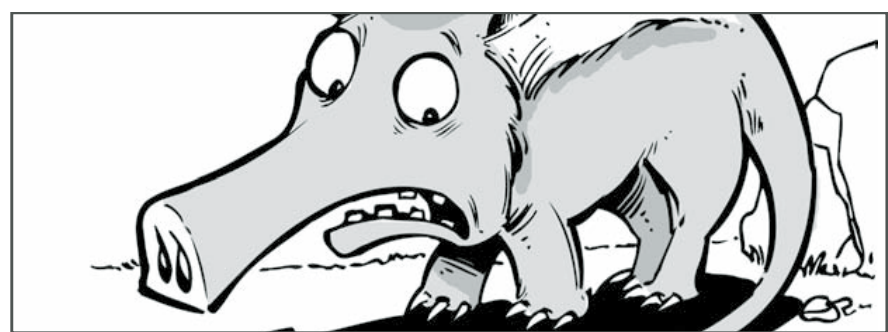
Talk to your health care professional if you plan to get ZOSTAVAX® (Zoster Vaccine Live) at the same time as PNEUMOVAX 23 because it may be better to get these vaccines at least 4 weeks apart. Also talk to your health care professional if you plan to get PNEUMOVAX 23 at the same time as other vaccines.

The most common side effects of PNEUMOVAX 23 are: pain, warmth, soreness, redness, swelling, and hardening at the injection site, headache, weakness, and feeling tired and muscle pain. Tell your health care professional or get help right away if you have any of the following problems, which may be signs of an allergic reaction: difficulty breathing, wheezing, rash, hives.

You can get vaccinated against pneumococcal disease at any time. Talk to your health care professional or pharmacist today.

Prescribing Information and Patient Information for PNEUMOVAX 23 are available at [http://www.merck.com/product/usa/pi\\_circulars/p/pneumovax\\_23/pneumovax\\_pi.pdf](http://www.merck.com/product/usa/pi_circulars/p/pneumovax_23/pneumovax_pi.pdf) and [http://www.merck.com/product/usa/pi\\_circulars/p/pneumovax\\_23/pneumovax\\_ppi.pdf](http://www.merck.com/product/usa/pi_circulars/p/pneumovax_23/pneumovax_ppi.pdf).

This information is provided by Merck.



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**LEO (July 23 to August 22)**

This is a good time to learn a new skill that could give a clever Cat an edge in the upcoming competition for workplace opportunities. Enjoy the arts this weekend with someone special.

**VIRGO (August 23 to September 22)**

You could risk creating an impasse if you insist on expecting more from others than they're prepared to give. Showing flexibility in what you'll accept could prevent a stalemate.

**LIBRA (September 23 to October 22)**

Although you can weigh all factors of a dispute to find an agreeable solution for others, you might need the skilled input of someone you trust to help you deal with an ongoing situation of your own.

**SCORPIO (October 23 to November 21)**

The good news is that your brief period of self-doubt turns into a positive "I can do anything" attitude. The better news is that you'll soon be able to prove it.

**ARIES (March 21 to April 19)**

Although you're getting kudos and other positive reactions to your suggestions, don't let the cheers drown out some valid criticisms. Better to deal with them now than later.

**TAURUS (April 20 to May 20)**

Following your keen Bovine intuition pays off, as you not only reassess the suggestions some people are putting in front of you, but also their agendas for doing so.

**GEMINI (May 21 to June 20)**

You continue on a high-enthusiasm cycle as that new project you've assumed takes shape. You're also buoyed by the anticipation of receiving some good news about a personal matter.

**CANCER (June 21 to July 22)**

Your eagerness to immerse yourself in your new assignment is understandable. But be careful that you don't forget to take care of that pressing personal situation as well.

**SAGITTARIUS (November 22 to December 21)**

This is a good time for Sagittarians to start making travel plans while you still can select from a wide menu of choices and deals, and not be forced to settle for leftovers.

**CAPRICORN (December 22 to January 19)**

Like your zodiacal sign, the sure-footed Goat, you won't allow obstacles in your path to keep you from reaching your goal. Don't be surprised by who asks to go along with you.

**AQUARIUS (January 20 to February 18)**

Let your head dominate your heart as you consider the risks that might be involved in agreeing to be a friend's co-signer or otherwise act as his or her backup in a financial matter.

**PISCES (February 19 to March 20)**

Prioritize: Resolve to close the door and let your voicemail take your phone calls while you finish up a task before the end-of-week deadline. Then go out and enjoy a fun-filled weekend.

**BORN THIS WEEK:** *Your capacity for care and compassion helps to bring comfort to others.*

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**COUCH THEATER -- DVD PREVIEW**

By Sam Struckhoff  
 EDITOR'S NOTE: *DVDs reviewed in this column will be available in stores the week of Jan. 20, 2014.*

**PICKS OF THE WEEK**



Tom Hanks in "Captain Phillips"

**"Captain Phillips" (PG-13)**

-- When Somali pirates hijacked an American commercial ship in 2009, a gripping story played out for five days over the worldwide news. In this dramatic retelling of the events, the real-life action becomes a powerful thriller fuelled by bigger ideas. Tom Hanks stars as the titular captain, a hardworking everyman who must face off with the pirate captain (Barkhad Abdi).

Even though you know how the story ends, director Paul Greengrass delivers forceful suspense on top of social commentary that doesn't feel forced. Tom Hanks is at his stoic best, matched only by his foil -- the desperate, emaciated pirate captain who wears a thin mask of thunder and bravado. Out there on the ocean, both men struggle with forces beyond their control.

**"Blue Jasmine" (PG-13)**

-- Jasmine (Cate Blanchett) is a shiny member of the Manhattan elite who moves into her sister's house (and the real world) after the financial collapse. Jasmine's sister, Ginger (Sally Hawkins), is down-to-earth, but suffers from a chronic lack of judgment with

men. Still, it's Jasmine who is truly a mess -- in the same breath, she gripes about her first-class flight from New York and then moans about how penniless she is.

This is easily among the best work Woody Allen has produced in the past decade or so. The movie cuts in flashbacks to Jasmine's old life while showing the present-day turning point of her moving into her sister's working-class San Francisco apartment. You're never entirely sure which way the story is going, who is right and who deserves sympathy.

**"In a World ..." (R)**

-- First-time writer and director Lake Bell is more than a breath of fresh air, she's a new set of lungs for the dramatic comedy. Bell plays Carol, a voice coach for voice-over artists. Her ambition is to become a fixture in the world of movie-trailer voices -- a tough nut to crack, especially when the field is a boys' club governed by her father. Bell is backed by an ensemble of comedic actors on their A-games (Nick Offerman, Rob Corddry, Ken Marino and Tig Notaro).

**"Instructions Not Included" (PG-13)**

-- Director and star Eugenio Derbez brings us a cute dramedy about growing up and sticking up for what we want. Valentin (Eugenio Derbez) lived the easy life until an old fling dropped off a baby daughter at his doorstep. Valentin learns to love and rely on the little girl as he builds a career as a Hollywood stuntman. The tone shifts to a deeper note when the mother returns six years later, and Valentin realizes he could lose the new center of his life.

**TV RELEASES**

- "NYPD Blue: Season Five"
- "The Returned"
- "The Cosby Show -- Season 1 & 2"
- "Wings -- Season 3 and 4"
- "Comedy Bang Bang: Season 1 Collector's Edition"

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THE HISTORY CHANNEL

• On Jan. 26, 1788, the first of 50,000 convicts banished from England to Australia land in Botany Bay. These were not hardened criminals; only a small minority were transported for violent offenses. Among the first group was a 70-year-old woman who had stolen cheese to eat.

• On Jan. 20, 1841, China cedes the island of Hong Kong to the British. In 1898, Britain was granted an additional 99 years of rule. In September 1984, the British and the Chinese signed a formal agreement approving a 1997 turnover of the island.

• On Jan. 25, 1924, the first Winter Olympics begin at Chamonix in the French Alps. Spectators were thrilled by the ski jump and bobsled, as well as 12 other events involving a total of six sports.

• On Jan. 23, 1957, the Wham-O toy company rolls out the first batch of aerodynamic plastic discs, now known as Frisbees. The story of the Frisbee began in Bridgeport, Conn., where students from nearby universities would throw empty Frisbie Pie Company tins to each other, yelling "Frisbie!" as they let go.

• On Jan. 21, 1976, from London's Heathrow Airport and Orly Airport outside Paris, the first Concorde with commercial passengers simultaneously take flight to Bahrain in the Persian Gulf and Rio de Janeiro, respectively. The Concorde flew well past the sound barrier at 1,350 mph.

• On Jan. 24, 1980, U.S. officials announce that America is ready to sell military equipment (excluding weapons) to communist China as a reaction to the Soviet invasion of Afghanistan. An additional agreement was signed for the construction of a station in China that would be able to receive information from an American satellite.

• On Jan. 22, 1998, in a Sacramento, Calif., courtroom, Theodore J. Kaczynski pleads guilty to all federal charges against him, acknowledging his responsibility for a 17-year campaign of package bombings attributed to the "Unabomber." The "Unabomber" was named after the UNABOM Task Force. The name came from the words "university and airline bombing."

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- Brenda Weaver Source: www.udel.edu

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

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

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

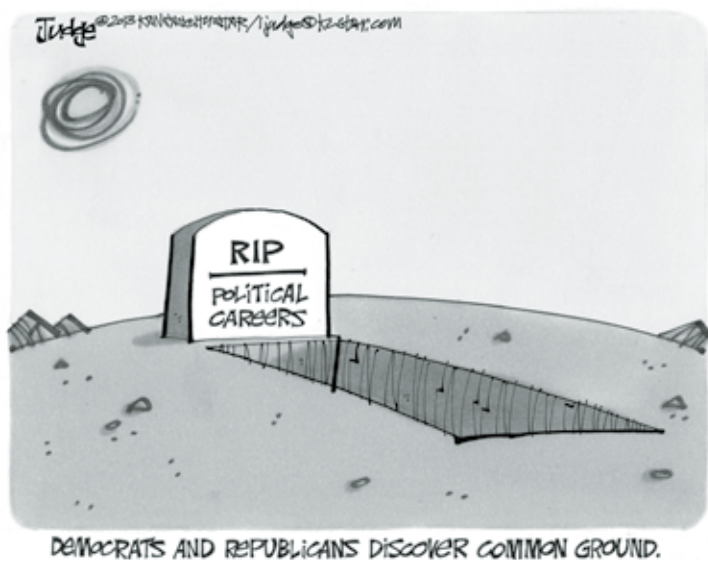
■ **Simply Plug it in:** *Saving money on heating bills is very easy with an iHeater infrared heater. Today's distribution is intended to help those in need of keeping warm this winter without spending too much on heating bills.*

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

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

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





THE RICH LOWRY COLUMN  
By Rich Lowry

**A Year of Shamelessness**

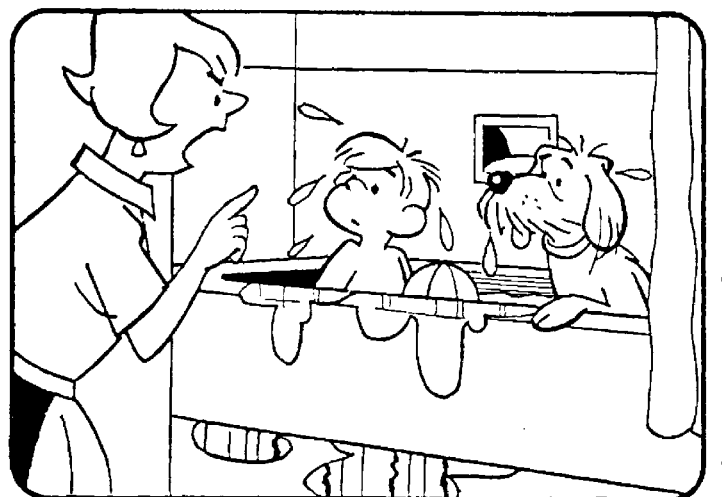
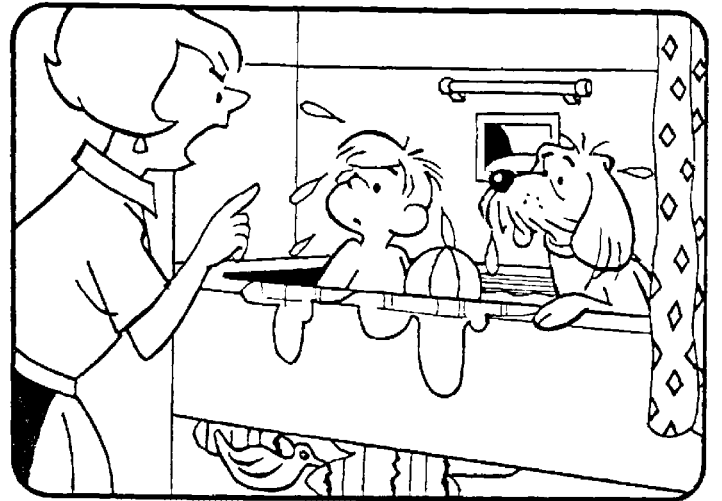
All things considered, it was a year without shame. It was the year that Miley Cyrus French-kissed a sledgehammer in the music video for her song "Wrecking Ball," and cavorted naked on said wrecking ball. The former Disney star popularized the act of twerking in a performance at the MTV Video Music Awards that was so luridly infantile, it wasn't outrageous so much as pathetic. Yet it worked. Cyrus made us yearn for the good taste and restraint of the era of Lady Gaga, not to mention the golden age of classic Britney Spears. It was the year the president of the United States posed in a selfie with other foreign leaders at a memorial service for Nelson Mandela. He evidently had a grand time, but made us nostalgic for the period before our presidents posed in selfies with other

heads of state, i.e., the long stretch of American history ending on Dec. 9, 2013. It was the year Anthony Weiner admitted in the midst of his New York City mayoral campaign that he had continued to sext after resigning from Congress for sexting. Under the delightfully absurd alias "Carlos Danger," he had sent pictures of his private parts to a 22-year-old woman, whose notoriety instantly launched her career in adult film and as a spokesmodel for an adultery-facilitating website. Weiner made us fondly recall the self-effacing modesty of past New York City politicians like Ed Koch and Rudy Giuliani. It was the year that Toronto Mayor Rob Ford denied smoking crack, before admitting smoking crack -- probably "in one of my drunken stupors." The good mayor made us miss the decorum and straightforwardness of former Illinois Gov. Rod Blagojevich. It was the year Dennis Rodman nominated himself as goodwill ambassador to North Korea, touchingly pronouncing himself Kim Jong Un's "friend for life." He excused the dictator's brutal rule by explaining that the Supreme Leader is only 28 years old. "The Worm," as the former basketball player is known, made Jane Fonda's infamous visit to North Vietnam in 1972 seem an effective,

well-calibrated act of international diplomacy in comparison. It was the year Lance Armstrong confessed to cheating in every single one of his Tour de France victories. Armstrong made us miss the sportsmanship of Rosie Ruiz, who won the Boston Marathon years ago in record time by neglecting to run the entire course. It was the year that New York Yankees star Alex Rodriguez alleged a vast conspiracy encompassing most of Major League Baseball to bust him for using performance-enhancing drugs -- again. The third baseman leads the league in misplaced sense of victimhood. Rodriguez made us long for the guilelessness of Mark McGwire and Sammy Sosa. It was the year something truly outlandish happened on "The Real Housewives of Somewhere or Other." It was the year "Mob Wives" got crazy. It was the year that "16 and Pregnant" descended into moral chaos. They all made us remember a time when "Jersey Shore" represented a more decorous, elevated form of reality television. So good riddance to a year of shamelessness. It is sure never to be excelled -- except by 2014. Rich Lowry is editor of the National Review. (c) 2014 by King Features Synd., Inc.

**HOCUS-FOCUS**

BY HENRY BOLTINOFF



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.  
Differences: 1. Hair is different. 2. Bird is missing. 3. Ball is missing. 4. Towel bar is missing. 5. Dog's ear is smaller. 6. Shower curtain is different.

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## STATEPOINT CROSSWORD • THE GRAMMYS

### CLUES

#### ACROSS

- Leigh is to Scarlett as \_\_\_\_\_ is to Rhett
- de deux
- "Through" in text message
- "\_\_\_\_\_ fair in love and war"
- Under the weather
- Sand bar
- Disturb
- "New" prefix
- Equestrian's attire
- "Eminem's 2013 hit
- "Rogers" duet partner
- Driver's aid
- Sub station
- Acid
- Often held on sandwich
- "Girl on Fire
- Creole vegetable
- Poverty-stricken
- Bank ware, pl.
- Bit attachment
- Israel's neighbor
- Catch-22
- Weight watcher's choice, pl.
- Black cat, e.g.
- First rate
- Take to one's heart
- Aquarium dweller
- "\_\_\_\_ at Work," Best New Artist of '83
- Conceited
- Lt.'s inferior, in the Navy
- "Macklemore's kind of shop
- "This year's Grammy host
- Song of praise
- Shed tears
- The \_\_\_\_\_, Netherlands
- Take down masts
- Clod chopper
- Blatant
- Gardener's storage
- "Owner of a Lonely Heart" band won one Grammy
- Offends with odor

#### DOWN

- Clothing of distinctive style
- Medicinal house plant
- Something that happens so fast
- Famous Hungarian composer
- High regard
- "Just Give Me a Reason" nominee
- Barley brew
- North face, e.g.
- "\_\_\_\_\_ does it!"
- Tramp
- "In '85 Prince won two for "Purple \_\_\_\_\_"
- Final, abbr.
- High-pitched
- Gathers harvest
- Chicken \_\_\_\_\_ king
- Kind of security guard
- "Royals" nominee
- Knitwear's quantity
- It goes up and down
- Bit
- Billiards bounce
- Cuckoo
- Ski destination
- A chip, maybe
- Cambodian money
- Clarence in "It's a Wonderful Life", e.g.
- Pinching pennies
- Churchill's "so few"
- Boat load
- Nervous and ansty
- Dry white Italian wine
- Hyperbolic tangent
- At this point
- Police action
- Potassium hydroxide solution, pl.
- Curved molding
- Lie in wait
- "Multi-Grammy winner Elton's, "Bennie and the \_\_\_\_\_"
- From a wound
- Poor man's caviar

### CROSSWORD

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71									72				73		

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

For Solutions See Page 7

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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.

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.

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.

Web Advertising Sales We are seeking an outside sales agent to focus on sales for our many web sites. 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.

Web Work We are seeking someone to post articles to our many news sites. This would be a few hours per night, 2-3 nights per week. Flexible schedule. Flat rate per article posted.

Event Ambassadors We are seeking people to represent our company as ambassadors at fairs, days-in-the-park, local events, etc. Will require set-up, take-down and handing out our products.

Graphic Artist-Layout Support person need-ed to assist with graphics and layout. Must be proficient in various programs including Adobe CS3-5 Photoshop, InDesign, etc.

Advertising Sales If you can sell advertising, we have a great plan, great marketing tools, great products and offer a very competitive compensation. As an independent sales agent you create your own schedule and work from your own home office to manage your own success.

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



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Crossword Puzzle on Page 6 G A B L E P A S T H R U A L L I S I L L S H O A L R O U S T N E O H A B I T B E R Z E R K P A R T O N T E E D E L I L S D M A Y O A L I C I A O K R A P O O R L O A N S R E I N S Y R I A T R A P D I E T S O M E N A O N E E N D E A R A L G A M E N T H R I F T L L C O O L J P A E A N C R Y H A G U E U N R I G H O E O V E R T S H E D Y E S R E E K S

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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08728. Woodfield Investments, LLC, 2900 Sienna Ln., Sacramento, CA 95862 is doing business under the Fictitious Business Name "Woodfield Patio Homes" at 2900 Sienna Ln., Sacramento, CA 95862. Filed with the Clerk of Sacramento County on November 4, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-09013. Nove Forward Inc., 3577 Logghead Way, Sacramento, CA 95834 is doing business under the Fictitious Business Name "Grant Jr. "Pacer Rugby Club" and "Grant Jr. Pacer Football" at 3577 Logghead Way, Sacramento, CA 95834. Filed with the Clerk of Sacramento County on November 15, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-09380. Roberta Lepid, 131 Ashwick Loop, Sacramento, CA 95823 and Michael Morris, 4900 Ehrhardt Ave., Sacramento, CA 95823 are doing business under the Fictitious Business Name "All The Cart Cafe & Catering" at 2721 Citrus Rd., Ste. C, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on December 2, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-09699. Joseph Baba, 1522 Response Rd., No. 313, Sacramento, CA 958715 is doing business under the Fictitious Business Name "Ashur Motors" at 2516 Albatross Way, No. A, Sacramento, CA 95815. Filed with the Clerk of Sacramento County on December 16, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-09784. Smcco, Inc., 5828 Robertson Ave., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Campbell Window and Door" and "Campbell Construction" at 5828 Robertson Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on December 19, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-09733. Brian Kellogg, 4263 Starlight Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "SACREP" at 4263 Starlight Way, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on November 17, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-09698. Jeannie Zhang and Steven Zhang, 6255 Calvine Rd., Sacramento, CA 95823 are doing business under the Fictitious Business Name "Cheesesteak & Grill Stop" at 1870 Prairie City Rd., No. 250, Folsom, CA 95630. Filed with the Clerk of Sacramento County on December 16, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00019. Aleksandr Lamakin, 4928 Vir Mar St., Apt. 10, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Allunlimited" at 4928 Vir Mar St., Apt. 10, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on December 20, 2013.

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

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-09283. JSA Strategic Alliance, LLC, 6830 Stockton Blvd., No. 150 A, Sacramento, CA 95823 is doing business under the Fictitious Business Name "Smoke Plus" at 6830 Stockton Blvd., No. 150 A, Sacramento, CA 95823. Filed with the Clerk of Sacramento County on November 25, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-09826. First Baptist Church of Carmichael, 3300 Walnut Ave., Carmichael, CA 95608 is doing business under the Fictitious Business Name "American River Community Church" at 3300 Walnut Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on December 20, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-09010. Tahira Trading and Management, 6800 Fair Oaks Blvd., Carmichael, CA 95608 is doing business under the Fictitious Business Name "American Tires & Auto Service" at 6800 Fair Oaks Blvd., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on November 16, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08824. AxisEnergyPartners, LLC, 3604 Fair Oaks Blvd., No. 140, Sacramento, CA 95864 is doing business under the Fictitious Business Name "Axis Energy Lighting" at 3604 Fair Oaks Blvd., No. 140, Sacramento, CA 95864. Filed with the Clerk of Sacramento County on November 6, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-09576. Arnold Duplantier, 1957 1st Ave., Sacramento, CA 95818 is doing business under the Fictitious Business Name "Galaxy Skyy Video" at 1957 1st Ave., Sacramento, CA 95818. Filed with the Clerk of Sacramento County on December 10, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-09891. Vertical Horizons Travel LLC, 102 Russler Lane, Folsom, CA 95630 is doing business under the Fictitious Business Name "Vertical Horizons Travel LLC" at 102 Russler Lane, Folsom, CA 95630. Filed with the Clerk of Sacramento County on December 24, 2013.

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00154795. WHEREAS, Michael Edmund McGowan has filed a petition with this court for a decree changing the name of Michael Edmund McGowan to Meghan Elizabeth McGowan.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on February 4, 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.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00155263. WHEREAS, David Joseph Howard has filed a petition with this court for a decree changing the name of David Joseph Howard to Grey L. Farran.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on February 13, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00155255. WHEREAS, Jack Ngoc Phan has filed a petition with this court for a decree changing the name of Jack Ngoc Phan to Ba Ngoc Phan.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on February 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.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00155256. WHEREAS, Tye Joseph Harrington has filed a petition with this court for a decree changing the name of Tye Joseph Harrington to Tye Joseph Babayak.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on February 11, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00154783. WHEREAS, Abdul Rehman Muhammad has filed a petition with this court for a decree changing the name of Abdul Rehman Muhammad to Roy Clark.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on February 4, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

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

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

#34-2013-00155236. WHEREAS, Faun O'Neal has filed a petition with this court for a decree changing the names of Anndrea Lily Try to Anndrea Lily O'Neal and Dru Joseph Try to Dru Joseph O'Neal.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on February 10, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00155263. WHEREAS, David Joseph Howard has filed a petition with this court for a decree changing the name of David Joseph Howard to Grey L. Farran.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on February 13, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00155239. WHEREAS, Steven Alexander Osborne has filed a petition with this court for a decree changing the name of Steven Alexander Osborne to Steven Alexander Morse.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on February 10, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00156281. WHEREAS, Tiffany Tothanh Nguyen has filed a petition with this court for a decree changing the name of Tiffany Tothanh Nguyen to Tiffany Thanh To.

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

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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00156230. WHEREAS, Savannah Angelika Meyer has filed a petition with this court for a decree changing the name of Savannah Angelika Meyer to Max Andeo Meyer.

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

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

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

#34-2013-00156293. WHEREAS, Habid Alejandro Barrios has filed a petition with this court for a decree changing the name of Habid Alejandro Barrios to Alejandro H. Barrios.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on February 26, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00156238. WHEREAS, Justin Smpardos Price has filed a petition with this court for a decree changing the name of Justin Smpardos Price to Jamie Louise Smpardos-Price.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on February 21, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00156220. WHEREAS, Sheriff Wageh Louis Said has filed a petition with this court for a decree changing the name of Sheriff Wageh Louis Said to Sheriff Wageh Louis.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on February 20, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

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

PETITION TO ADMINISTER ESTATE NOTICE OF PETITION TO ADMINISTER ESTATE OF LEWIS D. PARTRIDGE (deceased) ESTATE NO. 34-201300155180.

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of LEWIS D. PARTRIDGE, aka LEWIS DEAN PARTRIDGE (deceased): A petition for probate has been filed by CAROL J. WEIDA in the Superior Court of California, County of Sacramento, requesting that CAROL J. WEIDA be appointed as personal representative to administer the estate of the decedent.

The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A hearing on the petition will be held in this court as follows: February 20, 2014, 9:00 a.m. in Dept. No. 129, at William R. Ridgeway Family Relations, 3341 Power Inn Road, Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

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

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the attorney for the petitioner is: Gary G. Perry, Esq., 2251 Fair Oaks Boulevard, Suite 200, Sacramento, CA 95825

Publish: January 8, 16, 23, 30, February 6, 2014. PARTRIDGE 140105 01-30-14

PUBLICATION OF SUMMONS

SUPERIOR COURT OF THE STATE OF CALIFORNIA COUNTY OF SACRAMENTO ORDER AFTER EX PARTE APPLICATION FOR PUBLICATION OF SUMMONS CASE NO. 13 FL06308 NOTICE TO RESPONDENT: XIAO YONG YOU ARE BEING SUED BY PETITIONER: VICKI MANIVONG

You have 30 Calendar Days after this Summons and Petition are served on you to file a response (form FL-120 or FL-123) at this court and have a copy served on the petitioner. A letter or phone call will not protect you. If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. If you cannot pay the filing fee, ask the clerk for a fee waiver form.

If you want legal advice, contact a lawyer immediately. You can get information about finding lawyers at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), at the California Legal Services web site (www.lawhelpcalifornia.org), or by contacting your local Court Bar Association. The name and address of the court is: Superior Court of California, County of Sacramento, 3341 Power Inn Road, Sacramento, CA 95826

The name, address, and telephone number of petitioner's attorney, or petitioner without an attorney, is: Vicki Manivong, 43 Arcade Blvd., No. D, Sacramento, CA 95818 Dated: November 4, 2013 Publish: January 16, 23, 30, February 6, 2014 MANIVONG 140201 02-06-14

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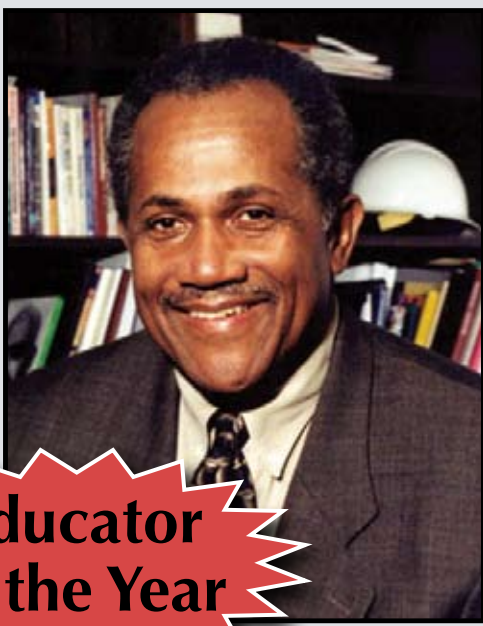


# TO HONOR AND SUPPORT OUR COMMUNITY LEADERS



**Person of the Year**

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



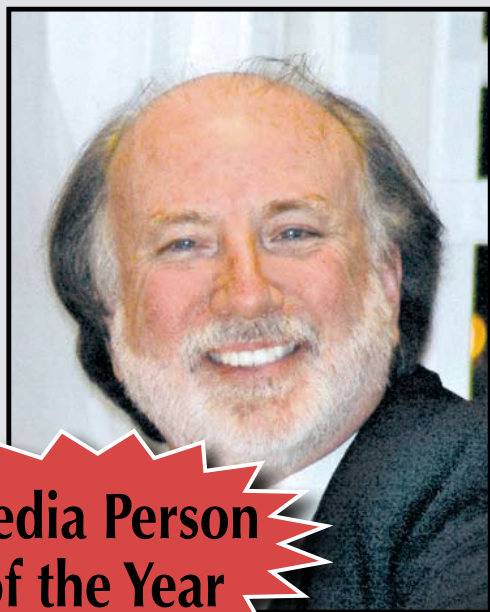
**Educator of the Year**

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



**Business of the Year**

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



**Media Person of the Year**

*Messenger Publishing*  
**Paul Scholl**

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

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

**Celebrated Friday, January 24**  
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**La Sierra Community Center**  
**5325 Engle Road, Carmichael**

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Reserve your seat today!***

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**Admission includes  
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or call (916) 481-1002 (to use Visa or Mastercard);  
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6825 Fair Oaks Blvd #100, Carmichael, CA 95608  
Or stop by the office to use credit card,  
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# Arden Dimick Holds Book Sale

## Two-Day Winter Book Sale – January 31 and February 1, 2014 Great Selection of Books!

**SACRAMENTO, CA (MPG)** - The next Friends of Arden-Dimick Library book sale is scheduled for Friday, January 31, 2014, from 1:00 p.m. to 6:00 p.m. and Saturday, February 1, 2014, from 10:00 a.m. to 5:00 p.m. in the Community Room at the Arden-Dimick Library, 891 Watt Avenue. Funds from this sale will be used for local library programs. A huge selection of generously donated books will be offered at incredibly low prices, from 75¢ to \$1.50. This will be an excellent, affordable opportunity for adults and children to stock up on reading materials. The Friends of the Arden-Dimick Library is a volunteer community-based organization. Its dual mission is to advocate for the Library and to provide funding for books, materials, programs and library activities primarily through selling donated books. ★

## Union Gospel Mission Sacramento



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

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Thursday, June 12  
11:30 am to 12:30 pm

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

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

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

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

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

Friday, January 17 • Thursday, March 20  
Friday, May 16  
11:30 am to 12:30 pm

**ELK GROVE MEMORIAL PARK & MORTUARY**  
9189 E. Stockton Boulevard • Elk Grove  
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# SummerPlace Living, a Care Facility



Invited to participate in the groundbreaking are (left to right) Chris Miller, President of FCM Capital Partners; California State Senator Jim Nielsen; and Phil MacDougall, Senior V.P. of Membership, Programs & Events for the Sac. Metro Chamber. The ceremony will take place in front of a large artist's rendering of the completed property. Photo courtesy Heathertron Public Relations

Continued from Page 1

aggressive new venture for the FCM/PDC team to fill the rapidly growing demand for various levels of senior care services in the Western U.S. Today there are over 37.9 million people ages 65 and older in the United States, according to US Census population estimates, and projections estimate that the senior demographic will increase to 53.2 million by 2020. "Clearly there will continue to be a need for more residential housing for seniors in a safe

environment with various levels of emotional and medical support, particularly in the area of memory care," explained Chris Miller, President of FCM Capital Partners. "This is the first of four SummerPlace Assisted Living Centers in the Sacramento area for the FCM/PDC joint venture and will create up to 470 jobs for our region." SummerPlace Living Carmichael will be a 120 unit, 138 bed facility that will help fill some of the massive need for new assisted living facilities

in the U.S. Pricing is competitive with a studio unit starting at \$3,525 per month for assisted living and private memory care units starting at \$5,517 per month. The facility is expected to be completed by 2015 with pre-leasing beginning in late spring, 2014. SummerPlace Living Carmichael will be located at 7411 Fair Oaks Blvd. For more information on SummerPlace Living please visit [www.SummerPlaceLiving.com](http://www.SummerPlaceLiving.com). Source: Atherton Public Relations ★

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# Corporal was Carmichael Birdman

Story and photo by Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** - Houses that Richard "R.D." Williams built were for the birds. His service was for the community. He died late last year after a brief illness.

A corporal at the Sheriff's Carmichael Community Center, his legacy grew from 30 years of police work. But many Carmichael backyards have their own memorials to the popular cop. After retirement, R.D.'s community service turned to whimsical woodwork.

He crafted birdhouses for scores of charity fundraisers. R.D.'s bespoke roosts raised avian living standards. His most popular perch was a log cabin model. His "mission house" version sported belfry and cross. "I build them, my wife Patricia decorates them," he explained. The couple also customized: when the Chamber of Commerce hosted a conservative radio host, the guest received a "KFBK War Room" birdhouse - topped with a camouflage helicopter. Hugely tickled, the broadcaster declared it "perfect for a psychotic canary."

"I started making things at 10 years old," said the builder. "In my teens, my dad was friendly with police officers, so that's what I wanted to be." R.D.'s career path nevertheless

meandered via the Air Force and through years in cabinet-making before his youthful goal was reached. He was over 40 years old - the oldest in his recruit class -- when he entered sheriff training

Recalled Patricia, his wife of 48 years: "He worked in the jail; he worked with youth; he enjoyed any job the department gave him." When Sheriff Lou Blanas established the Carmichael Teen Center - an after-school refuge for at risk youth - R. D. gave his big heart to the project.

"He urged other deputies to get involved," recalls Teen Center Director Joyce Arredondo Carroll. "At our Heart of a Hero fundraiser, he helped serve food. He might have looked like a gruff old guy but the kids all loved him. He was like a grandpa. He wanted the teens' lives to be enriched so they would succeed."

Williams was assigned to Problem Oriented Policing at the Sheriff's Service Center in Crestview Shopping Center, Carmichael. His supervisor, retired Sergeant Bob Erickson, calls the corporal's commitment to community unmatched. "He'd climb into an attic or a crawl space to find a bad guy," says Erickson. "But he was a gentle giant with children. He wasn't just a cop, he was the kindest guy anyone could work with."

When service center staffers

organized potluck socials, a call went out for raffle prizes. "I started making birdhouses," remembered R.D. "It was something I could do quickly. People seemed to like them."

As did the local bird population. He and Patricia also supported wildlife on their 20-acre property near Roseville. "We had 14 ducks eating breakfast with us one day," boasted their host. "I made a dozen bird houses for our hitching rail. By the time they were bolted on, sparrows were already nesting there."

Even in retirement, the birdman/lawman was never quite done with bad guys. "One day, a Mercedes pulled up," he recalled. "A hunter with a rifle climbed the fence into our property. My wife and I yelled: 'you shoot a pheasant; we'll shoot your tires!' We didn't see him again."

"Rich knew as much about the law as any lawyer," said Patricia Williams. "And he was the fairest police officer I knew. He also loved nature. With all the building out here, wild creatures have less and less places to go. We turned our property into a sanctuary for them."

"Rich wasn't able to get out much during his illness. He would sit on our back porch and watch birds and squirrels enjoying his feeders. It comforted him to know he was still helping others." ★



Richard "R.D." Williams gave Sacramento Sheriff John McGinness a jailhouse birdhouse in 2007. Williams served the Sheriff's Carmichael Service Center and was famed for birdhouses he donated to non-profit raffles. The retired corporal died recently.

## Sharon Passes

One of Israel's Greatest Generals: Ariel Sharon Dies at Age 85

Commentary from WeStandWithIsrael.org

At the age of 85 Ariel Sharon, one of Israel's greatest generals, has passed away. The former Prime Minister of Israel spent 8 years in a coma after suffering a stroke, but is now finally at peace.

As we say goodbye to one of Israel's strongest leaders and most ardent defenders, we look back on his life of service and hold up Sharon as a man who understood that peace comes through strength and an unshakable determination to defend your homeland and the people in it.

Sharon was a true warrior. He took part in the Israeli War for Independence when they were attacked on all sides by Egypt, Jordan, Iraq, Syria and Lebanon as well as fighters from all around the Arab world who came to destroy Israel in their first days as a new nation.

After independence, he distinguished himself further through

many military operations and shadow operations carried out between various belligerents until the outbreak of the Six Day War in 1967 when Sharon led his armored battalion that broke through the Egyptian lines with his aggressive tank tactics that humiliated the Egyptian military.

Sharon became commander of the IDF (Israeli Defense Force) Southern Command and his military tactics were studied and taught by US war colleges.

Israel was once again attacked in 1973. The Yom Kippur War launched October 6th, 1973 by Egypt and Syria caught Israel by surprise and almost destroyed them. Sharon came back to the military and led his armored division once again to the Sinai Desert and together with other capable Israeli commanders encircled the Egyptian third army and broke their defenses again. Israel tanks rushed through the desert and were within 100 km of Cairo before the Egyptians surrendered. Sharon's

military brilliance had become legend.

Sharon was elected Prime Minister in 2001. He suffered a stroke in 2005 and after a long series of surgeries and other mounting health problems he became incapacitated in 2006 and was unable to continue leadership and was succeeded by Ehud Olmert in April of 2006. After 8 years in a coma Sharon died January 11th, 2014.

The legacy he left behind is one of strength. Sharon embodied the indomitable courage that has defined the Israelis for thousands of years. Constantly surrounded by hostile enemies and always in a war for survival, the Israelis have survived only through their unconquerable spirit.

As Americans, we can learn from the example of Sharon as he believed the only way to ensure peace and security for his people was to always maintain a strong military and always be prepared to defend your country. ★

## California's Infant Mortality Rate Continues to Decline, But Disparities Persist

CDPH Special Report

**SACRAMENTO, CA (MPG)** - California's infant mortality rate (IMR) has reached a record low, announced Dr. Ron Chapman, state health officer and director of the California Department of Public Health (CDPH). In 2012, California's IMR was 4.5 infant deaths per 1,000 live births, lower than the rate of 4.8 in 2011.

Infant mortality is defined as the number of deaths in infants less than one year of age. In 2012, there were 503,788 births in California and 2,247 infants died that year. The leading cause of infant death in 2012 was congenital malformations, followed by short gestation and low birth weight.

"Optimal infant health outcomes are influenced by a woman's health even before she becomes pregnant, including avoidance of tobacco, alcohol and drugs, maintaining a healthy weight, and taking folic acid supplements," said Chapman. "Early entry into

prenatal care, genetic testing to identify health risks at birth, breastfeeding, childhood immunizations, and continuing proper nutrition through a baby's developing years all contribute to improving infant health outcomes."

While the African American Infant Mortality Rate decreased from 10.5 infant deaths per 1,000 live births in 2011 to 9.8 in 2012, racial/ethnic disparities in infant mortality persist. African American infant deaths occurred 2.6 times more frequently than Caucasian infant deaths in 2012. The Caucasian Infant Mortality Rate decreased from 4.1 infant deaths per 1,000 live births in 2011 to 3.8 in 2012. The Hispanic Infant Mortality Rate also decreased from 4.9 infant deaths per 1,000 live births in 2011 to 4.7 in 2012.

According to the most recent national statistics, California accounts for approximately one in every eight births nationally. In 2010, California had the seventh lowest Infant Mortality Rate

among all 50 states and the lowest Infant Mortality Rate among the ten states with the largest number of births. The most recent (2011) national Infant Mortality Rate is 6.05 infant deaths per 1,000 live births.

Many CDPH programs and initiatives target reduction of infant mortality. For more information on these programs, as well as resources for pregnant women or women who are considering pregnancy, please visit [www.cdph.ca.gov](http://www.cdph.ca.gov) and search these topics:

- Maternal, Child and Adolescent Health Program
- Maternal health before, during and after pregnancy
- Genetic Disease Screening Program
- Nutrition needs for pregnant women, nursing women and infants
- Immunization needs of pregnant women and infants ★

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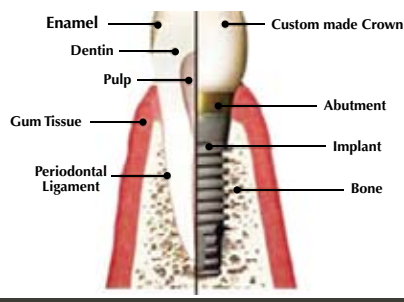


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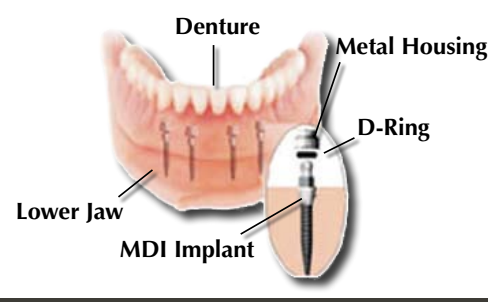
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