



We Wish Our Readers A Happy Thanksgiving

Seven Arden Hills Swim Athletes Signed Letters of Intent to Prestigious Colleges

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Carmichael Times

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Serving Carmichael and Sacramento County since 1981

November 27, 2013

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Celtic Pride at Carmichael Park



World caber champion Jack Magee tosses an 80-pound log. His demonstration was part of an all-day Fall Ceilidh (gathering) representing Celtic traditions in Carmichael Park.

Story and Photo by Susan Maxwell Skinner

Declared World Champion at Aberdeen (Scotland) in 2006, Jack Magee showed caber-tossing prowess during the recent Celtic Ceilidh in Carmichael Park.

The former US Marine huffed, puffed and ran arrow-straight while balancing a 17 ft log in his palms. He then tossed it to bruise park turf and garner onlookers' cheers. Magee (71), a Scottish entertainer who frequently sings the national anthem or Amazing Grace for

veteran burials, attributes his formidable strength to "whiskey and haggis."

Quad exercises toughen essential manly thighs, advises the Amador County resident. "But the best way to train for the caber is just to get out and do it." As a gold medal champion, Magee is in demand to teach disciplines required for international Highland game competition. Caber lesson one: log on. A Douglas fir is needed.

Magee scouts local forests before log-prep. "It's got to be perfectly straight," he advises. "You cut down your tree; strip

the bark; let it dry for six months before you sand and paint it." Magee hauls caber selections around Gaelic celebrations atop his three-quarter ton pickup truck. "I've been known to take them on camping trips," he says. "You stay in shape by throwing something every few days. It might take five years to be good at it. But if you're not strong, fit and athletically inclined, you won't succeed in 50."

Like many ancient sports, caber tossing originated from macho exploits: Suggest Magee: "Maybe some Highlander wanted to get over a stream. Or to climb

a fortress in battle. He probably chopped down a tree and tossed it where it was needed. But it just as likely originated from men drinking whisky and arguing over who could toss a log further..."

Carmichael's day-long Fall Ceilidh was also celebrated by bagpipers, singing minstrels and Gaelic dancing. The annual event is presented by the St Andrew's Society of Sacramento. For information, call (916) 719-5725. Contact caber tosser Jack Magee at (209) 295-2057. ★

Carmichael to Host Student Science Competition Next Month

CARMICHAEL, CA (MPG) - Churchill Middle School, whose Science Olympiad team has won awards at the National Science Olympiad for the past three years, is hosting a Science Olympiad Invitational Tournament on December 7th with more than two dozen schools and 450 middle and high school scholars from across Northern California.

The day-long science contest will feature 23 different events, from engineering to health care to music to environmental science. Many student-built devices will be flying, lighting up, rolling to a stop, and making beautiful music.

Attached is a flyer we used to promote the event with local businesses and organizations. I am proud to say that

The community supports the region's top student-scientists, by supporting the tournament as a whole as well as the individual events. State Farm provided a generous donation and is the title sponsor. "Wheeled Vehicle" is sponsored by Roseville Automall; the physics or music event is sponsored by Tim's Music; the epidemiology event, "Disease Detective," is sponsored by Professional Village Pharmacy, among others.

You would be very welcome at the fun and exciting contest and I would love to send along some photos from the competition to the CarmichaelTimes. Please let me know if you have questions or would like any additional details about the competition. ★

Source: April Manatt Frazier

WE SUPPORT OUR MILITARY

GRIP Financial Helps You Navigate the World of Money

Story and Photo by Bill Martin

SACRAMENTO REGION, CA (MPG) - If you're like most people without a degree in mathematics or a natural aptitude for financial planning, everything involved in managing your taxes, investments, healthcare, and any kind of financial management at all, is more than a daunting task. When you add to this, the last few years of financial instability for middle class America, many people are just trying to make it month-to-month, save their homes from foreclosure, pay for health insurance, and many, have all but given up hope of still having anything for retirement. How do you know if your family is better off with your current insurance or if you're an ideal candidate for the new Affordable Healthcare Act? Let's say that you've managed to stay afloat financially through the recession and might even have something set aside for retirement, but don't know how to protect those funds from unknown taxes, or other hurdles that the future might bring to affect those funds?

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with a shaky financial situation in your 'golden years' versus a decent quality of life after years of hard work.

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order to be of service to those individuals that have placed their trust, their funds and their future in their hands. They continually study the ever-changing tax laws to give you the most up-to-date information available. Wouldn't it be nice to relax, knowing that that part of your life is in good hands and well taken care of? Unless you are one of a very small minority of people who truly enjoy reading up on the latest changes in Medicare, the Affordable Healthcare Act, life insurance options, investing, estate planning, tax strategies or wealth retention, then you need to call the experts at GRIP Financial.

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Seven Arden Hills Swim Athletes Recently Signed Letters of Intent to Prestigious Colleges

SACRAMENTO, CA (MPG) - Seven high school seniors -- all of whom are talented swimmers who train at Arden Hills -- recently gathered at the wellness resort where, surrounded by supportive friends and families, they made their final decisions and signed letters of intent to accept college scholarships for 2014.

These athletes include:
 - Maddison Johnson, St. Francis High School -- Texas Christian University
 - Alexis Martinez, St. Francis High School -- Seattle University
 - Brittany Oxley, Vista Del Lago High School -- University of South Carolina
 - Savannah Sellers, Home Schooled -- University of California, Davis
 - Matt Spallas, Pleasant Grove High School -- Texas Christian University
 - Jake Struckmeyer, Del Campo High School -- University of the Pacific
 - Taylor Yamahata, Rio Americano High School -- Dartmouth College

One other Arden Hills swimmer -- Andrew Paiva, McClatchy High School -- is still considering

his options and has yet to sign a letter of intent. All of the talented young swimmers have been trained by Arden Hills USA Swim Team Head Coach & Director of Aquatics Brian Nabeta who was recently honored with a prestigious "Award of Excellence" during the 2013 ASCA World Clinic.

Open to all swimmers with athletes being placed according to skill level, Arden Hills has a year-round USA Swim Team that is recognized by USA Swimming as a Silver Medal team, one that is classified in the top two percent of all teams in the United States. Arden Hills has an impressive swim history and has trained an amazing number of



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Athletes that have trained at Arden Hills have collectively set more than 200 world and American records, earned 31 Olympic medals, 21 gold, seven of which were won by legendary swimmer Mark Spitz.

world champion swimmers. In fact, athletes that have trained at Arden Hills have collectively set more than 200 world and American records, earned 31 Olympic medals, 21 gold, seven of which were won by legendary swimmer Mark Spitz.

For more information about the top-notch swim programs available at Arden Hills, please call 916-482-6111 or visit www.ardenhills.net.

Source: T-Rock Communications

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Woman Living with Incurable Cancer Offers Three Ways to Get the Most Out of Every Day

SACRAMENTO REGION, CA (MPG) - Jane Schwartzberg cringes when she hears someone say that a terrible accident or frightening medical diagnosis made them realize what's important in life.

"In some ways, I do wish everyone could experience a taste of terminal, if that's what it takes to make them appreciate the intangible gifts we receive not just during the holidays, but all year," says Schwartzberg, co-author with Marcy Tolkoff Levy of "Naked Jane Bares All," a new book that shares Jane's story with candor and humor.

"But I wish they'd known all along, and I hate the thought of goodness coming at the expense of so much suffering."

Schwartzberg says she was clear about what's most important before she was diagnosed with stage four incurable breast cancer. As a mother, wife, daughter, sister, aunt and friend, she knew that all that really matters is how much love we give and receive.

According to Schwartzberg the holidays are a wonderful opportunity for people to remember that and to focus on who they love. But, too often, they become a source of anxiety, stress, and tension. Financial concerns, having too much to do, and missing loved ones were among the top

causes of holiday stress, according to a recent Mental Health America survey.

"Although I won't attribute any revelations about what's most important in life to my illness, I can say that there are a few things that I am trying to do better since getting sick," Schwartzberg says. "The holidays are a great time to cultivate a spirit of gratitude and to re-focus on the things that are most meaningful."

For Schwartzberg, those include:

- Showing up. If you're worried about yesterday or always planning for tomorrow, you're missing the present moment and any wonderful experiences it may hold. "Although my clock ticks louder than others, I know we are all here for a short time," Schwartzberg says. "I am determined to find joy in every single day. It may come from the simplest of things: a view from my window, a great conversation or a hot cup of coffee. But I know I need to be always present and available, with an open mind and open heart, to experience any of it."
- Riding her love train. We all have people in our lives who care about us, and it's important to let them know how much we appreciate them.

Schwartzberg's "love train" is a metaphor for all of the people she chooses to share her life with. "They are rooting me on and giving my family and me love and support," she says. "I try to be as meticulous and thoughtful as I possibly can be with those on board, and that means making sure they know how much I love and value them."

• Knowing my place in the world. There is a Jewish teaching that says everyone should carry with them two pieces of paper, each in a separate pocket. One paper should say, "I am but dust and ashes." The other, "The world was created for me." "I constantly remind myself that both statements are true," Schwartzberg says. "I am capable of incredible things to improve the world, and I am just a tiny speck in the universe. Powerfulness and humility can, and do, exist for me side by side."

As the holidays approach, keep in mind that the best gift you can give – or receive – is love. "It's not a table full of food or gadgets you can't afford," she says. "Approach this holiday season as if it could be your last, and you'll probably find much more to revel in than to stress about." ★

Source: *New and Experts*

Carmichael Park Master Plan



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Public workshop schedule to update Carmichael Park.

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Workshops for Widows/Widowers on Coping with the Holidays

SACRAMENTO REGION, CA (MPG) - The Widowed Persons Association, Sacramento Chapter 1, is hosting two "Coping With the Holidays" Workshops. The first will be Thursday, November 14th from 1:00-3:00 p.m. The second will be Tuesday, December

3rd from 7:00-9:00 p.m.

Both workshops will be held at 2628 El Camino Avenue, Suite D-18 just east of Fulton Avenue on El Camino Avenue (please enter from the back parking lot).

The workshops are conducted by volunteer facilitators who have

experienced the sadness and feelings of loss that can accompany the holiday season. All widowed persons are welcome to attend, even non-members. Please call 972-9722 for more information. ★

Source: *Widowed Persons Association, Sacramento Chapter*



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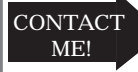
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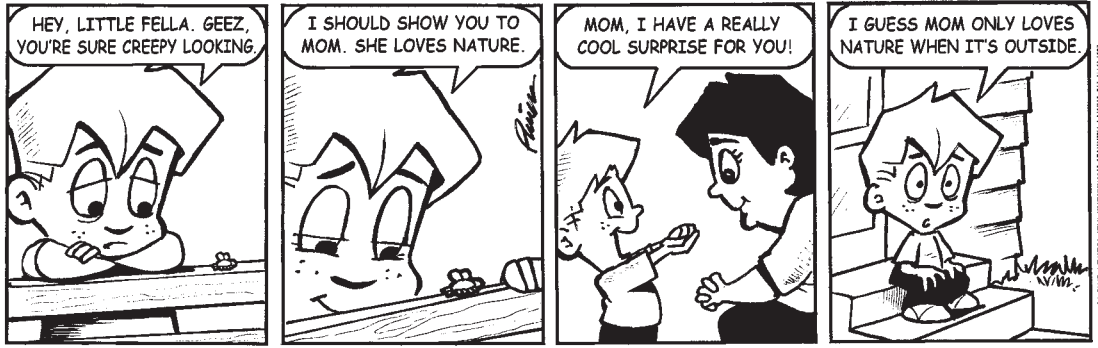
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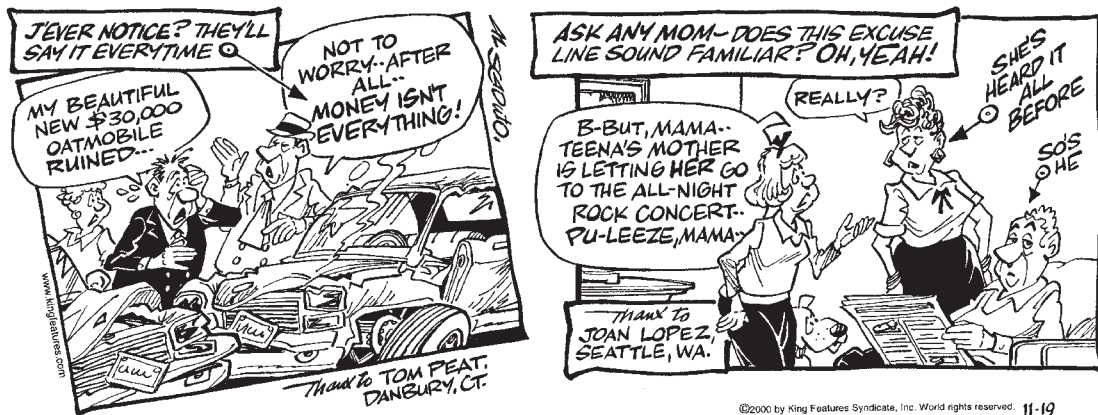
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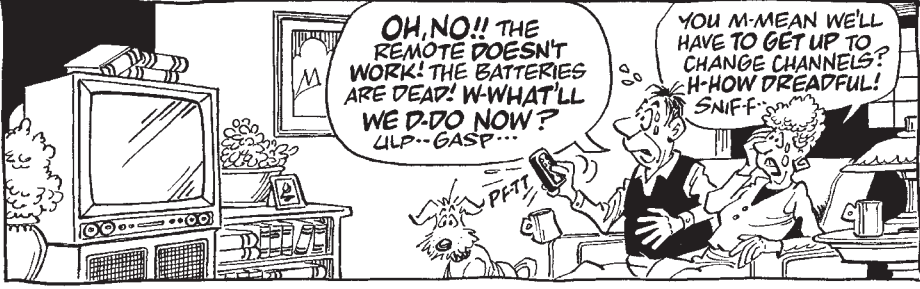


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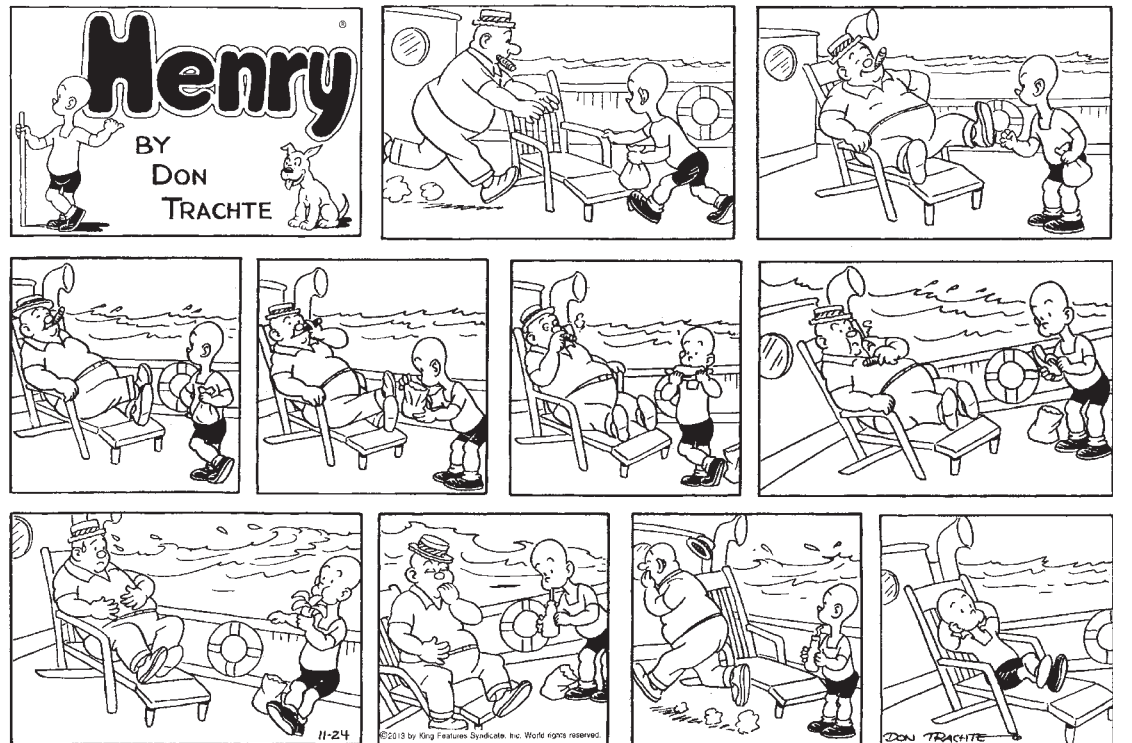


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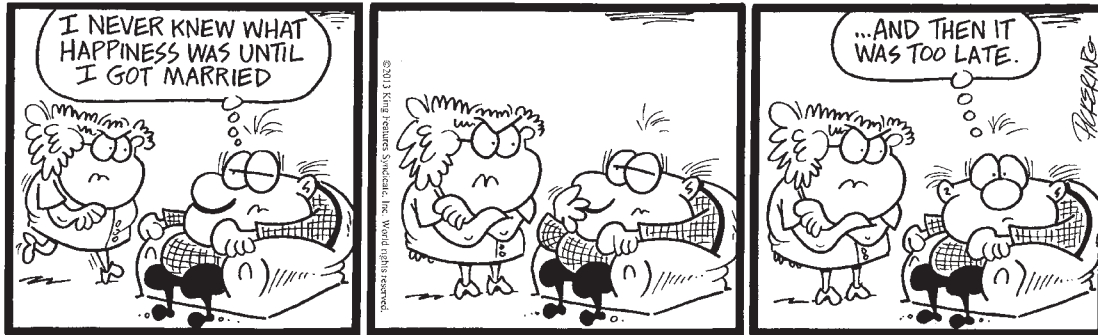
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Fascinating Facts About Humans And Animals

(NAPS)—If yours is like most households in the United States, you have at least one pet.

That's a good thing, considering that people who understand health care have discovered something interesting about animals—they can help improve your health.

How Pets Help Your Health

According to Dr. Heather Douglas, DVM, St. George's University/School of Veterinary Medicine, '06, pets can be good for you in four ways. They can decrease your:

- Blood pressure
- Cholesterol levels
- Triglyceride levels
- Feelings of loneliness.

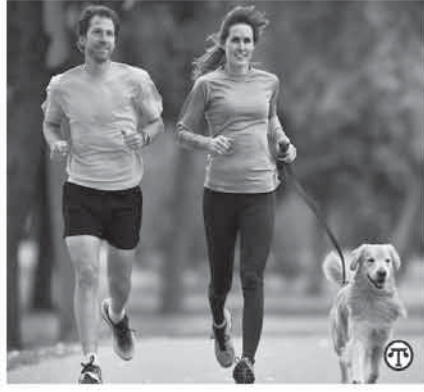
The CDC goes on to say that pets can increase your:

- Opportunities for exercise and outdoor activities
- Opportunities for socialization.

Adds Dr. Douglas, it's a good idea to include your dog in your exercise regimen. Whether it's running, walking or even yoga (which dogs seem to enjoy), start slowly and gradually build up tolerance to avoid injury to either of you. One day a week of yoga practice can improve your flexibility, strength, balance and focus.

"Based on a study by Glenn N. Levine and others published in the *Circulation* journal of the American Heart Association," she says, "there is an association between pet ownership (primarily cat or dog) and lower blood pressure. It was also found that dog owners, who are more likely to exercise with their pet, may have a reduced risk of obesity. Dog ownership is also associated with decreased cardiovascular risk and may have some role in reducing cardiovascular disease."

"The human-animal bond is an amazing phenomenon that offers health benefits to both the person and pet. Incorporating man's best friend into a workout regime can add fun to exercise, while improving the health of both the human and animal involved."



Having pets is good for your health, doctors say.

Furthermore, according to a study by the Stroke Institute of Minnesota, owning a cat can dramatically reduce your chances of dying from heart disease by 30 percent. The researchers suspect a dog study would provide similar results.

A Smart Place To Study These Ideas

One place where the study of the interaction between humans and animals is at the forefront is St. George's University, a fully accredited center of international medical and veterinary education on the island of Grenada in the Caribbean. There, faculty from 140 countries and students from around the world are looking into how learning about the health of humans and animals can be related.

At St. George's, the Schools of Medicine and Veterinary Medicine, the Department of Public Health and Preventive Medicine and the Windward Islands Research and Education Foundation provide a collaboration of expertise to support the concept of "One Health, One Medicine" and to take students from residency to fellowship training to employment. It's all part of the university's global approach to medicine.

Learn More

If you are interested in a career in medicine, veterinary medicine or public health, visit www.sgu.edu/future-students.

Ten Study Skills All Students Should Know

(NAPS) - In school, your child takes English, history, math and other classes. But a key area of academic development isn't taught in a specific class, and without it, a student will struggle to excel in school. That skill is studying.

Sylvan recommends the following tips for elementary and secondary-level students to help improve their study skills:

1. Planners are a sanity saver. Time management is tricky. Having all major deadlines, due dates, events and extracurriculars in one place helps kids visualize their week, manage their time and stay on track.
2. Breaking it down is a good thing. Understanding how to break daunting projects into more manageable ones is a key skill. For example, to make studying for a giant math final approachable, list all the concepts on the test and review them one at a time.
3. Organization isn't overrated. Keeping notes, projects and reading materials in logical order helps kids find what they need right away, cutting down on time spent tracking things down and upping time spent actually studying.
4. Good notes matter. Practice picking out the "main ideas" in conversations with you, in news reports or in magazine articles.
5. Study slow and steady. The best way for kids to do well on tests is to review the information daily at home. Studying with friends in small groups outside of school can encourage this.
6. Harp on homework. Getting home-



work done thoughtfully and on time is one of the most fundamental study skills.

7. Concentrating is critical. To avoid distraction, make sure their cell phones are tucked away and don't let a chatty classmate cause them to lose focus.

8. Directions aren't always direct. Students can get tripped up by homework or test instructions. Encourage kids to listen carefully and spend plenty of time reading directions. Also make sure they know it's OK to speak up if they don't understand testing directions.

9. Know you've got help. If prepping for tests is a tough ordeal and your

child is losing confidence, a lack of study skills could be to blame. Luckily, there are places to go for help. For example, Sylvan Learning at http://tutoring.sylvanlearning.com/study_skills_programs.cfm has a great record of helping kids improve study skills.

10. It's fine to have fun. Come up with some cool "rewards" with your kids—extra time with you, a favorite treat, later curfew—to let them know you recognize their efforts. Support and encourage them and keep your sense of humor. It all helps.

Children aren't born with study skills but like most other skills, they can be learned.

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Salome's Stars

ARIES (March 21 to April 19)

A project benefits from your organizational skills that get it up and running. Your success leaves a highly favorable impression. Don't be surprised if you get some positive feedback soon.

TAURUS (April 20 to May 20)

Spend time on practical matters through the end of the week. Then begin shifting your focus to more-artistic pursuits. Resist being overly self-critical. Just allow yourself to feel free to create.

GEMINI (May 21 to June 20)

Restarting those creative projects you had set aside for a while will help provide a much-needed soothing balance to your hectic life. Besides, it will be like meeting old friends again.

CANCER (June 21 to July 22)

A change in plans could make it tough to keep a commitment. But stay with it. You'll get an A-plus for making the effort to do what's right and not taking the easy way out by running off.

LEO (July 23 to August 22)

The Lion's enthusiasm for a workplace policy review is admirable. But be sure you know who is really behind the resistance to change before pointing your finger at the wrong person.

VIRGO (August 23 to September 22)

You can expect to have to do a lot of work through midweek. Devote the rest of the week to checking your holiday plans in case some need to be adjusted to accommodate changes.

LIBRA (September 23 to October 22)

Try to avoid signing on the dotted line in the early part of the week. You need time to study issues that weren't fully explored. Later in the week might be more favorable for decision-making.

SCORPIO (October 23 to November 21)

A new development could snarl travel schedules or other holiday-linked projects. Some flexibility might be called for to deal with the problems before they get too far out of hand.

SAGITTARIUS (November 22 to December 21)

Relatives seek your advice on a matter you'd rather not be involved in. If so,

use that sage Sagittarian tact to decline the "offer," so that no one's feelings are needlessly hurt.

CAPRICORN (December 22 to January 19)

A shift in planning direction might help you speed up your progress toward achieving that long-planned goal. Trusted colleagues are ready to offer some valuable support.

AQUARIUS (January 20 to February 18)

An unexpected demand for settlement of an old loan could create some pre-holiday anxiety. But you might not really owe it. Check your records thoroughly before remitting payment.

PISCES (February 19 to March 20)

It's a good time to get into the social swim and enjoy some well-earned fun and games with those closest to you before you have to resume more serious activities next week.

BORN THIS WEEK: Your ability to sense the needs of others makes you a wise counselor for those seeking help with their problems.

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COUCH THEATER DVD PREVIEW

BY SAM STRUCKHOFF

COUCH THEATER -- DVD PREVIEW

By Sam Struckhoff

EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of Nov. 25, 2013.

PICKS OF THE WEEK



Helen Mirren in "Red 2"

"Red 2" (R) -- A handful of renegade CIA retirees go back into action to kill bad dudes and recover a nuclear weapon. The aging -- but still deadly -- ensemble includes Bruce Willis (tough guy and hero), John Malkovich (the Mad-Dog Murdoch of the crew) and Helen Mirren (elegant and sophisticated, even when operating an automatic weapon). Mary-Louise Parker rounds out the cast as Bruce's civilian girlfriend.

While the explosions are big and bright, this film has an acute case of sequel-itis. Willis looks bored for most of the proceedings. The jokes don't land the way they did in the prequel. Sir Anthony Hopkins has a fun role as a scientist -- possibly the mad kind. If you truly enjoyed the first round, then go ahead and rent this as a follow-up.

"Jobs" (PG-13) -- Steve Jobs had an undeniably dramatic and intriguing life. From his early years, to the launch of Apple Computers, all the way up to his triumphant return to the company

he built and then lost. Ashton Kutcher clearly put in the research for his role as Jobs. Josh Gad -- a more comedic type -- does a great job of depicting Steve Wozniak, the techie who built the first Apple motherboard, and a companion to the often anti-social Jobs.

Sadly, the film never rises above the point of worshipping Steve Jobs. The tone of the movie is hard to pin down -- I thought I was watching a parody for a good portion of the run time. People respond to every word Jobs utters with bated breath, just on the edge of applauding nothing. Even when the movie shows the darker side of the man, it's feels more obligatory than organic.

"Knightriders" (Blu-ray) -- This 1981 low-budget treasure finally makes it to Blu-Ray. See, there's this radical roadshow going through small-town America -- a Renaissance Fair bloodsport on wheels. The film tells the oh-so-wonderful story of men in medieval armor who ride around on dirtbikes and fight with swords and flails. Ed Harris turns in a swell performance as the gang's delusional leader -- his character takes the knight stuff a little too seriously, while all of the other performers just want Knightriders to achieve the same commercial success as Monster Trucks. George A. Romero (the father of the modern zombie film) directed this little ditty and promptly went back to making monster flicks.

DOG OF THE WEEK

"Getaway" (PG-13) -- Ethan Hawke plays a race-car driver who must perform a high-octane crime spree -- or they'll kill his wife. Somewhere along the way, a teenage runaway (Selena Gomez) gets into the passenger seat. One would think that a movie that presses on the gas pedal and never lets up would be an exhilarating experience. It's actually quite dull and exhausting to watch a feature-length car chase.

TV RELEASES

"Breaking Bad: The Final Season"

"Breaking Bad: The Complete Series (+UltraViolet Digital Copy) [Blu-ray]"

"Mystery Science Theater 3000: 25th Anniversary Edition"

[Limited-Edition Collector's Tin]

"Murdoch Mysteries: Season Six"

"Impractical Jokers: Season One"

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1. Supertramp, Europe and Livin' Joy all released songs with the same name, 10 years apart. What were the years, and what was the name of the songs?
2. Who had a hit with "Still" in 1979?
3. Who joined Jennifer Warnes on "(I've Had) The Time of My Life" from the soundtrack for "Dirty Dancing"?
4. What was Johnny Rivers' self-penned No. 1 hit of 1966?
5. Name the song that contains this lyric: "A pain in my head, There's bugs in my bed, My pants are so old that they shine; Out on the street, I beg the people I meet ..."

Answers

1. "Dreamer," in 1974, 1984 and 1994. Not to be left out, others also released songs by the same name: Ozzy Osbourne, Chris Brown and Hilary Duff.
 2. The Commodores. It was the group's last hit with Lionel Richie.
 3. Bill Medley, of the Righteous Brothers, in 1987.
 4. "Poor Side of Town." His "Secret Agent Man" ran a close No. 3 on the charts.
 5. "Bottle of Wine," a top-10 song by the Fireballs in 1968. The group took its name from "Great Balls of Fire" by Jerry Lee Lewis. The Fireballs hadn't had a No. 1 hit since "Sugar Shack" in 1963.
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Flowering mums planted outdoors in the fall won't have enough time or energy to develop a hardy root system before winter. The plants will succumb to the frequent freezing and thawing. Instead, keep them in their pots, trim off spent flower heads, and place the plants in a cool, dry indoor area that does not freeze. Keep them slightly moist. This can maintain them until spring. Plant in the ground when threat of frost has passed.

- Brenda Weaver
Source: www.mums.org

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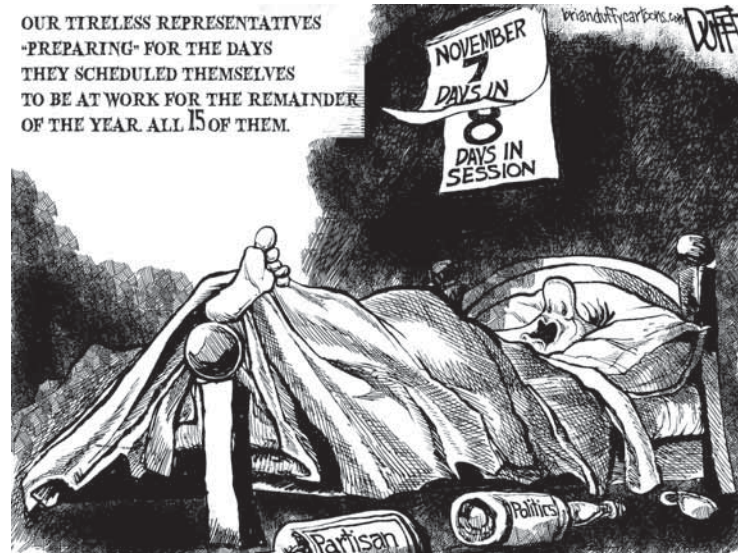
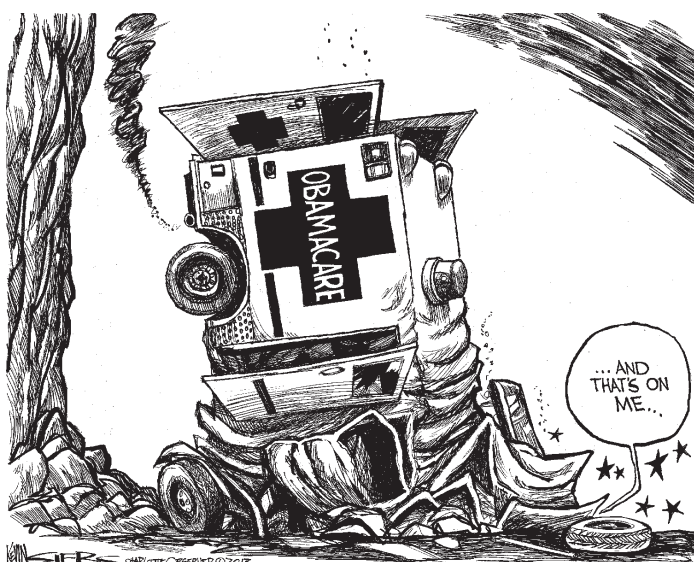
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THE RICH LOWRY COLUMN
By Rich Lowry

Obama Loses His Cool

Barack Obama is the coolest president we've had since John F. Kennedy, at least according to conventional standards for such things. Obama has always been a brand as much as a politician, one that has been perceived as sleek, smart and up to date.

Then along came Healthcare.gov. Its failure to launch is a signal event in the long political battle over Obamacare and perhaps an inflection point in the president's image. It's hard to maintain a sense of truly being on the cutting edge of change when you can't build a website.

Obama's cool was, in part, an artifact of world-class marketing. Graphic designer Michael Bierut writes in the book "Designing Obama" (yes, there's such a book) of how impressed he was watching Obama rallies in 2008: "The awe-inspiring part was the way all the

signs were faithfully, and beautifully, set in Hoefler & Frere-Jones's typeface Gotham." If only the folks at Health and Human Services were consumed with such attention to detail.

The Obama team's technological prowess reinforced the sense that it owned the future. Except it had no bearing on how the president would or could run the government. We've now learned that the president doesn't know how to make a government website work, or know to check to see if it's going to work. "Neither he and I are technology geeks," Vice President Joe Biden explained the other day.

When selling the prospective glories of his website, President Obama compared it to Travelocity and Amazon, leaders in a private sector that is highly flexible and reactive and where failure means extinction. Government is nothing like that. It never has been and never will be. It is plodding and bureaucratic, beholden to political imperatives and often stuck in practices that make no sense.

A presidential campaign can hire whomever it wants without taking account of procurement rules or any other bureaucratic impediment. It is a private entity subject to the laws of competition. It exists more in the world of Travelocity than Healthcare.gov.

At the end of the day, the president has been a dazzling frontman for what is, in essence, the Department of Motor Vehicles. He has created a glittering image of hope and change that has little to do with a rumbling, ramshackle federal government that is still largely built along mid-20th-century lines. Instead of imbuing government with his sense of cool, he has been left apologizing for a government failure that profoundly runs against the zeitgeist.

We celebrate the Internet entrepreneurs who can take an idea and, with pluck and creativity, make it into a reality that we can't live without. It is one of the ironies of the Obama Era that the same kids whose lives are defined by a dizzying array of endlessly changing choices have voted for a president invested in protecting a government that embodies the opposite. It may be that after five years, they are beginning to get a clue. A new Quinnipiac poll shows young people disapproving of the president 54 percent to 36 percent.

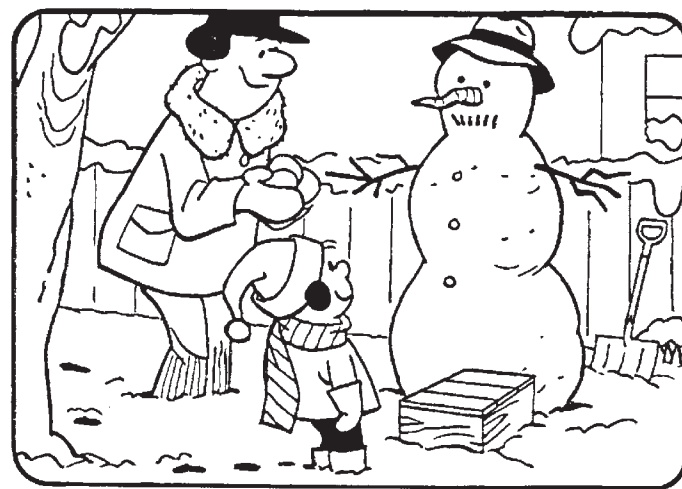
The image was that fine logo and typeface; the reality is Healthcare.gov.

Rich Lowry is editor of the National Review.

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HOCUS-FOCUS

BY HENRY BOLTINOFF



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.

DIFFERENCES: 1. Collar is different. 2. Mitten is missing. 3. Hat is missing. 4. Hat is shorter. 5. Box is missing. 6. Shovel is missing. 7. Tassel is changed to glove.

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CLUES

ACROSS

- Dandruff manufacturer
- Third degree
- Mop
- Spot for boutonniere
- Oahu greeting gift
- Boxer's move
- Gladiators' battlefield
- *Yours, when texting
- Village V.I.P.
- *As opposed to calling
- *Following dial tone
- Lennon's wife
- *It's spoken
- *E-mail was invented by this school's alum
- Marvel Comics hammer wielder
- Building material
- Can be strong on those not bathed
- Wading bird
- Sign up again
- Hindu princess
- Clan emblem
- Like top-notch accommodations
- Seven days postmortem
- Largest volcano in Europe
- Test choice
- Augmenting
- Turned to the right, as in horse
- Pilot's estimate
- Makes full

DOWN

- Fence part
- C in TLC
- Kilimanjaro top, e.g.
- Slow, musically speaking
- Lamentation
- Blatant promotion
- ___ Royal Highness
- ABBA's genre
- Auction off
- Dry riverbed
- Bread maker
- Ship wrecker
- Torch holder
- Result of pitcher's dominance
- Pendulum's path
- *Type of words less common these days
- *Dots and dashes code
- Popular potato
- Gin's partner
- Symphony member
- Patty ___
- Accustom
- *Sexus and "Plexus" partner
- *It's character-limited
- Gauche or Droite in Paris
- *Email button
- Grain of Mesoamerica
- Hook, line and sinker person
- Building addition
- Comedian Daniel and reggae musician Peter
- Chill-inducing
- Japanese port
- *It features postings
- First-___
- Pot contribution
- Coffee choice
- Came down
- Type of pool
- Units of work
- Colony-living insect

CROSSWORD

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

For Solutions See Page 7

Come back every week for Crossword and Sudoku!

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Sudoku Puzzle on Page 6

6	5	1	8	7	4	3	9	2
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Crossword Puzzle on Page 6

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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-07931. Melaine J. Irwin and Scott W. Irwin, 6723 Outlook Dr., Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "Raven/Wulf Designs" at 6723 Outlook Dr., Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on October 4, 2013. Publish: November 6, 13, 20, 27, 2013. RAVENW 131104 11-27-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-08619. Philip Ormstead, 5832 West 4th St., Rio Linda, CA 95673 is doing business under the Fictitious Business Name "Bronco Plumbing Heating and Air" at 5832 West 4th St., Rio Linda, CA 95673. Filed with the Clerk of Sacramento County on October 29, 2013. Publish: November 6, 13, 20, 27, 2013. BRONCO 131104 11-27-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-08649. Ramesh K. Sawhney, 1048 Santa Barbara Ct., Sacramento, CA 95816 is doing business under the Fictitious Business Name "Dolphin International Electromagnetic Technologies" at 1048 Santa Barbara Ct., Sacramento, CA 95816. Filed with the Clerk of Sacramento County on October 30, 2013. Publish: November 6, 13, 20, 27, 2013. DOLPHIN 131104 11-27-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-08626. Bruce B. Saunders, 1910 Mammoth Way, Sacramento, CA 95834 is doing business under the Fictitious Business Name "Sacramento TM Activities and Sacramento TM Center" at 1910 Mammoth Way, Sacramento, CA 95834. Filed with the Clerk of Sacramento County on October 29, 2013. Publish: November 6, 13, 20, 27, 2013. SACRAM 131104 11-27-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-08310. Heidi Grasty, 2104 Lady Emma Ct., Gold River, CA 95670 is doing business under the Fictitious Business Name "Sprinkles & Chips" at 2104 Lady Emma Ct., Gold River, CA 95670. Filed with the Clerk of Sacramento County on October 18, 2013. Publish: November 6, 13, 20, 27, 2013. SPRINK 131104 11-27-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-08245. Phuong Nguyen, 8715 Clear Star Court, Elk Grove, CA 95758 is doing business under the Fictitious Business Name "Vapebox" at 7411 W. Stockton Blvd., Ste. 130, Sacramento, CA 95823. Filed with the Clerk of Sacramento County on October 17, 2013. Publish: November 6, 13, 20, 27, 2013. VAPEBOX 131104 11-27-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-08665. Anatoly Khokhlan, 4242 Oberon Ave., North Highlands, CA 95660 is doing business under the Fictitious Business Name "Your Marketing Solutions" at 4242 Oberon Ave., North Highlands, CA 95660. Filed with the Clerk of Sacramento County on October 31, 2013. Publish: November 6, 13, 20, 27, 2013. YOURMA 131104 11-27-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-08679. Arturo Carrillo and Eileen Ramirez, 3149 Brindley Way, Rancho Cordova, CA 95670 are doing business under the Fictitious Business Name "AC Prints" at 3149 Brindley Way, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County on November 1, 2013. Publish: November 13, 20, 27, December 4, 2013. AC PRINTS 131201 12-4-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-08663. Jeannie Zhang and Steven Zhang, 6255 Calvine Rd., Sacramento, CA 95823 are doing business under the Fictitious Business Name "Cheesesteak & Burger Stop" at 1870 Prairie City Rd., No. 250, Folsom, CA 95630. Filed with the Clerk of Sacramento County on October 31, 2013. Publish: November 13, 20, 27, December 4, 2013. CHEESE 131201 12-4-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-08739. Myra Rae Hubbard, 1012 Frienza Ave., Sacramento, CA 95815 is doing business under the Fictitious Business Name "Hubbard & Associates Realty" at 1012 Frienza Ave., Sacramento, CA 95815. Filed with the Clerk of Sacramento County on November 4, 2013. Publish: November 13, 20, 27, December 4, 2013. HUBBARD 131201 12-4-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-08746. Jason P. Barrows, 1724 7th St., Sacramento, CA 95811 is doing business under the Fictitious Business Name "Jaybites" at 1724 7th St., Sacramento, CA 95811. Filed with the Clerk of Sacramento County on November 4, 2013. Publish: November 13, 20, 27, December 4, 2013. JAYBITES 131201 12-4-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-08831. Melani Dovalina, 2601 Harkness St., Sacramento, CA 95818 is doing business under the Fictitious Business Name "Nor-Cal Publishing Services" at 2601 Harkness St., Sacramento, CA 95818. Filed with the Clerk of Sacramento County on November 7, 2013. Publish: November 13, 20, 27, December 4, 2013. NORCAL 131201 12-4-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-08631. Anahit Movsesyan, 6006 McNeely Way, Orangevale, CA 95662 is doing business under the Fictitious Business Name "Ana's Home Laundry Service" at 6006 McNeely Way, Orangevale, CA 95662. Filed with the Clerk of Sacramento County on October 30, 2013. Publish: November 20, 27, December 4, 11, 2013. ANAS 131202 12-11-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-08935. Chris Faubel, 7046 Charolais Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "CJ's Pizza" at 9045 Fair Oaks Blvd., G. Carmichael, CA 95608. Filed with the Clerk of Sacramento County on November 13, 2013. Publish: November 20, 27, December 4, 11, 2013. CJS 131202 12-11-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-08875. Yogini Living LLC, 7504 Lost Creek Ct., Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "EastWest Massage and EastWest Massage & Wellness" at 4748 Engle Rd., No. 107, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on November 8, 2013. Publish: November 20, 27, December 4, 11, 2013. EAST 131202 12-11-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-08945. Lisa Wiess, 6538 Via Sereno Dr., Rancho Marieta, CA 95683 and Eugene K. Wiess, 1212 Robertson Way, Sacramento, CA 95818 are doing business under the Fictitious Business Name "Lisa Wiess and Associates" at 6538 Via Sereno Dr., Rancho Cordova, CA 95683. Filed with the Clerk of Sacramento County on November 13, 2013. Publish: November 20, 27, December 4, 11, 2013. WIESE 131202 12-11-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-08532. Lindy Puckett, 9691 Livery Ct., Wilton, CA 95693 and Jennifer Schultz, 9640 Livery Ct., Wilton, CA 95693 are doing business under the Fictitious Business Name "E-Aprons" at 9690 Livery Ct., Wilton, CA 95693. Filed with the Clerk of Sacramento County on November 8, 2013. Publish: November 20, 27, December 4, 11, 2013. EAPRONS 131202 12-11-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-08532. Christy Jahlea Jahlou, 7852 Olympic Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Shazam Studios" at 2410 Butano Dr., Suite 101, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on October 28, 2013. Publish: November 20, 27, December 4, 11, 2013. SHAZAAM 131202 12-11-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-08921. Sanna Catherine Sornick, 6032 Rye Way, Carmichael, CA 95608 is doing business under the Fictitious Business Names "Total Effects For Hair & Skin" at 5841 Fair Oaks Blvd., No. A, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on November 12, 2013. Publish: November 20, 27, December 4, 11, 2013. TOTAL 131202 12-11-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-09059. Desmond Sandy, 3001 60th St., Sacramento, CA 95820 is doing business under the Fictitious Business Names "Road to Snow" at 3001 60th St., Sacramento, CA 95820. Filed with the Clerk of Sacramento County on November 18, 2013. Publish: November 27, December 4, 11, 18, 2013. ROAD 131203 12-18-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-09144. DLF General Contractor Inc., 15 Village Green Dr., Sacramento, CA 95838 is doing business under the Fictitious Business Names "D.L. Fuller Construction" at 15 Village Green Dr., Sacramento, CA 95838. Filed with the Clerk of Sacramento County on November 20, 2013. Publish: November 27, December 4, 11, 18, 2013. DLFGEN 131203 12-18-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-09108. Folsom Soccer Club, 373 Tobruay Way, Folsom, CA 95630 is doing business under the Fictitious Business Names "Folsom Lake Soccer League" at 373 Tobruay Way, Folsom, CA 95630. Filed with the Clerk of Sacramento County on November 19, 2013. Publish: November 27, December 4, 11, 18, 2013. FOLSOM 131203 12-18-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-08858. Fred L. Cary III and Eileen M. Cary, 3757 Norris Ave., Sacramento, CA 95821 is doing business under the Fictitious Business Names "Yupik & Cary" at 3757 Norris Ave., Sacramento, CA 95821. Filed with the Clerk of Sacramento County on November 7, 2013. Publish: November 27, December 4, 11, 18, 2013. YUPIK 131203 12-18-13

ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE
#FBNF2011-07277. The following individual has abandoned the use of the FICTITIOUS BUSINESS NAME of EastWest Massage, 4748 Engle Rd., Suite 107, Carmichael, CA 95608: Jane S. LaGrega, 607 Vine Cir., Rocklin, CA 95675. The Fictitious Business Name Statement was filed on August 23, 2011, in the County of Sacramento. Abandonment filed with the Clerk of Sacramento on November 8, 2013. Publish: November 13, 20, 27, December 4, 2013. EAST2 131201 12-4-13

ORDER TO SHOW CAUSE CHANGE OF NAME
SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2013-00152547
WHEREAS, Lindsey Ruth Sinks has filed a petition with this court for a decree changing the name of Lindsey Ruth Sinks to Lindsey Ruth Hammer, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 30, 2013, 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: October 30, 2013. David I. Brown Judge of the Superior Court Publish: November 6, 13, 20, 27, 2013. SINKS 131104 11-27-13

ORDER TO SHOW CAUSE CHANGE OF NAME
SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2013-00152547
WHEREAS, Lindsey Ruth Sinks has filed a petition with this court for a decree changing the name of Lindsey Ruth Sinks to Lindsey Ruth Hammer, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 30, 2013, 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: October 30, 2013. David I. Brown Judge of the Superior Court Publish: November 6, 13, 20, 27, 2013. SINKS 131104 11-27-13

ORDER TO SHOW CAUSE CHANGE OF NAME
SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2013-00152521
WHEREAS, John Allein Aquino has filed a petition with this court for a decree changing the name of John Allein Aquino to John Allein Castanar, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 26, 2013, 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: October 30, 2013. Raymond M. Cadei Judge of the Superior Court Publish: November 13, 20, 27, December 4, 2013. AQUINO 131201 12-4-13

ORDER TO SHOW CAUSE CHANGE OF NAME
SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2013-00152521
WHEREAS, John Allein Aquino has filed a petition with this court for a decree changing the name of John Allein Aquino to John Allein Castanar, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 26, 2013, 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: October 30, 2013. Raymond M. Cadei Judge of the Superior Court Publish: November 13, 20, 27, December 4, 2013. AQUINO 131201 12-4-13

ORDER TO SHOW CAUSE CHANGE OF NAME
SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2013-00152521
WHEREAS, Megan Elizabeth Butts has filed a petition with this court for a decree changing the name of Megan Elizabeth Butts to Megan Elizabeth Barretto, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on January 8, 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 6, 2013. Raymond M. Cadei Judge of the Superior Court Publish: November 13, 20, 27, December 4, 2013. BUTT 131201 12-4-13

ORDER TO SHOW CAUSE CHANGE OF NAME
SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2013-00152528
WHEREAS, Megan Elizabeth Butts has filed a petition with this court for a decree changing the name of Megan Elizabeth Butts to Megan Elizabeth Barretto, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on January 8, 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 6, 2013. Raymond M. Cadei Judge of the Superior Court Publish: November 13, 20, 27, December 4, 2013. BUTT 131201 12-4-13

ORDER TO SHOW CAUSE CHANGE OF NAME
SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2013-00152828
WHEREAS, Megan Elizabeth Butts has filed a petition with this court for a decree changing the name of Megan Elizabeth Butts to Megan Elizabeth Barretto, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on January 8, 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 6, 2013. Raymond M. Cadei Judge of the Superior Court Publish: November 13, 20, 27, December 4, 2013. BUTT 131201 12-4-13

ORDER TO SHOW CAUSE CHANGE OF NAME
SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2013-00152828
WHEREAS, Megan Elizabeth Butts has filed a petition with this court for a decree changing the name of Megan Elizabeth Butts to Megan Elizabeth Barretto, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on January 8, 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 6, 2013. Raymond M. Cadei Judge of the Superior Court Publish: November 13, 20, 27, December 4, 2013. BUTT 131201 12-4-13

ORDER TO SHOW CAUSE CHANGE OF NAME
SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2013-00152828
WHEREAS, Megan Elizabeth Butts has filed a petition with this court for a decree changing the name of Megan Elizabeth Butts to Megan Elizabeth Barretto, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on January 8, 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 6, 2013. Raymond M. Cadei Judge of the Superior Court Publish: November 13, 20, 27, December 4, 2013. BUTT 131201 12-4-13

ORDER TO SHOW CAUSE CHANGE OF NAME
SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2013-00152828
WHEREAS, Megan Elizabeth Butts has filed a petition with this court for a decree changing the name of Megan Elizabeth Butts to Megan Elizabeth Barretto, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on January 8, 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 6, 2013. Raymond M. Cadei Judge of the Superior Court Publish: November 13, 20, 27, December 4, 2013. BUTT 131201 12-4-13

CALL 773-1111 TO ADVERTISE IN YOUR LOCAL HOMETOWN NEWSPAPER

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2013-00152780
WHEREAS, Harry Patrick Earley has filed a petition with this court for a decree changing the name of Harry Patrick Earley to Sarah Patricia Earley, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on January 6, 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 6, 2013. Raymond M. Cadei Judge of the Superior Court Publish: November 13, 20, 27, December 4, 2013. EARLEY 131201 12-4-13

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2013-00152780
WHEREAS, Harry Patrick Earley has filed a petition with this court for a decree changing the name of Harry Patrick Earley to Sarah Patricia Earley, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on January 6, 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 6, 2013. Raymond M. Cadei Judge of the Superior Court Publish: November 13, 20, 27, December 4, 2013. EARLEY 131201 12-4-13

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2013-00152161
WHEREAS, Christina Pridmore has filed a petition with this court for a decree changing the names of Kaylee Nevaeh Pridmore to Kaylee Nevaeh Paquin and Christina Lynn Pridmore to Christina Lynn Paquin, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 6, 2013, 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: October 16, 2013. Raymond M. Cadei Judge of the Superior Court Publish: November 13, 20, 27, December 4, 2013. PRIDMORE 131201 12-4-13

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2013-00152161
WHEREAS, Christina Pridmore has filed a petition with this court for a decree changing the names of Kaylee Nevaeh Pridmore to Kaylee Nevaeh Paquin and Christina Lynn Pridmore to Christina Lynn Paquin, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 6, 2013, 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: October 16, 2013. Raymond M. Cadei Judge of the Superior Court Publish: November 13, 20, 27, December 4, 2013. PRIDMORE 131201 12-4-13

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2013-00152787
WHEREAS, Kyzen Chan Sin has filed a petition with this court for a decree changing the name of Kyzen Chan Sin to Alex Chan Sin, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on January 6, 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: November 6, 2013. David I. Brown Judge of the Superior Court Publish: November 13, 20, 27, December 4, 2013. SIN 131201 12-4-13

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2013-00152787
WHEREAS, Kyzen Chan Sin has filed a petition with this court for a decree changing the name of Kyzen Chan Sin to Alex Chan Sin, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on January 6, 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: November 6, 2013. David I. Brown Judge of the Superior Court Publish: November 13, 20, 27, December 4, 2013. SIN 131201 12-4-13

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2013-00152547
WHEREAS, Lindsey Ruth Sinks has filed a petition with this court for a decree changing the name of Lindsey Ruth Sinks to Lindsey Ruth Hammer, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on January 6, 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: November 6, 2013. David I. Brown Judge of the Superior Court Publish: November 13, 20, 27, December 4, 2013. SIN 131201 12-4-13

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2013-00152791
WHEREAS, Lisa Marie Sorensen has filed a petition with this court for a decree changing the name of Lisa Marie Sorensen to Geneva Lisandra Trevino, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on January 7, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: November 6, 2013. David I. Brown Judge of the Superior Court Publish: November 13, 20, 27, December 4, 2013. SOREN 131201 12-4-13

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2013-00153174
WHEREAS, Scott Alan Holmes has filed a petition with this court for a decree changing the name of Scott Alan Holmes to Allison Stephanie Holmes, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on January 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: November 13, 2013. Raymond M. Cadei Judge of the Superior Court Publish: November 20, 27, December 4, 11, 2013. HOLMES 131202 12-11-13

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2013-00153174
WHEREAS, Scott Alan Holmes has filed a petition with this court for a decree changing the name of Scott Alan Holmes to Allison Stephanie Holmes, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on January 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: November 13, 2013. Raymond M. Cadei Judge of the Superior Court Publish: November 20, 27, December 4, 11, 2013. HOLMES 131202 12-11-13

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2013-00153159
WHEREAS, David Lloyd McNabb has filed a petition with this court for a decree changing the name of David Lloyd McNabb to Della Jean McNabb, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on January 10, 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 13, 2013. Raymond M. Cadei Judge of the Superior Court Publish: November 20, 27, December 4, 11, 2013. MCNABB 131202 12-11-13

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2013-00153159
WHEREAS, David Lloyd McNabb has filed a petition with this court for a decree changing the name of David Lloyd McNabb to Della Jean McNabb, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on January 10, 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 13, 2013. Raymond M. Cadei Judge of the Superior Court Publish: November 20, 27, December 4, 11, 2013. MCNABB 131202 12-11-13

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
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SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2013-001531

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Our website: branch23.sirinc2.org

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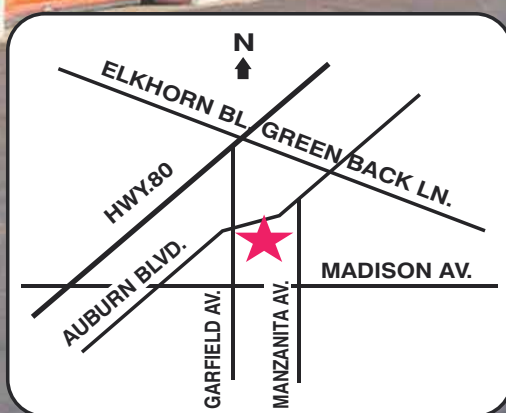
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H0504_13_282C CMS Accepted 10012013

Atria Carmichael Oaks Senior Living Holds Mrs. Claus Toy Drive

CARMICHAEL, CA (MPG) - Atria Carmichael Oaks Senior Living is brightening the lives of needy children this holiday season by asking folks to take part with Mrs. Claus in her toy drive. Mrs. Claus and her elves will be collecting toys on Saturday, December 7th, for Bev's Angel Project, a local non-profit assisting needy families.



The Project was established in 2001 by Jan Strickland, a local resident who wanted to do

something special for sick and needy children in the Sacramento area during holidays. The project has since grown to include donations provided to local schools and churches, child protective services, St. John's Shelter, Sutter Memorial, and Mercy Child Life, to name a few.

Donors will help make special Christmas wishes come true. For additional information, call the community at 916.944.2323 or visit www.atria-carmichaeloaks.com.

Source: Atria Senior Living

Conrad and Scheible Art Show Opens

SACRAMENTO REGION, CA (MPG) - Tapigami creator Danny Scheible and the artist behind "Politically Vulnerable," Maren Conrad, are collaborating for a joint show at the art complex in Sacramento's Downtown Plaza.

Exhibit S will feature their work in its "Confluent" show, which opened November 21. The two-person show premieres pieces that combine processes of both artists as well as more than 100 collaborative works created in their shared studio space at Exhibit S and new individual pieces.

The show will run through Dec

31st at Exhibit S in the Downtown Plaza. The gallery's winter hours are 10:00 a.m. to 8:00 p.m. Monday through Saturday; 10:00 a.m. to 6 p.m. on Sundays; and by appointment. Exhibit S is at 547 L Street in the Downtown Plaza.

Maren Conrad and Danny Scheible are the first artists to move their studios into Downtown Plaza. The cohabitation opened the doors to collaboration. Since April, Danny Scheible, known for using tape as his medium, has been learning to incorporate elements from Conrad's resin and

metal-leaf-based paintings into his process. Their shared obsession with process refinement led to planning a collaborative show. They are pushing their processes to new levels individually and together. Viewers may notice the ways the artists have influenced each other.

More information about these artists can be found through their individual websites: www.marenconrad.com and www.tapigami.com. Exhibit S information: www.exhibitsstudios.com www.facebook.com/exhibit.s.studios

Source: Exhibit S Studios

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- THURSDAY** UC Davis Health System Sacramento Farmers Market
45th & Y Streets (Behind Shriners Hospital)
Every Thursday from 3 to 7:30 pm (Seasonal, through November 14th)
- SATURDAY** Sacramento Midtown Farmers Market
2020 J Street (Between the STANF Native American Health and Bioware buildings)
Every Saturday from 8 am to 1 pm - all year round, rain or shine
- WEDNESDAY** Fair Oaks Plaza Park Farmers Market
7003 Park Drive, Fair Oaks (Old Fair Oaks Village)
Every Wednesday from 3 to 7 pm (Seasonal, through October 31st)
- WEDNESDAY** Mather VA Hospital Farmers Market
10535 Hospital Way, Mather
Every Wednesday from 9 am to 1 pm (Seasonal, through December 18th)
- SATURDAY** Sunrise Mall Farmers Market
6190 Sunrise Boulevard, Citrus Heights (behind Sears located in SE Parking Lot)
Open every Saturday from 8 am to 1 pm - all year round
- SATURDAY** Historic Folsom Farmers Market
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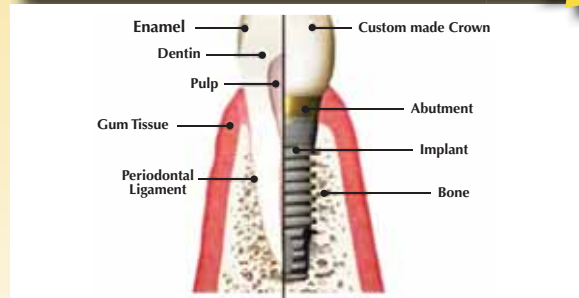
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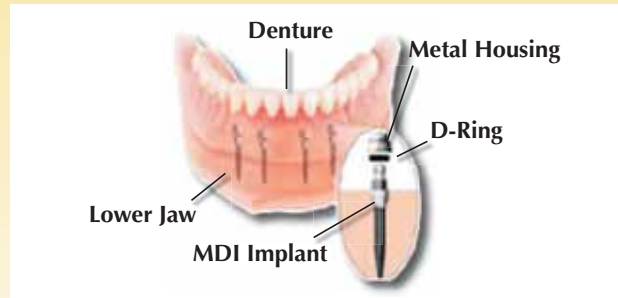
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