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Carmichael Times

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January 8, 2014

Over 50 And Functionally Fit



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Park Master Plan Workshops Continue



A need for structured walking and jogging trails has been voiced among suggestions for Carmichael Park improvement. Pictured: Susan Powers and sister Julie Pointer carve their own route through redwoods in the reserve. Photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Following a December workshop, two public meetings are scheduled to consider upgrades for Carmichael's most central park.

"For 69 years, Carmichael Park has been the area's best known and most used reserve," says Carmichael Park District administrator

Tarry Smith. "It serves over 51,000 residents. Yet its potential as a community resource has not been fully realized."

The park does not lack useful features: a concert shell, tennis courts, baseball fields, playgrounds, disc golf circuit and dog enclosures ensure constant public use. But its

42 acres (apple orchards until the 1940s) suffer the malaise of much of unincorporated Sacramento - insufficient planning. Complained a workshop attendee: "For years, amenities were just flung in - any place they fitted. We've ended up with a

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Thefts Dismay Nature Area Volunteers

By Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Hallowed Carmichael turf has been defiled for the second time in 12 months.

Over the New Year holiday, thieves broke into a storage facility at the Earl J. Koobs Nature Area. More than \$5,000 worth of equipment used by maintenance volunteers was stolen.

Located off Engle Road near the La Sierra Community Center, the five-acre preserve is held in educational trust by San Juan School District. It serves as an outdoor classroom for nature study. The area also houses one of the first Vietnam War memorials erected in the USA. Here each November 11, the community honors La Sierra High School alumni who fell during a conflict that deeply scarred local families. The surrounding reserve is named for WW II veteran Earl J. Koobs, a former La Sierra science teacher who helped establish the reserve and its monument.

Volunteers maintain the area. Their donated equipment was

stored in the burgled storage shed. Missing items include: a Cub Cadet riding lawn mower; a Billy Goat Outback mower; a Ryobi weed whacker. A \$2000 power generator was stolen from the locked shed last April.

"We've had break-ins, vandalism, graffiti and illegal dumping over the past 12 months," said Nature Area volunteer Linda Jones. "After our generator was taken, a sheriff's officer showed us how to make the shed more secure. The New Year intruders completely removed our massive sliding door. Carmichael Park staffers called me when they found the Nature Area gate cut open. Our shed door was completely off. Tools were strewn all over. The thieves were selective in what they took."

Sheriff and CSI officers have combed the site and investigation is ongoing. In the meantime, Jones and Nature Area volunteers - including Kiwanis and Boy Scout members -- are desperate to replace the stolen equipment. "This place was established by students for the children of our community," said



Earl J. Koobs (94) pictured driving the lawn mower that was among equipment stolen from the Earl J. Koobs Nature Area over the New Year break. Photo courtesy Linda Jones.

Jones. "The thieves stole from those children. Our most important and valuable equipment is gone. What is a nature area without mowers? This shed's been protecting our tools 30 for years without a problem. It's heartbreaking to think that a lock is

no longer adequate."

Help to replace the stolen Nature Area equipment is welcomed and donations are tax deductible. For information, call Linda Jones at (916) 944-2393. ★

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 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.

Continued on Page 2



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THE SACRAMENTO BEE
November 22, 2013

Welcome to my Chamber Carmichael Group Elects 2014 Officers



The 2014 Carmichael Chamber of Commerce board of directors was sworn into office in at a December members' luncheon.

Story and Photos by
Susan Maxwell Skinner

A recent Carmichael Chamber of Commerce meeting saw the torch of leadership passed.

Chris Meyer stepped down after three years as president. The funeral director (Lind Brother Mortuary) was presented with an ornamental gavel and plaque. His service equaled a record by only one previous officer -- the late Bonnie Berns. Retiring Meyer praised his fellow chambers directors and honored First Bank executive Connie Aaron as his successor.

Honorary Carmichael Mayor Esteban Nava also relinquished his post. Twice elected for his fundraising efforts, the SMUD executive assumed a high community profile for two mayoral terms. Nava handed the chains to Virginia Stone (Atria Carmichael Oaks), who won office after a keenly fought 2013 campaign.

A new chamber board was sworn in. 2014 directors are: Connie Aaron, Cathy Snow, Gary Andersen, Barbara Safford, Tracy Kerth, Virginia Stone, Linda Melody, Cliff Leiker, Lauren Gardner and Anissa Routon. Learn more about the Carmichael Chamber of Commerce at www.carmichaelchamber.com



Presidential conclave. Retiring Chamber President Chris Meyer (center) was flanked by incoming President Connie Aaron (second right) and former Presidents Gary Anderson and Susan Skinner.



Heavy medal band. Two-term Mayor Esteban Nava congratulated his 2014 successor, Virginia Stone.

CARMICHAEL COMMUNITY UPDATE



By County Supervisor
Susan Peters

Through the generosity of The Carmichael Times this column serves to provide an update about matters affecting the unincorporated community of Carmichael.

Help Honor Community Leaders

Please join me this month when the Carmichael Chamber of Commerce recognizes four distinguished community leaders at its annual awards banquet on Friday, January 24, with a portion of the proceeds raised to assist the Sheriff's Community Impact Program benefitting at risk youth.

Person of the Year honors

will go to District Attorney Jan Scully, who is now concluding her final term in office. Also being honored is Dr. General Davie, former superintendent of the San Juan Unified School District, as the Educator of the Year. Don and Marie Hall, the founders of Be Money Smart USA who spearheaded the popular Carmichael Farmers Market, will be awarded Business of the Year. And Paul Scholl who publishes the Carmichael Times and the American River Messenger, will be honored as the Media Person of the Year.

For ticket information, please call the Chamber at 481-1002 or visit carmichaelchamber.com.

Sheriff Community Meetings

The Sheriff's Department holds regular community meetings to share information about trends in crime and recent activities. Please consider starting 2014 by becoming involved in Neighborhood Watch as a way to help keep Carmichael safe by attending the next community meeting. It will be held on Tuesday, January 21, 6 pm, at the Del Campo High School Library, 4925 Dewey Drive.

Community Coffee Meeting

For the past several years I have been hosting community coffee meetings with interesting speakers and the series for 2014 kicks-off at 7:30 am on Wednesday, January 15, in nearby Fair Oaks. We will meet at the Fair Oaks Water District's conference room, 10326 Fair Oaks Blvd. near Winding Way. That morning's topic will be the state of our local water supply presented by the San Juan Water District. I hope you can attend. Coffee will be provided.

Ideas for Carmichael Park

Help shape the future of Carmichael Park by participating in the upcoming planning process to develop a park master plan.

The Carmichael Recreation and Park District will be hosting a "Community Workshop" at the Carmichael Park Clubhouse on Saturday, January 11, from 10 am to 12 pm. For more information visit carmichaelpark.com or call the park district at 485-5322. ★

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susanpeeters@saccounty.net.

Registration Opens for Nature Bowl Science and Conservation Competition

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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/. ★

Source: California Department of Fish and Wildlife News Release



Announcements & Events

PARK REC AND EAT IT FOOD TRUCK NIGHT

Thursday, January 9, 5-8pm

Front of Carmichael Park, 5750 Grant Avenue

Come to the PARK * REcreate with family and friends

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CARMICHAEL PARK MASTER PLAN PUBLIC MEETING

Be a part of the process and share your ideas for changes!

Saturday, January 11 from 10am-Noon

Held at the Carmichael Park Clubhouse.

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

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Over 50 and Functionally Fit

By Linda Harper

SACRAMENTO REGION, CA (MPG) - A brisk walk to the corner and back, riding a bicycle and Dance Aerobics are all good forms of exercise for those 50 years old and beyond. That is, unless you suffer from the tremors of Parkinson's Disease, the instability associated with Multiple Sclerosis, or the immobility that accompanies Arthritis, Obesity and a multitude of other Neurologic and Orthopedic conditions.

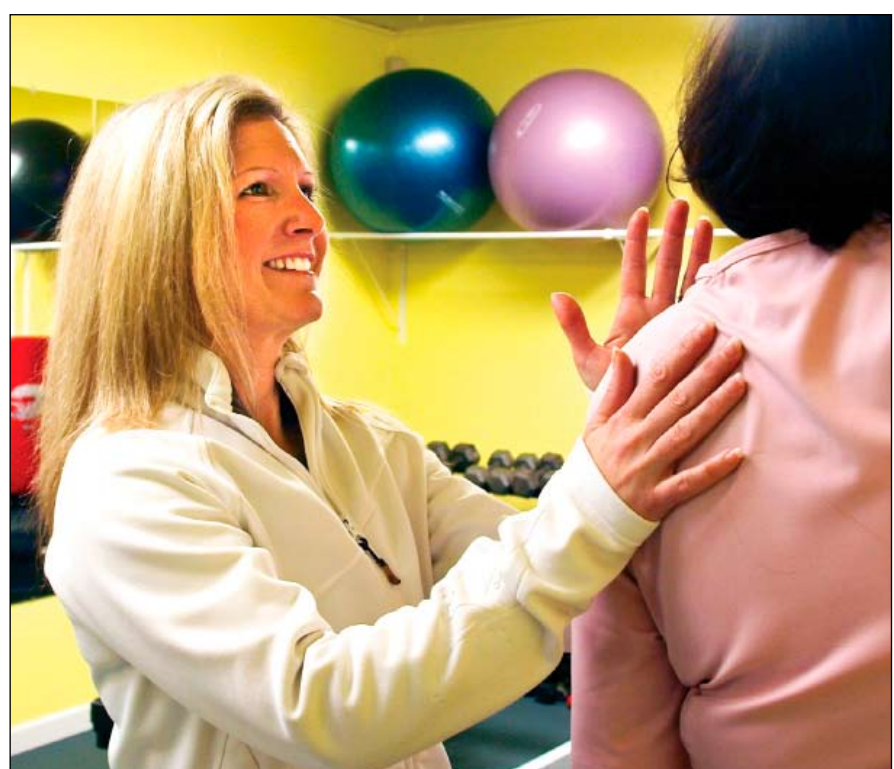
For older people who have these afflictions, life as they knew it can seem lost and unattainable. For those with balance difficulties, the simple act of walking across a room can be terrifying, for fear of falling. Taking a tumble can be life threatening for a senior who can't get up on their own, or someone who suffers broken bones and even worse. According to several research organizations, there's been a staggering increase in Neurological diseases in seniors over the last two decades. There have also been hopeful breakthroughs in the creation of new drugs, more accurate treatments and the development of programs to provide symptom management.

Although there is no cure for many current Neurological diseases plaguing our aging communities, one positive goal is keeping older people with special needs successfully independent and out of the "old folks home," so to speak. Pam Markee, owner of Markee Personal Trainer (MPT), is determined to help as many seniors as she can to experience a happy, self-reliant life.

From the outside of MPT, a private studio located at 5250 Date Ave. Ste B, Sacramento, you can't tell that inside, people's lives are changing for the better, one movement at a time. Pam and her assistant, Lanell Martinez, lead their students in balance exercises and strength activities, individually designed to achieve flexibility and functionality. The ultimate outcome for seniors participating in a program at MPT, is to regain the ability to take care of themselves. No two programs are alike because everyone has different needs. Classes are private and focused. Pam's professionalism, and her sensitivity to each pupil's situation can be attributed to her caring nature, and her extensive specialized education and experience. She's worked as a Personal Trainer and



Markee recognizes that embarking on a path to independence for those who are trapped by their body's inability to move fluidly, can be very challenging. Photo by Paul Scholl



From the outside of MPT, a private studio located at 5250 Date Ave. Ste B, Sacramento, you can't tell that inside, people's lives are changing for the better, one movement at a time. Photo by Susan Maxwell Skinner

Nutrition Consultant for over 20 years. Markee and her assistant are CAFS certified through the Internationally acclaimed Gray Institute of Functional Training, a school of Applied Functional Science. The instruction they received has allowed them the ability to bridge the gap between Physical Therapy and Personal Training. They consider themselves "Movement Practitioners."

Markee recognizes that embarking on a path to independence for those who are trapped by their body's inability to move fluidly, can be very challenging. The sessions she designs for her clients are as individual as their symptoms are. A course of physical exercises is distinguished by the overall needs of each person. Some people require anonymity for one reason or another, so privacy is a key factor in all classes. Pam evaluates every new person who comes to her studio. She takes into consideration

their personal situation and goals, then develops a plan which includes exercises, lifestyle coaching and nutrition awareness. Creating an avenue for overall well-being is what Pam Markee strives to accomplish for each senior who comes to her for help. She feels a sense of pride for every client who meets their goals and regains their self-confidence, integral steps to gaining independence. Pam's unique approach to Personal Training was recently featured on "Good Day Sacramento."

A program at MPT is affordable and comprehensive. The studio is also open to those without Neurological problems, who want to achieve good health through personal training. To make an appointment with Pam Markee for an evaluation and tour of her studio, call (916) 704-4330. For more information log on to www.markeepersonaltraining.com. ★



A program at MPT is affordable and comprehensive. The studio is also open to those without Neurological problems, who want to achieve good health through personal training. Photo by Paul Scholl

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CDPH Warns Not to Eat The Cultured Kitchen's Cashew Cheese Products Due to Health Risk

SACRAMENTO, CA (MPG) - California Department of Public Health (CDPH) Director and State Health Officer Dr. Ron Chapman today warned people not to eat cashew cheese products manufactured by The Cultured Kitchen because they may be contaminated with Salmonella. Fifteen cases of illnesses have been reported in the Western United States, with twelve of the cases occurring in California. Three patients have been hospitalized and no deaths have been reported.

The Cultured Kitchen of West Sacramento, California has initiated a voluntary recall of all flavors of its cashew cheese products with expiration dates on or before April 19, 2014, due to the risk of contamination

with Salmonella. The products were sold in natural food stores throughout Northern California and Northern Nevada, and at farmers markets in Sacramento County.

The cashew cheese products were sold in eight-ounce plastic containers in the following flavors: Herb, smoked cheddar, pepper jack, habanero cilantro lime, basil pesto and white cheddar. Photos of the recalled product labels are on the CDPH website.

While the cashew cheese products are no longer being sold at retail facilities, CDPH is concerned that consumers may still have some of these products in their homes. Consumers in possession of these recalled products should discard them or

return them to the place of purchase for a refund.

Symptoms of Salmonella infection include fever, abdominal cramps and diarrhea, which may be bloody. Most infected people recover within a week; however, some may develop complications and require hospitalization. Infants, the elderly and people with weakened immune systems are at highest risk for severe illness.

Consumers experiencing any ill effects after eating these products should consult their health care provider. Consumers that observe the product being sold should call CDPH's toll-free complaint line at (800) 495-3232. ★

Singles Winter Wonderland Dance Saturday, January 18 at Liberty Towers

SACRAMENTO REGION, CA (MPG) - Christian Singles Network, northern California's largest and oldest Christian singles group, will host a Winter Wonderland Dance for Single adults Saturday, January 18 at Liberty Towers Church, 5132 Elkhorn Blvd., Sacramento. Dance teacher Richard Kowaleski teaches the Night Club 2 Step at 7 PM. DJ John Maricich plays all types of dance music 8-11:30 PM. All ages are welcome.

Doors open at 6:45 PM. For more information call 530-878-8606 A mix of rock and roll, ballroom, Latin, country and Christian music is played at all dances. Dress is nicer casual.

The ticket price of \$15 presale or \$20 at the door includes hors d'oeuvres and desserts, non-alcohol beverages and the dance lesson. Volunteers attend free. Dance tickets are available on line at www.christiansinglesnet.com, Singles at Destiny Church in Rocklin, and by mail to CSN, P.O. Box 909, Meadow Vista, CA 95722.

The group has sponsored retreats, cruises, seminars, concerts, weekly dinners and monthly dances the past 21 years. Membership is not necessary to attend, although members get a \$5 discount at the door. All ages are welcome, though most people are 40 and up. CSN dances draw

singles from the Sacramento, the foothills, and beyond to Reno and the Bay Area.

To receive more information about activities, or directions call the 530-878-8606. or the dance 24 hour event line at 916-658-0606. The website, www.christiansinglesnet.com, includes directions to the dance as well as information about upcoming event. Two special events take place in February - a Valentines dance February 8 at the same location, and a Valentine's dinner with dance Sunday, February 16, at the Old Spaghetti Factory in Roseville. ★

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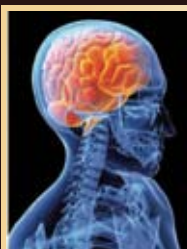
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DMV Reminds Motorists of New 2014 Laws

SACRAMENTO, CA (MPG) - With 2014 just around the corner, the California Department of Motor Vehicles (DMV) is reminding motorists of some of the new laws that will become effective in the new year. The following laws go into effect on January 1, 2014, unless otherwise noted.

Bicycles: Passing Distance. AB 1371 (Bradford), known as the Three Feet for Safety Act, will require a motor vehicle driver passing a bicycle that is proceeding in the same direction to pass with no less than 3 feet between any part of the vehicle and any part of the bicycle or driver. When three feet is not possible, the motor vehicle must slow to a reasonable and prudent speed and only pass when no danger is present to the bicyclist. Failing to do so can incur a fine, regardless of a collision or not. This law will take effect September 16, 2014.

Clean Air Vehicle Decals / "HOV Stickers." AB 266 (Yee) and SB 286 (Blumefield), together extend sunset dates for low emission, zero emission vehicles to operate in high occupancy vehicle lanes (HOV) without meeting occupancy requirements to January 1, 2019.

Commercial Driver's License. AB 1047 (Linder) will allow the DMV to conduct the commercial drive test for the holder of an out-of-state commercial learner's permit. The department would electronically transfer the information to the motor vehicle department in the applicant's state of residence. AB 1047 also modifies the license class definitions to require a driver operating a bus weighing more than 26,000 pounds to hold a commercial Class B license and a driver operating a bus weighing 26,000 pounds or less to hold a commercial Class C license.

DMV Vehicle Registration Pilot Program. SB 806 (Hueso) authorizes DMV to establish a pilot program to evaluate the use of alternatives to stickers, tabs, license plates, and registration cards, subject to certain requirements. It will also enable the DMV to experiment with electronic license plates, as well as facilitate DMV's ability to explore cost-effective alternatives to California's traditional metal license plate, plastic-coated registration stickers, and paper registration cards.

Registration and Vehicle Transfers Between Family Members. AB 443 (Lowenthal) prohibits the transfer of ownership of a vehicle to a relative or a revocable living trust until all parking or toll-violation fines and penalties reported to the DMV are paid by the transferee.

Teen Drivers. SB 194 (Galgiani) will prohibit a person who is under 18 years of age from using an electronic wireless communications device to write, send, or read a text-based communication while driving, even if it is equipped with a hands-free device.

Veterans License Plates. AB 244 (Bonilla) Requires the California Department of Veterans Affairs (CalVet) to sponsor a veterans' special interest license plate and requires the DMV to issue the veterans' plate if CalVet meets the current



statutory requirements. This law creates, in addition to the current Honoring Veterans design of the Veteran's Organization Plate, a new program to reissue the Veteran design that was issued prior to January 1, 2010. These plates are available to all vehicle owners. The Department of Veterans Affairs must secure 7,500 pre-paid applications in order for the department to implement this plate program.

Additionally, the Department of Motor Vehicles will begin the process of implementing AB 60 (Alejo)—the new law requiring DMV to issue a driver license to an applicant who is unable to submit satisfactory proof that he/she is legally present in the United States—by drafting new regulations and preparing field offices to process new applications. The new law becomes operative by January 1, 2015. The applicant will be required to meet all other driver license qualifications.

For complete information on chaptered bills enacted in 2013, please refer to the Legislative Counsel website at www.LegInfo.ca.gov.

Save Time, Go Online! Doing business with the DMV has never been easier. The DMV offers an array of services to customers 24 hours a day, 7 days a week through its Website including online advance appointments for written and drive tests; vehicle registration and driver license renewals, selection of personalized license plates, changes of address and payment of fees via secure debit transactions. Customers can also effect transactions by calling DMV customer service at (800) 777-0133. DMV is a department under the California State Transportation Agency (CalSTA). ★

Kitchen Fire Destroys 1 Unit of a Duplex on El Camino Avenue

SACRAMENTO REGION, CA (MPG) - Just after 10:00 pm crews from Metro Fire were dispatched for a report of a kitchen fire at 3625 El Camino Avenue in Sacramento County. The arriving Battalion Chief immediately made crews aware of a working fire in one half of a duplex at this location.

Within moments, crews from Metro Fire were on the scene reporting the unit as not occupied and began a coordinated fire attack along with a primary search of both units to assure no citizens were in harms way. While the one unit was completely involved in fire crews



stretched additional hose to protect the adjacent unit while the primary unit was being extinguished. 20 firefighters were able to control the fire quickly and conduct further overhaul operations to limit smoke and water damage.

No citizens or firefighters were injured as a result of this

incident. 5 people were displaced due to this fire. The fire was reported to be caused by cooking which further highlights the need to remain particularly vigilant when preparing meals.

In 2011, cooking was involved in an estimated 156,300 home structure fires that were reported to U.S. fire departments. These fires caused 470 deaths, 5,390 injuries and \$1.0 billion in direct property damage. Cooking caused 43% of reported home fires, 16% of home fire deaths, 38% of home fire injuries, and 12% of the direct property damage in home fires in 2011. ★

Christmas Night Garage Fire at 3430 Edison

SACRAMENTO REGION, CA (MPG) - At approximately 6:31 this evening, Metro Fire crews responded to a house fire at 3430 Edison. When crews arrived they found smoke coming from all doors and windows of the small single story home. Crews immediately entered the home to search out, and begin attacking the fire. Meanwhile, other crews searched the home to make sure all of the occupants were safe.

Twenty-seven firefighters engaged in fire attack. The main

part of the fire was found in to be in the garage which made its way into the attic above the living space. Due to quick actions of these firefighters, there was no actual fire damage to the living space of the home. It is estimated that the loss was around \$125,000 however, through the firefighters efforts they saved most of the personal belongs, estimated to be \$200,000.

Fortunately there were no injuries to either the occupants or firefighter's in the blaze.

Metro Fire's, Fire Investigation Unit determined that the cause of the fire to be overheated electrical extension cord.

Metro fire would like to remind you that extension cords are not designed to be used in place of permanent wiring. If you are going to use an extension for short term use, then you need to make sure that the correct size of wiring on the extension cord is being utilized for the tool being used. ★

Gethsemane Lutheran Church
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"One day we must come to see that peace is not merely a distant goal that we seek, but that it is a means by which we arrive at that goal. We must pursue peaceful ends through peaceful means." - Rev. Dr. Martin Luther King, Jr.

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Saturday 1-11-14
 Movie 6:30 p.m. "As it is Heaven"

Sunday 1-12-14
 Worship 10:00 a.m.
 "The Myth of Redemptive Violence"
 Adult Forum 11:30 a.m.
 "On Domestic Violence"

Sunday 1-19-14
 Worship 10:00 a.m.
 Gandhi - King - Mandela
 "Non-Violence and Peace through Justice"

Senator Gaines Introduces Legislation To Cancel Fire Tax For Victims Of Natural Disasters

SACRAMENTO REGION, CA (MPG) - In his continued efforts to fight against the illegal fire tax, Senator Ted Gaines (R-Roseville) introduced on January 6th legislation that would exempt anyone who has lost a home to a wildfire or other natural disaster from paying the tax.

"I don't want insult added to injury," said Senator Gaines. "The state should be helping families who have lost everything in these catastrophes, not billing them for homes that no longer exist."

Senate Bill 832 would cancel the "fire tax" for anyone who owns a property within a State Responsibility Area (SRA) that has been destroyed, or significantly damaged, as a result of a natural disaster.

The fire tax is an annual levy imposed on the owners of more than 800,000 properties in the state that are within the boundaries of SRA. According to census and Cal Fire data, Senator Gaines' largely rural district includes roughly 20-percent or approximately 160,000 of the



Senator Ted Gaines

properties whose owners are subject to the fee.

SB 832 was inspired by the Clover Fire that burned more than 8,000 acres southwest of Redding last fall. According to Cal Fire, 68 residences and 128 outbuildings were destroyed; 5 residences and 10 outbuildings were damaged as well. The effects of this fire will be felt by the residents for years to come and Gaines does not want them billed.

"I have fought this illegal tax at every turn. I have been saying that

it will do nothing to keep people and property safe and the recent Clover Fire was further proof," said Senator Gaines. "This bill will make it clear going forward that if you lose your home to a wildfire, you won't owe the tax. It's that simple."

Senator Gaines has been a leading critic of the tax and introduced numerous pieces of legislation last year that attempted to provide relief for rural Californians. Unfortunately, none were successful, but this is a clear-cut case, according to the Senator, "This is not politics, it's common sense. The tax is levied on habitable structures. These homeowners wish that's what they still had."

Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra and Siskiyou counties. ★

Sacramento County DA Reports

Recent cases of interest



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.

CASE: Angelique Jones (01/03/14)

PROSECUTOR: Deputy District Attorney Alan Hengel, Insurance Fraud Unit

District Attorney Jan Scully announced today that 21-year-old Angelique Jones was sentenced to 300 days in the county jail and placed on 5 years formal probation after pleading to a felony violation of insurance fraud. Jones and co-defendants Susan Lee, Kristel Marquez, and Angela Medeiros decided to stage an accident using a rented U-Haul truck in order to fraudulently collect insurance monies from UHaul's vehicle insurance carrier.

On December 12, 2011, Medeiros rented a U-Haul truck and purposely collided with Lee's car that was also occupied by Jones and Marquez. Shortly after, all the defendants filed bodily injury claims with U-Haul's insurance company. When questioned by the insurance company, Medeiros denied knowing any of the occupants in the car and all of the occupants denied knowing Medeiros.

The California Department of Insurance investigated this matter and discovered through the defendants' Facebook listings that Medeiros was Jones' mother and Lee's and Marquez's mother-in-law. Jones' co-defendants previously pled to a felony violation of insurance fraud and each was sentenced to 180 days in the county jail and placed on 5 years felony probation.

CASE: Daniel Weddle (12/20/13)

PROSECUTOR: Deputy District Attorney Aaron Miller, Career Criminal Prosecution Unit

District Attorney Jan Scully announced today that the Honorable Cheryl Chun Meegan sentenced 50-year-old Daniel Weddle to 60 years to life in prison. On November 20, 2013, a jury convicted Weddle for the first degree murder of his wife and it was found true that he personally discharged a firearm during the commission of the murder causing death to the victim. Weddle was also convicted of assault with a semiautomatic firearm on the victim's roommate and it was found true that he personally used the same firearm during the commission of the assault.

Roughly six weeks before the December 1, 2011 murder, Weddle moved out of the apartment he shared with his wife because she told him she wanted to end the marriage. Weddle moved back home with his parents. On the day of the murder, he came to the apartment at his wife's request because she had found some belongings were missing. The wife's roommate was also home.

When Weddle saw some of the family law divorce paperwork that his wife had been working on, he became enraged. He retrieved a handgun from the bedroom, returned to the room where his wife was and pointed the gun at the roommate as leverage to force his wife to sit down. He then shot his wife six times, killing her.

CASE: Daniel Hegwood (12/23/13)

PROSECUTOR: Deputy District Attorney Tate Davis, Career Criminal Prosecution Unit

District Attorney Jan Scully announced that the Honorable Richard Sueyoshi sentenced Daniel Hegwood to 22 years and 4 months in state prison. On November 26, 2013, Hegwood pled no contest to felony charges of robbery and terrorist threats.

On February 4, 2012, Hegwood entered a downtown Wells Fargo Bank, approached a teller and an assistant manager, and demanded money from two tills. He claimed that he had a bomb and that innocent people would be hurt unless they gave him the money. After they handed over the money, Hegwood exited the bank and left a bag inside. He was caught several minutes later by Sacramento police officers. After the building was evacuated, the bomb squad determined that Hegwood did not possess an actual bomb.

Hegwood has a criminal history dating back to 2001, including six prior felony convictions of possession of a controlled substance, assault, first degree residential burglary, first degree robbery, and reckless evasion of law enforcement. He has been sent to prison on two prior occasions.

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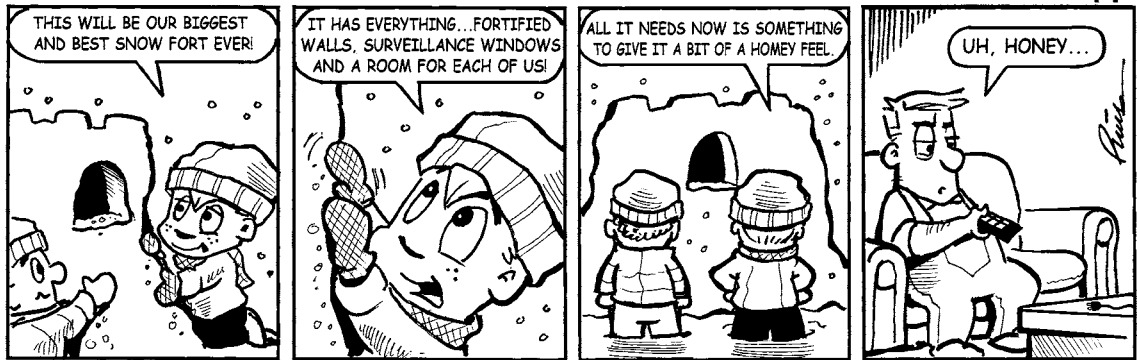
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- Suite K is 1717 SF.
- Penthouse is 779 SF.
- Suite F is 2342 SF. (Coming Available)

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Amber Waves

by Dave T. Phipps



Out on a Limb

by Gary Kop



WHY IT'S NO FUN BEING A PROFESSIONAL SPORT TEAM IN A GHOST TOWN

THEY'LL DO IT EVERY TIME

BY AL SCADUTO

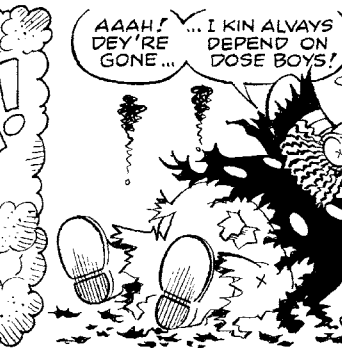
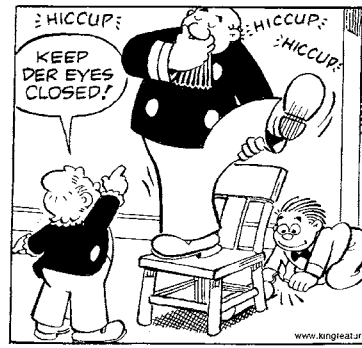
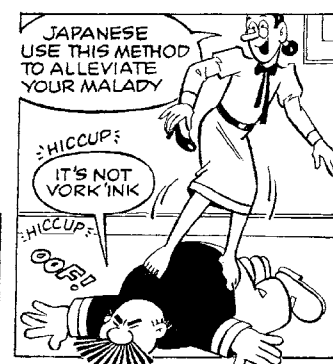
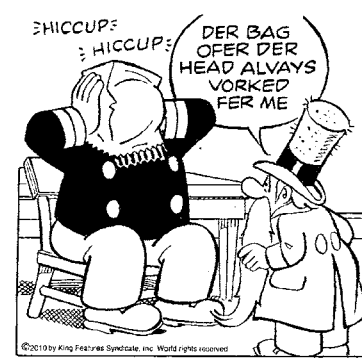


EVER HAPPEN TO YOU? YOU'VE WAITED IN LINE TWENTY MINUTES AND - AT LONG LAST YOU APPROACH THE REGISTER... THAT'S WHEN YOU GET THIS TIMELY ANNOUNCEMENT... PS... SHE JUST WENT THRU THE SAME THING AT THE POST OFFICE.



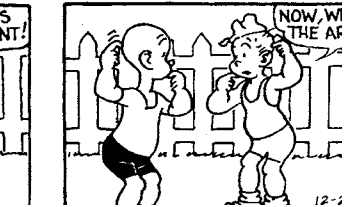
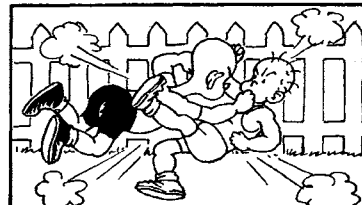
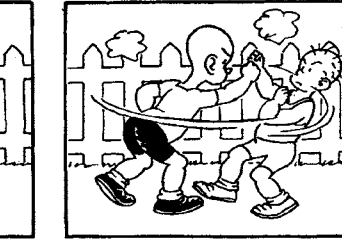
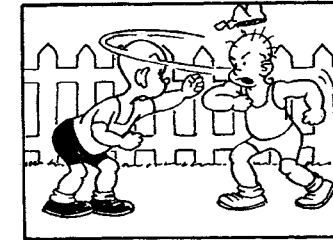
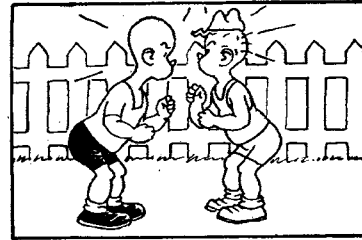
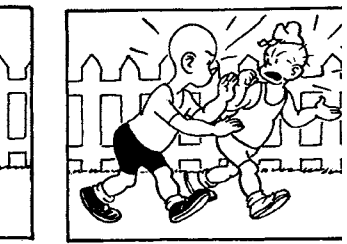
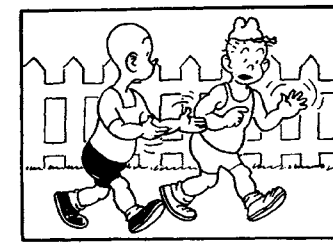
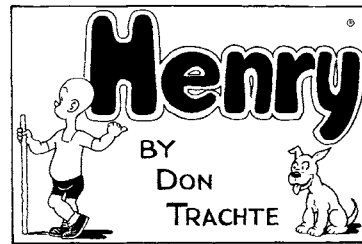
KATZENJAMMER KIDS

BY HY EISI



R.F.D.

by Mike Marland



The Spats

by Jeff Pickering



Effie Yeaw Nature Center
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 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 out amphibians around the globe!

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

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

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

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

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

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 • Gala Reception January 11, 2014 • Live Piano by Larry

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

DIY Made Easier



A stylish way to maximize closet storage can include new shoe racks and shelves.

(NAPSA)—If you're like most people, you've probably spent time wandering the aisles of home improvement stores pining over pending projects and then, feeling overwhelmed, left empty-handed. Do-it-yourself projects, while cost effective, can be a little scary—especially for those who aren't creatively inclined or extremely handy. Luckily, there are many value-boosting projects that can be completed with little home improvement knowledge. With a small budget of no more than \$100 and a little sweat equity, these DIY projects can spruce up your home and make it a cozier place to live.

Curb Appeal

Paint Your Front Door: Costing approximately \$50 to \$100, a fresh pop of color on your door can be a great way to help your home stand out and look appealing.

Landscape: You can freshen up your yard with flowering plants available at home improvement stores for only a few dollars a

plant. New mulch also makes a big statement for a small price.

Interior Details

Refresh Your Bathroom: If a big remodel isn't in the budget, consider updating the faucet hardware. It can be a great way to add personal style to your powder room. Whether the new addition is traditional or modern, this eye-catching update will likely run under \$100.

Maximize Your Storage: Adding storage to the master bedroom and kitchen is not only a good investment, it will save you time and stress down the road. Add useful space to your closet with DIY products such as ClosetMaid® Selectives™. For about \$100, you can add a starter kit or shoe racks. For more storage in your pantry, there's the ClosetMaid 4 Drawer Wire Basket System.

For more information on how to solve your storage and organization dilemmas, you can log on to www.ClosetMaid.com or call (800) 874-0008.

Scent-Sational Ideas Finest Fragrance

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Orange Flower & Lychee recreates the atmosphere of late afternoon in a Moroccan garden, with sun-warmed orange essence and the sweet, floral, lychee aroma.

Nashi Blossom & Pink Grapefruit extracts the soft, floral and fresh scent of the nashi blossom and mingles it with pink grapefruit.

The Vanilla & Cedarwood scent combines smooth, smoky and slightly sweet Uganda vanilla with raw, earthy Virginia cedarwood.

Fig Leaf & Sage combines the fragrance of fig with the scent of the air beneath the fig trees, with the delicate aromas of herbs in the surrounding fields.

For more information about Aromatic Blends naturally derived fragrances, bath and body products by Kiehl's Since 1851, visit www.kiehls.com/aromatic-blends.

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Tips On Getting A Great Start To The Day

(NAPS) - As children return to school, it's important to start their day with a nutritious breakfast to help them succeed.

According to the Academy of Nutrition and Dietetics, children who eat breakfast perform better in the classroom and on the playground, with better concentration, problem-solving skills and eye-hand coordination. Also, kids who skip breakfast get sleepy at school and tend to eat more junk food later in the day.

Healthy Morning Options

Making your busy mornings healthier can be as easy as opening your freezer or refrigerator door, say the experts at the National Frozen and Refrigerated Foods Association.

Frozen and refrigerated foods are quick and easy, tasty and nutritious and can help you and your family start the day in a very good way. Even if you think you don't have time to eat breakfast, here are some quick and healthy options to consider:

- Fill toasted waffles with peanut butter and jam for a unique breakfast sandwich.
- Create a yogurt parfait by layering your favorite yogurt, fruits and granola.
- Make a tasty shredded cheese and veggie omelet and serve with precooked turkey sausage.
- Top pancakes with bananas, drizzle with chocolate syrup and serve with a glass of skim milk.
- Mix nonfat yogurt, frozen berries, skim milk, juice and bananas for a delicious smoothie.



Experts say children who eat breakfast perform better in the classroom and on the playground.

• For quick grab-and-go meals, have readily available string cheese, a variety of yogurts, a selection of fruit juices, and breakfast sandwiches that are ready to heat and eat in minutes.

For an easy, healthy breakfast treat, try this waffle recipe to get your family off to a great day.

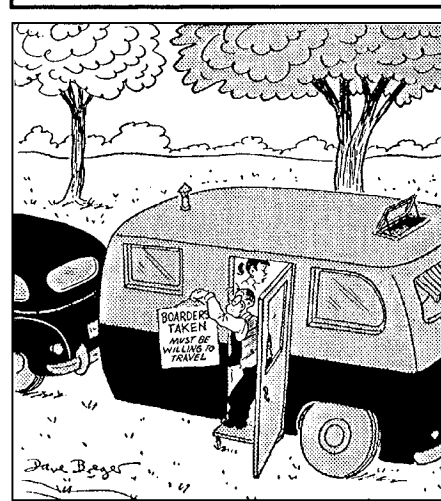
A Perfectly Healthy Breakfast

Whole-grain frozen waffles
Maple syrup
Bananas, sliced
Strawberries, sliced
Blueberries
Orange juice

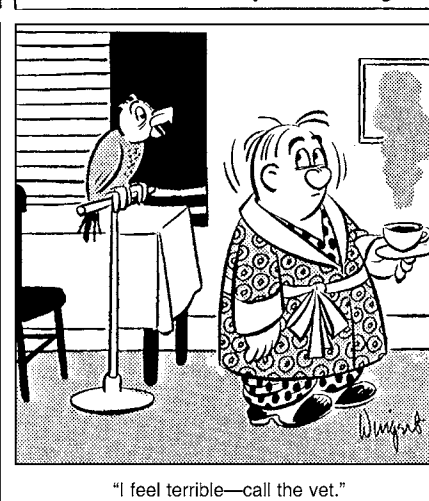
Toast waffles as directed and top with syrup and fruit. Serve with orange juice.

For more tasty recipes and information on frozen and refrigerated foods, visit www.EasyHomeMeals.com, and on Facebook, "like" www.facebook.com/EasyHomeMeals.

MISTER BREGER By Dave Breger



HUBERT - - By Dick Wingert



"I feel terrible—call the vet."

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LEO (July 23 to August 22)

Investigate carefully before agreeing to assist a friend or colleague with a personal problem. There might be hidden factors that could emerge later that will create problems for you.

VIRGO (August 23 to September 22) Your decision to work with an associate rather than go it alone, as you first proposed, brings an unexpected bonus. Be careful not to be judgmental. Allow for free and open discussion.

LIBRA (September 23 to October 22) A loved one's health problem could, once again, make demands on your time and attention. But this time, make some demands of your own, and insist that others pitch in and help.

SCORPIO (October 23 to November 21) This is a good time for the traditionally staid Scorpion to plan adjustments in your day-to-day schedules. Be more flexible and allow for more impromptu, off-the-cuff actions.

SAGITTARIUS (November 22 to December 21) Avoid creating unnecessary fuss over a situation

you don't approve of. If it's going to work, it will do so despite your objections. If it fails, it will do so without a push from you.

CAPRICORN (December 22 to January 19) Working with a trusted colleague could open your mind to exploring some considerations you previously dismissed out of hand. The weekend brings news from a loved one.

AQUARIUS (January 20 to February 18) Resolving a recent problem leaves you in a good position to strengthen your influence on how things get done. But continue to encourage ideas and suggestions from others.

PISCES (February 19 to March 20) A new friend suggests an interesting opportunity. But check it out before you snap at it. It might be a good deal for some people, but it might not work in helping you reach your goals.

BORN THIS WEEK: *You have a way of helping people solve their problems, making you a most-respected counselor and trusted friend.*

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ARIES (March 21 to April 19) Romantic aspects are high at this time for single Lambs looking for love. Warm and fuzzy feelings also are at enhanced levels for Rams and Ewes in paired relationships.

TAURUS (April 20 to May 20) This week favors what Taureans dote on -- namely, love and money. Look for more meaningful relationships for both singles and pairs, as well as an improved financial outlook.

GEMINI (May 21 to June 20) All lingering shreds of that recent bout with boredom are dissipated as you eagerly accept a challenging offer. Your positive mood persuades others to join you in this venture.

CANCER (June 21 to July 22) You might need validation for a possible solution to a situation involving someone close to you. Consider asking a trusted friend or relative to help you with this problem.



COUCH THEATER -- DVD PREVIEW

By Sam Struckhoff
 EDITOR'S NOTE: *DVDs reviewed in this column will be available in stores the week of Jan. 13, 2014.*

PICKS OF THE WEEK



Forest Whitaker

"The Butler" (PG-13) -- This historical drama draws on the true story of the butler who served under eight American presidents and witnessed enormous social changes from the windows of the White House. Forest Whitaker plays the fictionalized butler who exchanges measured dialog with presidents from Dwight D. Eisenhower (Robin Williams) to Ronald Reagan (Alan Rickman). Oprah Winfrey plays the butler's wife, his connection to the frustration of the people outside the White House.

Director Lee Daniels puts a soft-toned style on the whole story, making some of the conflicts feel softened. Although the casting decisions for the various presidents can get distracting at times, it's still an entertaining and thoughtful look at the human beings behind history.

"Enough Said" -- Eva (Julia Louis-Dreyfus) is a masseuse and a single mom stressing about her daughter's imminent departure for college. At the same garden party, she befriends elegant poet Marianne (Catherine Keener), and Albert (James Gandolfini), who also is anxious over his outboard daughter. As she falls for adorable Albert, Eva becomes confidantes

with Marianne -- who gripes about her ex-husband incessantly. Eva doesn't realize the annoying Neanderthal described by Marianne is actually the charming goof she's in love with.

The leads have an easy chemistry, which makes you root for them even more as the cracks and dysfunctions start to form in their relationship. The movie cuts a fine balance between romantic comedy and introspective drama.

"20 Feet from Stardom" (PG-13) -- Through all of Motown, Rock 'n' Roll and R&B, the powerful back-up singers provided the extra lift that makes hits into memorable classics. This documentary focuses on the backup singers who have worked with the top names in music, across decades and across genres. It's an important perspective for any music fan to consider. A series of superstars tell their stories about making hit records with these talented women who received little or no credit. Bruce Springsteen takes a sympathetic tone in his interview. As he puts it, it's a long walk from one part of the stage to the other.

"Fruitvale Station" (R) -- In the 24 hours before his death, Oscar Grant III tried to get a head start on his new year's resolutions. He tries to do right by his mother, his girlfriend and his daughter. Michael B. Jordan plays the 22-year-old Oakland native who was shot by police on New Year's Day, 2009. The movie opens with cellphone camera video of the incident in the Bay area's Fruitvale Station, where Grant was thrown on the ground and shot in the back after being accused of starting a fight in a metro train. The film has been drawing awards like a magnet with its praise for powerful performances.

TV RELEASES

- "Top Gear 20"
- "Yu-Gi-Oh! Classic: Season 3"
- "Red Metal: Copper Country Strike of 1913"
- "Nova: Making Stuff 2"
- "Kavanaugh Q.C. Complete Collector's Edition"

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• Before you use your grater to grate cheese, give it a quick shot of non-stick spray. It will keep the cheese from gunking up in the grate. If you need softened butter for a recipe, you can grate it frozen, and it will soften up very quickly, but not melt like in a microwave.

• "Eliminate the odor of peanut butter after you wash the jar by rinsing it with white vinegar. I use peanut butter jars for storing things in my shop because they are a good size and the twist-off top is very secure. One time, the jar smelled like peanut butter, and I guess a mouse decided he'd like to get a taste. I found the gnawed-on jar on my outside workbench. Luckily, there wasn't anything in it." -- T.E. in Georgia

• "I have found a new way to grocery shop and stay on budget. I use my calculator as I am going through, and add up as I go. Once I hit my budget, I can't get anything else, so I have learned to get the things I really need first (most of them on the perimeter of the store), then shop the aisles for other things. I have stayed on budget for two months, when before I had been going over budget a lot!" -- E.O. in Oregon

• Clean your cellphone screen often. This is especially important if you have a smartphone. We use our fingers nonstop to touch the phone, then put it directly up to our face. It's a germ's paradise. Just remember: A quick swipe with an alcohol cloth might save you from getting the flu this season. Stay healthy!

• "When heater season is in full effect -- like now -- I keep a spray bottle of water, to which I add 2 tablespoons of liquid fabric softener. I spritz the house from time to time, and it will add humidity as well as a pleasant scent, but it also keeps my carpets from making my kids little zappers (from static buildup when dragging their feet!)." -- M.A. in Ohio

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

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Recycling Christmas trees

Pine needles dry quickly but decompose slowly, making excellent groundcover around foliage, especially creeping plants such as strawberries.

If you live near a lake or pond and your tree is chemical-free, toss branches into the water to make sheltering habitat for fish.

Use branches as "starters" for an outdoor fire pit.

- Brenda Weaver

Source: www.thisoldhouse.com

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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.

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



THE RICH LOWRY COLUMN
By Rich Lowry

Pajama Boy: Peter Pan in Obamacare Land

Pajama Boy's place in Internet infamy was secured as soon as the insufferable man-child was tweeted out by Organizing for America.

He is the face of a Web ad that is the latest effort by the Obama team to leverage the holidays for conversation about Obamacare. "Wear pajamas," the ad reads. "Drink hot chocolate. Talk about getting health insurance. #GetTalking."

And, sure enough, Pajama Boy is wearing pajamas -- a zip-up onesie in classic Lamar Alexander plaid -- and drinking hot chocolate. He is in his 20s, sporting hipster glasses he could have bought at Warby Parker and an expression of self-satisfied ironic amusement.

Pajama Boy is about as threatening as Michael Cera and so nerdy he

could guest-host on an unwatched MSNBC show. He is probably reading "The Bell Jar" and looking forward to a hearty Christmas meal of stuffed tofurkey. If he has anything to say about it, Obamacare enrollments will spike in the next few weeks in Williamsburg and Ann Arbor.

Perhaps the goal of OFA was to create a readily mockable image to draw attention to its message, in which case Pajama Boy was a brilliantly successful troll. The right immediately Photoshopped him into the Mandela funeral selfie and emblazoned his photo with derisive lines like "Hey girl, I live with my parents" and "How did you know I went to Oberlin?"

But it's hard not to see Pajama Boy as an expression of the Obama vision, just like his forbear Julia, the Internet cartoon from the 2012 campaign. Pajama Boy is Julia's little brother. She progressed through life without any significant family or community connections. He is the picture of perpetual adolescence. Neither is a symbol of self-reliant, responsible adulthood.

Alexis de Tocqueville wrote long ago of the infantilizing tendency of all-encompassing government. "It would be like the authority of a parent," he wrote in a famous passage,

"if, like that authority, its object was to prepare men for manhood; but it seeks, on the contrary, to keep them in perpetual childhood." If you wanted to illustrate what Tocqueville was getting at in one meme, Pajama Boy would be good way to do it.

Pajama Boy's mom probably still tucks him in at night, and when she isn't there for him, Obamacare will be. A less nurturing reaction is, as New Jersey Gov. Chris Christie put it in a counter tweet, "Get out of your pajamas." There's a reason President Barack Obama is underwater by a 2-1 margin among men in the latest Quinnipiac poll.

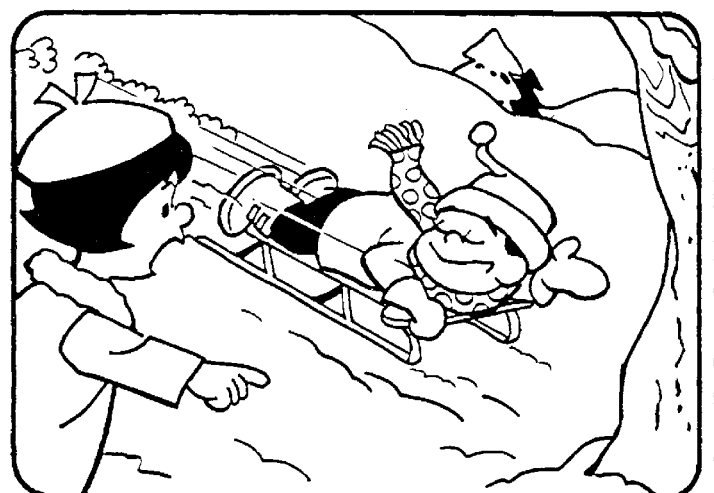
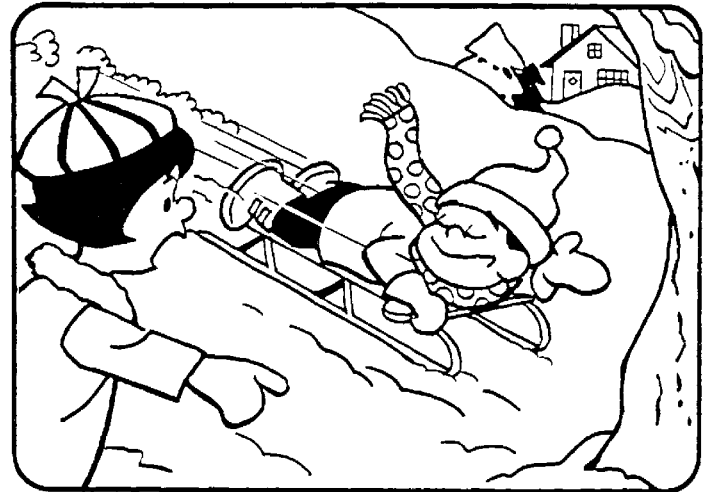
For all the ridicule directed at Julia during last year's campaign, she got at something important: Single women do look to government as a cushion against their economic insecurities. Pajama Boy isn't so apt. He might be glad to pay more for his health insurance to include maternity benefits he doesn't need as a blow against gender stereotyping, but most young people will presumably consider Obamacare more rationally and realize it's a scheme to get them to subsidize insurance costs for older people.

Good luck, Pajama Boy, if you hope to talk them out of that.

Rich Lowry is editor of the National Review. (c) 2013 by King Features Synd., Inc.

HOCUS-FOCUS

BY HENRY BOLTINOFF



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 6. That male
 9. * ___ down snow pile to build fort
 13. Graven images
 14. E in B.C.E.
 15. Coveted publicity spot
 16. Flooring choice, pl.
 17. Bag in Paris
 18. Get up
 19. *Ice fisherman's gear, pl.
 21. *Christmas, e.g.
 23. Of a female
 24. Farmer's joy
 25. Nile viper
 28. Famous bus rider
 30. Comes clean
 35. Denials
 37. "National Velvet" author Bagnold
 39. Like 1950s style, today
 40. Put one over
 41. Paisley in paisley fabric, e.g.
 43. Large aquatic tetrapod
 44. Impede
 46. Lush
 47. *"I flew like a flash, tore open the shutters, and threw up the ___"
 48. Sci-fi weaponry
 50. Snaky swimmers
 52. Yellow river tributary
 53. *Twelve ___ of "Gone with the Wind"
 55. Feverish
 57. *Cozy fabric
 61. Dough
 64. Sanctioned by law
 65. Boiling blood
 67. Pontifical
 69. Convex molding
 70. Convent dweller
 71. Manicurist's file
 72. Pay for work
 73. Down Under bird
 74. Rane's wrap
- DOWN
1. Technology school
 2. Mine entrance
 3. Solo activities
 4. First in Hebrew alphabet
 5. Federal Reserve in relation to U.S. currency
 6. Hitler's deputy
 7. George Gershwin's brother
 8. "___ Man" (Village People)
 9. Reality TV actress Spelling
 10. Full of enthusiasm
 11. ___ Verde National Park
 12. Mouse to a snake
 15. Less agitated
 20. Intro
 22. Stupid person
 24. Groups of lay people
 25. *Winged impression
 26. Composer of U.S. military marches
 27. *Hides or skins used for hats and gloves
 29. *From above in winter
 31. Shorter than seconds
 32. Scarecrow stuffing
 33. Jagged, as a leaf's edge
 34. *2014 Olympic site
 36. ___ gin fizz
 38. Can be done in our out
 42. Manuscript sheet
 45. Quick, to Dora
 49. Ed.'s request
 51. *To be hit in winter?
 54. "A Fish Called Wanda" star
 56. Andean animal
 57. Move like lava
 58. Bulgarian money
 59. All excited
 60. Cairo's waterway
 61. Maitre d's list
 62. Copycat
 63. Fabled racer
 66. *Hot buttered ___
 68. Caustic chemical

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

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

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Anni The Painter One Room at a Time Okay! Perfectionist Fun Ideas Kid's Rooms Cabinets Bathrooms Kitchens Etc. New Molding Installs Small Jobs OK! Lic # 733938 Free Bids 916-532-6194

Personals

Looking for a special man. I am healthy and active and have many interests. Quiet time with a special person. Long or short trips, little theatre, dancing, cruising, dining and conversation.

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

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Give your pets great care while you're gone. Kennel free environment. Lots of TLC. Call Madeline 916-723-1608.

Pets/Animals

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

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

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

Real Estate

Hope for Troubled Homeowners WE PROVIDE SOLUTIONS Call Our Short Sale Hotline for a FREE Consultation (916) 331-3311 Sac Short Sale Pros License #01128753

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

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

Sudoku Puzzle on Page 6

Sudoku grid with numbers 1-9 in a 9x9 pattern.

Volunteers Needed

Bristol Hospice is looking for volunteers to provide companionship with our hospice patients and families. We provide the training and match you with a family in your area.

Sutter Auburn Faith Hospice Thrift Store invites volunteers to work as cashiers, sales floor assistants, donation processors or printers. Training is provided; a four hour weekly commitment is requested.

Volunteers Needed

Volunteers Needed: A Community For Peace, formerly the Domestic Violence Intervention Center, offers ongoing opportunity for volunteers.

Want to Buy

WANTED JAPANESE MOTORCYCLE KAWASAKI 1967-1980 Z1-900, KZ900, KZ1000, ZIR, KZ1000MKII, W1-650, H1-500, H2-750, S1-250, S2-350, S3-400 Suzuki GS400, GT380, CB750 (69.70) CASH PAID.

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

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

Customer Service/ Inside Sales We are looking for a Customer Service pro. Must have sales and service experience, great telephone presence, flexible schedule, be proficient with Excel, Quickbooks and the internet.

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 Work We are seeking someone to post articles to our many news sites. This would be a few hours per night, 2-3 nights per week. Flexible schedule. Flat rate per article posted. Must be proficient in Dreamweaver and Photoshop CS3.

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

Delivery Home delivery and single copy/newsstand routes available in Citrus Heights, Fair Oaks, Rancho Cordova, Carmichael, Orangevale, Arden-Arcade, Auburn/Coxfax.

Social Media Support If you can sell advertising, we have a great plan, great marketing tools, great products and offer a very competitive compensation.

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.

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

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.

Advertising Sales If you can sell advertising, we have a great plan, great marketing tools, great products and offer a very competitive compensation.

Delivery Home delivery and single copy/newsstand routes available in Citrus Heights, Fair Oaks, Rancho Cordova, Carmichael, Orangevale, Arden-Arcade, Auburn/Coxfax.

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



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Advertisement for MPG Messenger Publishing Group with logo and contact info.

Advertisement for Delivery Routes Available with contact info.

Advertisement for THERA-GESIC Maximum strength analgesic creme for temporary relief from joint and muscle soreness, arthritis, and back aches.

Crossword puzzle grid with words filled in.

Advertisement for SENIOR NEEDS ITEMS FOR SALE including wheel chair, walker, shower chair, and tub handrail.

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

LEGAL ADVERTISING

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

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

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-09553. Arturo Mendoza, 3917 Lusk Dr., Sacramento, CA 95864 is doing business under the Fictitious Business Name "A.M. Concrete" at 3917 Lusk Dr., Sacramento, CA 95864. Filed with the Clerk of Sacramento County on December 10, 2013. Publish: December 18, 25, 2013, January 1, 8, 2014
AMCONC 140102 01-08-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08984. Scott Harrison Williams, 10823 Berwick Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name "Calstar Property Maintenance" at 10823 Berwick Way, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County on November 14, 2013. Publish: December 18, 25, 2013, January 1, 8, 2014
CALSTAR 140102 01-08-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-09673. Robert R. Steffox, 8696 Redlands Way, Sacramento, CA 95828 is doing business under the Fictitious Business Name "Performance Cycle" at 4635 Auburn Blvd., Sacramento, CA 95841. Filed with the Clerk of Sacramento County on December 13, 2013. Publish: December 18, 25, 2013, January 1, 8, 2014
PERFORM 140102 01-08-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-09672. Chris Chandler, 6105 Merrywood Dr., Rocklin, CA 95677 is doing business under the Fictitious Business Name "NU Concepts Audio & Accessories" at 4635 Auburn Blvd., Sacramento, CA 95841. Filed with the Clerk of Sacramento County on December 13, 2013. Publish: December 18, 25, 2013, January 1, 8, 2014
PERFORM 140102 01-08-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-09584. Thomas P. Gonsalves, 701 48th St., Sacramento, CA 95819 is doing business under the Fictitious Business Name "Sharper Offices" at 5600 H St., Ste. 100, Sacramento, CA 95819. Filed with the Clerk of Sacramento County on December 10, 2013. Publish: December 18, 25, 2013, January 1, 8, 2014
SHARPER 140102 01-08-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-09052. Matthew T. Tyng, 3640 Astral Dr., Sacramento, CA 95827 is doing business under the Fictitious Business Name "Wild Tyng Fabrication and Restoration" at 2353 Rudat Cir., Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County on November 18, 2013. Publish: January 8, 15, 22, 29, 2014
WILDTYNG 140102 01-08-14

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. Publish: December 25, 2013, January 1, 8, 15, 2014
WOODFIELD 140103 01-15-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-09013. Nove Forward Inc., 3577 Loggerhead Way, Sacramento, CA 95834 is doing business under the Fictitious Business Name "Grant Jr. Pacer Rugby Club" and "Grant Jr. Pacer Football" at 3577 Loggerhead Way, Sacramento, CA 95834. Filed with the Clerk of Sacramento County on smber 15, 2013. Publish: December 25, 2013, January 1, 8, 15, 2014
PACER 140103 01-15-14

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 Café & Catering" at 2721 Citrus Rd., Ste. C, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on December 2, 2013. Publish: December 25, 2013, January 1, 8, 15, 2014
ALLTHE 140103 01-15-14

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. Publish: December 25, 2013, January 1, 8, 15, 2014
ASHUR 140103 01-15-14

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. Publish: December 25, 2013, January 1, 8, 15, 2014
CAMPBELL 140103 01-15-14

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. Publish: December 25, 2013, January 1, 8, 15, 2014
SACREP 140103 01-15-14

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. Publish: December 25, 2013, January 1, 8, 15, 2014
CHEESE 140103 01-15-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00019. Aleksandr Lamakin, 4928 Vir Mar St., Apt. 10, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Allunlimited" at 4928 Vir Mar St., Apt. 10, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on December 20, 2013. Publish: January 8, 15, 22, 29, 2014
ALLUNLI 140105 01-29-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-09984. Teresa Sue Ponce, 8081 Via De Palmas Ln., No. 1, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Knowledge Empowers You" at 8081 Via De Palmas Ln., No. 1, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on December 30, 2013. Publish: January 8, 15, 22, 29, 2014
KNOW 140105 01-29-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-09283. USA Strategic Alliance, LLC, 8830 Stockton Blvd., No. 150 A, Sacramento, CA 95823 is doing business under the Fictitious Business Name "Smoke Plus" at 6830 Stockton Blvd., No. 150 A, Sacramento, CA 95823. Filed with the Clerk of Sacramento County on November 25, 2013. Publish: January 8, 15, 22, 29, 2014
SMOKE 140105 01-29-14

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00154126

WHEREAS, Shatrisse Long and Levonzell Taylor have filed a petition with this court for a decree changing the name of Dezmund Jerome Niheem Long to Desmond Niheem Levonzell Taylor.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on January 23, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: November 27, 2013
Raymond M. Cadei
Judge of the Superior Court
Publish: December 18, 25, 2013, January 1, 8, 2014
LONG 140102 01-08-14

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. Dated: December 11, 2013
David I. Brown
Judge of the Superior Court
Publish: December 25, 2013, January 1, 8, 15, 2014
MCGOWAN 140102 01-08-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00154782

WHEREAS, Muhammad Abdullah has filed a petition with this court for a decree changing the name of Muhammad Abdullah to Blake Clark.

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

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: December 11, 2013
Raymond M. Cadei
Judge of the Superior Court
Publish: December 18, 25, 2013, January 1, 8, 2014
ABDULLAH 140102 01-08-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00155263

WHEREAS, David Joseph Howard has filed a petition with this court for a decree changing the name of David Joseph Howard to Grey L. Farran.

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

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: December 18, 2013
Raymond M. Cadei
Judge of the Superior Court
Publish: December 25, 2013, January 1, 8, 15, 2014
HOWARD 140103 01-15-14

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. Dated: December 18, 2013
David I. Brown
Judge of the Superior Court
Publish: December 25, 2013, January 1, 8, 15, 2014
PHAN 140103 01-15-14

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 Babyak.

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. Dated: December 18, 2013
Raymond M. Cadei
Judge of the Superior Court
Publish: December 25, 2013, January 1, 8, 15, 2014
HARRINGTON 140103 01-15-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00154783

WHEREAS, Abdul Fehman Muhammad has filed a petition with this court for a decree changing the name of Abdul Fehman Muhammad to Roy Clark.

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

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: December 11, 2013
Raymond M. Cadei
Judge of the Superior Court
Publish: January 8, 15, 22, 29, 2014
MUHAMMAD 140105 01-29-14

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

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

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

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: December 18, 2013
David I. Brown
Judge of the Superior Court
Publish: January 8, 15, 22, 29, 2014
ONEEL 140105 01-29-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00155263

WHEREAS, David Joseph Howard has filed a petition with this court for a decree changing the name of David Joseph Howard to Grey L. Farran.

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

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: December 18, 2013
Raymond M. Cadei
Judge of the Superior Court
Publish: January 8, 15, 22, 29, 2014
HOWARD 140105 01-29-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00155239

WHEREAS, Steven Alexander Osborne has filed a petition with this court for a decree changing the name of Steven Alexander Osborne to Steven Alexander Morse.

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

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: December 18, 2013
David I. Brown
Judge of the Superior Court
Publish: January 8, 15, 22, 29, 2014
OSBORNE 140105 01-29-14

PETITION TO ADMINISTER ESTATE

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

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of LEWIS D. PARTRIDGE, aka LEWIS DEAN PARTRIDGE (deceased):

A petition for probate has been filed by CAROL J. WEIDA in the Superior Court of California, County of Sacramento, requesting that CAROL J. WEIDA be appointed as personal representative to administer the estate of the decedent.

The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

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

A hearing on the petition will be held in the 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, 15, 22, 29, 2014
PARTRIDGE 140105 01-29-14

NOTICE OF LIEN SALE

Vehicle Identification No: SAJHW1743PC674685
Year: 1993, Model: Sovereil, Make: Jaguar
Sale Date: 1/16/2014 at 9:00 a.m.

LJ's Towing
2525 Connie Drive
Sacramento, CA 95815
(916) 489-8600

Publish: January 8 and 10, 2014

NOTICE OF LIEN SALE

Vehicle Identification No: 3FAHPOHA3CR439831
Year: 2012, Model: Fusion, Make: Ford
Sale Date: 1/16/2014 at 9:00 a.m.

LJ's Towing
809 Reading Street
Folsom, CA 95630
(916) 489-8600

Publish: January 8 and 10, 2014

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Congressman Ami Bera, M.D. Donates Half Of Salary Earned During Government Shutdown

SACRAMENTO, CA (MPG) - Congressman Ami Bera, M.D. visited recently with students at Thomas Edison Elementary School who are participating in the Reading Partners literacy program. While visiting with students, Bera donated \$2,400 to the program, half the amount of money earned during the government shutdown. He is donating the other half of the money earned during that period to the U.C. Davis' Children's Miracle Network.

"Reading is one of the most important skills we can teach our children. That is why I support Reading Partners' excellent work recruiting volunteer tutors to work one-on-one with the kids who need it most," said

Congressman Bera.

He was joined by the school Principal Todd Lindeman, Reading Partners' site coordinator Jenny Cauley, and Executive Director for Reading Partners of Sacramento Deanna Berg. "Congressman Bera's donation and support go a long way in helping to make Reading Partners successful for our community. Third grade is a critical literacy level that shapes the rest of a child's ability to learn. Up to third grade children are learning how to read. After third grade they are reading to learn," commented Berg.

Reading Partners is an education nonprofit dedicated to improving students' reading skills. They recruit and train

community volunteers to work one-on-one with students from low-income communities who are reading 6 months to 2.5 years below grade-level. Tutors and students meet for 45 minutes twice a week and follow a structured, research-based curriculum. In the 2012-2013 school year, nearly nine in ten Reading Partners students accelerated their rate of learning in reading.

Congressman Ami Bera, M.D. represents Sacramento County. For more updates on Rep. Bera follow @RepBera on Twitter, like Congressman Bera on Facebook, or visit <http://www.bera.house.gov>.

Source: Office of Ami Bera

Root Cellar Genealogical Society Membership Meeting

SACRAMENTO, CA (MPG) - Thursday, February 13; 7:00 pm to 8:30 pm - Christ Community Church, 5025 Manzanita Avenue, Carmichael

• Program TBA by Glenda Lloyd. Plus Genealogical "Show & Tell" - Root Cellar Members share their family heirlooms and family history displays.

• 6:15 - 7:00 Pre-meeting Open discussion on "Documenting, Preserving and Displaying your Family Treasures".

Visitors always welcome! ★

Military Retiree/Spouse Meeting

SACRAMENTO REGION, CA (MPG) - Our first meeting for 2014 will be held on 14 Jan at the North Highlands Park and Recreation District on 6040 Watt Ave. We are pleased that Suzi

Vinci, the new Sacramento County Veterans Service Officer, will be our guest Speaker. She is undoubtedly one of the best VSOs around and is completely dedicated to serving our

veterans. If you have any questions, please contact our volunteers at 916-640-8446, Mon thru Thurs, 0900 to 1500 hrs. ★

In Memoriam: CMSgt. Robert Neal Ivey

20 November 1960 - 16 December 2013

Robert Neal Ivey, 53, a long-time resident of the Sacramento area, was tragically killed in a hit-and-run motorcycle accident on December 16, while commuting to work at Travis AFB.

Neal was born to Henry and Ernestine (Millay) Ivey at Larson AFB in Moses Lake, WA. The family moved to Beale AFB, CA, in 1962, then to Rancho Cordova in 1963. Neal attended Cordova Gardens Elementary School, Mills Junior High School, and Cordova High School, graduating in 1979.

After high school, Neal joined the United States Air Force, serving most of his active duty time in England as a munitions maintenance specialist at RAF Welford. While in England, he married Sarah Darrah on 12 March 1988.

Upon their return to California, Neal earned a Bachelor of Arts degree in Christian Leadership with Electronic Engineering from William Jessup University. Neal returned to the USAF as a reservist in 1996, and served many years as a full time civilian employee in his Reserve unit.

In 2010, Neal was promoted to Chief Master Sergeant, a rank that only 1% of enlisted members are skilled enough to attain. Most recently he served as the Air Transportation Manager with the 55th Aerial Support Squadron at Travis AFB.



He served a six-month tour in Afghanistan, where he oversaw air cargo and passenger operations for the 455th Air Expeditionary Wing at Bagram Airfield.

Neal was an active member of The Family Church in Roseville, where he recently accompanied a group of missionaries to Mexico to build a house for a family and to help orphaned children. He was involved with many other charitable activities.

Neal is survived by his wife Sarah, of Carmichael, their daughters, Abigail, of Germany, Melanie, of

Vacaville, and Bethany, of Carmichael; his sister, Dayna (Tom) Beckman, niece, Amy Reeves, nephew, Patrick Beckman, great-nephews, Anthony and Aiden Reeves, all of Salt Lake City, UT; and half-sisters, Sandra (Paul) Jones, Marsha (James) Nichols, and half-brother, Glenn (Marlene) Ivey, all of Florida. He is also survived by aunts, uncles, and numerous cousins.

He was preceded in death by his parents and two half-sisters, Melba (Ellis) Kinard and Ellen (Lloyd) Socky.

Memorial services were held January 3 at Sacramento Valley National Cemetery in Dixon with full military honors, and January 4 at The Family Church in Roseville. ★



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 Friday, March 28 • Thursday, April 24
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 Friday, May 16
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 Seating is limited to 30 attendees per seminar

New Law to "Zap" Tax Evasion Among State Tax Laws to Take Effect January 1, 2014

SACRAMENTO, CA (MPG) - New laws that take effect Jan. 1, 2014 give the California State Board of Equalization (BOE) new resources to fight the underground economy and protect taxpayers.

BOE-sponsored Assembly Bill 781 makes it a crime to buy, sell, install, or use "zappers." This technology is used to hide or remove sales transactions and evade paying tax. Additionally, it defrauds the state and provides users an unfair advantage over taxpayers who comply with the law.

Another weapon against tax evasion is BOE-supported Assembly Bill 576, which creates the Revenue Recovery and Collaborative Enforcement (RRACE) Team, composed

of the BOE, Franchise Tax Board (FTB), Employment Development Department (EDD), and the Department of Justice (DOJ). The bill authorizes the team and other agencies to exchange information and investigate underground operations.

The BOE also sponsored Senate Bill 442 which helps protect taxpayers' rights by assuring taxpayers are notified timely of bank charges they may incur due to a BOE processing error. Taxpayers may file a reimbursement claim 90 days from the date a bank or third-party incurred the charge, and the BOE must respond within 30 days of the claim.

Other notable bills that affect taxpayers include: Senate Bill 90 grants a sales

and use tax exemption for manufacturing and research and development equipment from July 1, 2014 – July, 1 2022. Manufacturers, researchers and developers of biotechnology, engineering, and life science will receive a 4.1875% sales and use tax exemption for qualifying purchases.

Assembly Bill 551 allows cities and counties to create Urban Agriculture Incentive Zones and offers landowners preferential property tax assessments if they use this land within a zone for "small-scale" agriculture.

For a complete list of BOE-sponsored legislation enacted in 2013, visit <http://www.boe.ca.gov/legdiv/leg2013cont.htm>

Source: BOE Newsroom

Grief Recovery Workshop begins in February

SACRAMENTO REGION, CA (MPG) - The next Grief Recovery Workshop will begin on Friday, February 7, 2014, 2:30-4:30 PM and will end on March 14, 2014. Doors open at 2:00 PM.

The Grief Recovery Workshop is a 6-Week program, two hours each session. The topics include: Understanding Grief, Stress/Anxiety, Changing Roles and

Relationships, and Moving On With Your Life.

All widowed people are encouraged to attend. Should you not be able to attend every session, you are encouraged to attend a make-up session later in the year. There is no charge for the workshop and you need not be a member to attend.

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

AARP Tax-Aide Program Requests Volunteer Phone Bank Assistance

SACRAMENTO REGION, CA (MPG) - The AARP Tax-Aide program requests volunteers who will schedule tax appointments for AARP tax preparation locations. Volunteers work at the 2-1-1 call center phone bank, located at 2020 Hurley Way, near Cal-Expo. Volunteers are requested

to work a minimum of two four-hour (half day) shifts, Monday - Friday.

Calls will be taken January 15 through April 15. Volunteers would be given a 3 hour orientation session by 2-1-1 staff. Please contact Norm Losk at norm.losk@comcast.net.

AARP Tax-Aide is a program of the AARP Foundation, offered in conjunction with the IRS. This volunteer position provides an opportunity to learn new skills and provide valuable, fulfilling service to the community. AARP membership is not a requirement. ★



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Carmichael Times 

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Windsor El Camino Christmas "Kaps of Kindness" Project

CARMICHAEL, CA (MPG) - The energetic staff at Windsor El Camino Care Center achieved their goal this past Christmas of making 250 knitted "Kaps of Kindness" for those in need within our community. Some of the caps were created for the very smallest on Santa's list, prematurely born babies cared for at UC Davis Medical Center Neonatal Unit.

The caps were created through the loving hands of staff and their families and residents at WEC Care Center. Director of Rehabilitation Kellie Blevins lead the efforts along with her mother to guarantee reaching the goal in time for the Christmas holiday.

The Care Center teamed up with local businesses to also create care packages which were distributed to the less fortunate on Christmas Day.

This was a wonderful gesture by the staff, residents and local businesses to give of their caring hands to others. If you would like to participate in like efforts with Windsor, contact Kathleen Adams, Director of Marketing.

A special "Thank You" goes out to the local businesses who contributed to the gifting efforts. They were Whole Foods Market in Arden, Falcon Distributors,



Bringing the Christmas spirit together were Laurie Silva, Kellie Blevins, Kathleen Adams, and resident Nancy. Photo by Paul Scholl

Sunridge Farms, Floyd and Woodland Towers and Windsor Laurie Silva (gloves), Hallmark El Camino Care Center. ★ Rehabilitation Services, The

Park Master Plan: Workshops Continue

Continued from Page 1

hotchpotch. Entering the park, you're confronted by great wire netting fences. They're necessary around baseball and tennis areas but if you'd wanted a graceful civic center, you'd have put them somewhere else."

Park beautification is generally supported. Some help is promised later this year when Sacramento County upgrades the Fair Oaks Boulevard frontage and Grant Avenue corner. Included in phase two of the Carmichael corridor project will be a meandering new sidewalk. New landscaping and a water feature near the "great wall" mural are also on the cards. Beyond the boulevard, the park hinterland sprawls like an

unpolished diamond, ready for attention. "Many people feel this reserve should be the showplace of Carmichael," says administrator Smith. "The district is eager for that to happen."

Master plan meetings kicked off with an open house in December. Attendees were asked to submit suggestions in categories such as beautification, landscaping, traffic and amenities. Over 100 people participated and scores of ideas were received. Concluded administrator Smith: "People definitely want the park to be a gathering place and a hub for activities."

The consultant HLA Group (architectural and landscape planners) has been hired to consolidate ideas for presentation to the park board by spring.

Funding of improvements will then be discussed. Meantime, residents may still have their two cents' worth. "Our workshops are exciting opportunities to help shape the future," advises Smith.

A 10 a.m. Saturday January 11 workshop invites attendees to discuss those ideas submitted at the initial forum. Topics to be further considered include traffic, pedestrian paths, parking and the need for a central gathering place. A final workshop will convene on Tuesday March 18 at 6:30 p.m. Both events will be held at the Carmichael Park Clubhouse, 5750 Grant Avenue.

For further information, contact Tarry Smith at (916) 485-5322. ★

Carmichael Park Master Plan



Be a part of our plan for the future!
Public workshop schedule to update Carmichael Park.

Community Workshop
Sat., Jan. 11, 10am-12pm

Final Community Workshop
Tues., March 18, 6:30-8:30pm

Carmichael Park Clubhouse
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Carmichael, CA 95608

Contact Tarry Smith
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THANK A VETERAN TODAY

San Juan Hero Honored as Educator of the Year



Dr General Davie at the San Juan District school District office where he was superintendent. An accomplished clarinetist, Davie plays in several volunteer orchestras. He will be named Educator of the Year at a January 24 Chamber of Commerce community recognition gala.

Story And Photo By Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) -

After a 40 year career that culminated in Superintendent posts at Natomas and San Juan School Districts, Dr General Davie has been named Educator of the Year by the Carmichael Chamber of Commerce. "It's a great honor in my career," says the 69-year-old. The award will be bestowed at a banquet on January 24, at the La Sierra Community Center.

Davie's achievement follows a greater honor: a San Juan District school – General Davie Jr Primary Center – was named after the long-serving teacher in 2012. "San Juan District is still dear to my heart," says Davie. "As a teacher or superintendent, I always took ownership. If a school has your name, it's even more personal." Though retired, Dr Davie frequently volunteer as a teacher's aide at the school. Like a Marine, a great educator is always an educator.

The first African American superintendent for San Juan and Natomas School Districts, Davie has travelled far from the 1940s segregation practiced in his rural Georgian birthplace. In Detroit, his mom "spit-polished" and daily packed her little General off to school. "I was always well dressed," he says. "We never had

much money but mom like to dress me like I was in a fashion show." Following a 1940s craze for military monikers, his name conferred lifelong distinction. "At school, I got called Colonel, Captain, Major – I answered them all," he recalls. "One teacher called me Governor.

"I aspired to be a fireman. My twin sister played at being a teacher. We were raised in the church and taught we were all God's children; to love thy neighbor." It was inbred in us that to do anything in life, we had to go to school." Moving to Santa Rose (CA) in his elementary years, Davie later attended Sacramento State and planned to work with juvenile delinquents. A summer job in the Elverta School District changed everything. "The superintendent thought I related well to children and parents. He asked if I'd like a teaching job," Davie explains. "I said yes. It was a paying job. My mom said a bird in the hand was worth five in the bush.

Teaching credential fresh in hand, he returned to teach 5th Graders at Elvira's Alpha Elementary. "Changing careers was a leap of faith for me," says Davie. "But after 39 years, I'm glad I took that leap."

Since retiring from Superintendent at San Juan, bachelor Davie has kept busy in

the Carmichael Kiwanis Club. He plays clarinet with several volunteer orchestras, and is a champion of music in schools. "It's tough when funds are reduced," he says. "But I believe music and arts are essential in a balanced education for our kids."

"I relate best to small kids," he considers. "I enjoy their smiles and energy. At my age, there's nothing like seeing the light go on in a kid's eyes when he's finally got it. It means I've got it, too – I've done my job.

Doctor Davie will join Sacramento District Attorney Jan Scully, Be Money Smart USA owners Don and Marie Hall and Messenger Publishing Group owner Paul Scholl as Persons of the Year at the Carmichael Chamber of Commerce banquet. The event recognizes exemplary servants of the community and is open to the public. A portion of proceeds will aid the Sheriff's Community Impact Program. Sponsors include Dignity Health, Milagro Properties, S.M.U.D. and Jesuit High School. La Sierra Center is at 5325 Engle Rd. Celebrations kick off at 6 p.m. Tickets are \$60 per person in advance; \$75 at the door. Admission includes dinner and a no-host bar. For information, visit www.carmichaelchamber.com or call (916) 481-1002. ★



By Pastor Rich Reimer

SACRAMENTO REGION, CA (MPG) - "There is an appointed time for everything. And there is a time for every event under heaven..." Ecclesiastes 3:1

I've been challenged recently to take a piece of paper and make two columns. On left-hand side list all the things that are out of my control. On the right-hand side list all the things I can control. The list on the right will be a lot longer! Doing this little exercise helps people who are stuck or in a state of "learned helplessness" to see that there are things they can do and that fact ignites new motivation.

If you want different results in your life or work place then you must start doing things

Make The Most Of Your Time

differently. It is a myth that by doing the same things you will one day after more time has passed produce different results! More time spent doesn't necessarily produce different results.

As the year 2014 begins my resolution is to stop fretting over those realities that I can't change and focus on doing what I can do. This means looking at the way I spend my time. Time is a precious, God-given, currency and I can control how I spend it.

On the face cover of my new 2014 Calendar I have this convicting quote from Eugene Peterson: "I AM BUSY BECAUSE I AM LAZY. I indolently let others decide what I will do instead of resolutely deciding for myself. I let people who do not understand the work of the pastor write the agenda for my day's work because I am too slipshod to write it myself."

Add to this a theme from C. S. Lewis' writings. "...only lazy people work hard. By lazily abdicating the essential work of deciding and directing,

establishing values and setting goals, other people do it for us; then we find ourselves frantically, at the last minute, trying to satisfy a half-dozen different demands on our time, none of which is essential to our vocation, to stave off disappointing someone."

In my study of the life of Jesus I notice that he was very much in control of his time, never over committed, never feeling too busy or stressed out. His public ministry on earth lasted just about 1,000 days and yet at the end of his life he declared "It is finished!" Jesus fulfilled all the work he was sent to do.

We have the New Year before us. Let us make the best use of our time. ★

Reverend Richard Reimer,
Lead Pastor
American River
Community Church
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Art with Heart



Mission Avenue School students Olivia Patitucci, Jemma Prichard and Jacob Hagerman show ceramic bowls their made in art class. Teacher (rear) is Brenda Walker.

Story And Photo By Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - Mission Avenue School students have turned their artistic gifts into fundraiser gifts.

Pre-teen potters from Brenda Walker's 6th grade art class produced leaf shaped bowls that turned heads at a recent San Juan School District student art exhibition. The students will donate their platters to the March 10 and 11 Empty Bowl gala supper and luncheon. Held at the Sacramento Community Center, these events annually raise upwards of \$100,000 for the River

City Food Bank. Attendees eat gourmet food and take home bowls crafted by professional or budding -- or celebrity -- artists.

"This is the second year that my students have made bowls for the fundraiser," said teacher Brenda Walker. "I was excited to see their work among other beautiful bowls donated for the event last year. The students love producing something that people can enjoy. They also like helping people who don't have enough to eat."

Admission is \$60 for the dinner (March 10) and \$30 for the luncheon (March 12).

For information, visit www.rivercityfoodband.org. ★

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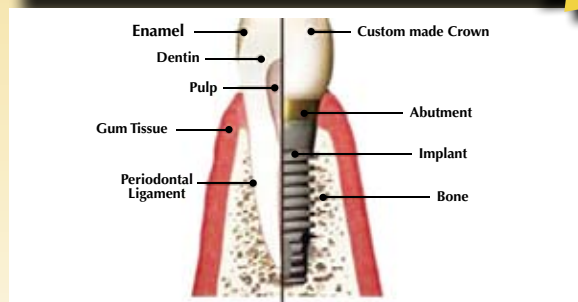


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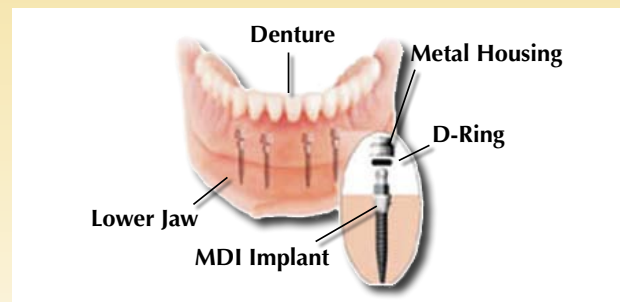
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