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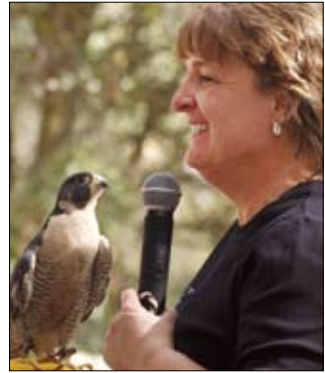
Carmichael Times

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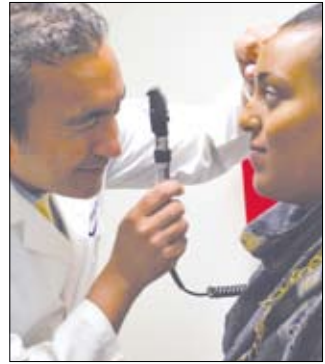
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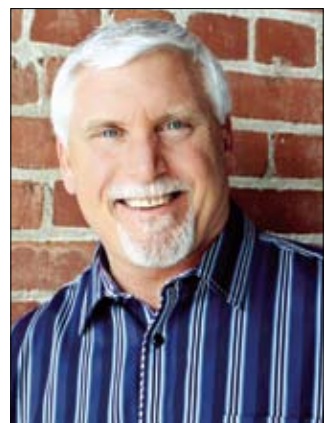
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STARS Shine at San Juan Fundraiser



Broadcaster Beth Ruyak (left) welcomed VIPs at a San Juan Education Foundation gala. Receiving alumni awards were Justice Gordon Liu, Lt. General John Goodman, Fox News correspondent Laura Ingle and Nobel Prize winner David Wineland.

**Words and pictures by
Susan Maxwell Skinner**

Q: What do a Nobel Prize winner, a California Supreme Court judge, a decorated Marine and a network broadcaster have in common?

A: The VIPs all graduated from San Juan School District high schools. At a recent Carmichael gala, they jointly entered the District's Hall of Fame. The seventh annual Evening with the S.T.A.R.S. (Science, Technology, Arts and Reading for Students) event supports grants endowed by the San Juan Education Foundation.

Nobel recipient David Wineland began a brilliant science career at Encina High. Justice Goodwin Liu passed through Rio Americano gates. Fox Network correspondent

Laura Ingle attended El Camino High. Lt General John Goodman (also a former NFL star) spent his athletic teens at Encina. All grown up and diversely distinguished, the four were honored at Arden Hills Country Club.

Over 300 supporters applauded the returning alumni. Celebrity host at the seventh annual event was television and radio star Beth Ruyak, herself mom to two Rio Americano graduates. "The honorees are the link between contemporary students and where their dreams can take them," said Ruyak. "In these great achievers, you can still see the high school kid; they talk about football touch-downs and school dances as easily as they talk about military strategy and quantum physics."

Previous STARS honorees include broadcaster Joan Lunden

(Bella Vista); Assemblyman Roger Niello (Encino); Olympic swimmer Debbie Meyer (Rio Americano) and baseball legend Dusty Baker (Del Campo).

A 2011 winner, Timothy B. Schmit (Encino) rose to fame with rock super-band The Eagles. Schmit donated a guitar – autographed by Eagles Don Henley, Glenn Fry and Joe Walsh and himself – for the 2013 auction. Nail-biting bidding brought bids to \$2,500. A breakfast with Sacramento Mayor Kevin Johnson realized \$900.

At the same event, foundation volunteer Paul Ioannidis received a Silver Star Award for organizing the foundation's annual Race for the STARS fundraiser.

Learn about the San Juan Education Foundation's S.T.A.R.S. program at www.sanjuanfoundation.org



Signed by members of The Eagles rock band, this guitar brought a \$2500 bid at the fundraiser auction.

Drowsy Driving Puts Drivers In Danger

SACRAMENTO REGION, CA (MPG) - In an effort to reduce the number of fatigue-related collisions and reinforce our mission of saving lives, the California Highway Patrol (CHP) joins the California State Transportation Agency and Office of Traffic Safety in a campaign to remind motorists to stay alert during "Drowsy Driving Prevention Week," November 3-10, 2013.

"Many people do not understand the dangers associated with driving drowsy," said CHP Commissioner Joe Farrow. "This is our opportunity to educate the public on the potential life-threatening consequences of driving while fatigued behind the wheel."

Drowsiness can impair judgment, reaction time, and a driver's attention. This annual campaign provides public education about the risks of driving while drowsy and countermeasures to improve safety on the road.

According to the National Highway Transportation Safety Administration (NHTSA), drowsy driving causes more than 100,000 crashes a year, resulting in 40,000 injuries and contributing to 1,550 deaths.

The American Automobile Association estimates that one out of every six deadly traffic

accidents, and one out of eight crashes requiring hospitalization of drivers or passengers is due to drowsy driving. Preliminary data for 2011 from CHP's Statewide Integrated Traffic Records System indicates more than 1,600 people lost their lives in collisions where fatigue was a factor on California's roadways.

"Driving while drowsy or sleep-deprived can be a lethal combination," said Russia Chavis, Acting Director of the Office of Traffic Safety. "While most people are aware of the dangers of drunk or distracted driving, many don't realize that sleepiness also slows reaction times, decreases awareness, impairs judgment and increases your risk of crashing, all similar to the effects of driving under the influence of alcohol."

The following warning signs to indicate that it is time to stop driving and find a safe place to pull over and rest:

- Difficulty focusing, frequent blinking, or heavy eyelids
- Difficulty keeping daydreams at bay
- Trouble keeping your head up
- Drifting from your lane, swerving, tailgating, and/or hitting rumble strips

- Inability to clearly remember the last few miles driven
- Missing exits or traffic signs
- Hitting highway rumble strips, the ridged edges to the road meant to jar drivers
- Yawning repeatedly
- Feeling restless, irritable, or aggressive

Drivers who experience any of these drowsy-driving symptoms should stop driving. Drivers who are far from home should use a reset stop, parking lot, or hotel to take a quick nap. Twenty minutes of napping helps clear fatigue. Caffeine can also improve wakefulness.

"Know the signs of fatigue and take the time to rest when you find yourself feeling drowsy," added Commissioner Farrow. "We want everyone to arrive at their destination safely and remain alert while behind the wheel."

CHP recommends planning ahead to reduce the risk of drowsy driving. This starts with ensuring drivers have adequate sleep to maintain proper alertness during the day. Drivers should also schedule route breaks during long trips—every 100 miles or two hours. ★

For more information on drowsy driving, visit www.drowsydriving.org.

**Veterans Memorial
Commemoration
Planned at Earl J.
Koobs Nature Area**

CARMICHAEL, CA. (MPG) - A memorial service will be held in the Earl J. Koobs Nature Area located in Carmichael, between San Juan Central (previously Garfield Elementary) and the La Sierra Community Center on 5325 Engle Road. Gates to the area will be open from 10:00 a.m. to 2:00 p.m. The Color Guard Ceremony will be at 11:00 a.m. The Color Guard will be by local Boy Scouts, Girl Scouts and Venture Crew.

The Earl J. Koobs Nature Area started with a teacher's off-hand suggestion in 1971 and local high school students' persistence in purchasing 4-1/2 acres in Carmichael as a nature and environmental studies area. Even then-Governor Reagan and President Nixon donated to the students' cause. A California ecology grant helped pay the balance. The area was later named for Mr. Koobs, now called "Ranger Jack", the biology teacher who planted the idea.

The Vietnam Memorial is especially intriguing. In 1973, while many were still in disbelief of America's losses, the nature area's symbol became a memorial to 14 students from La Sierra High School who died for our country. This, the first known Vietnam Memorial in California, was made in metal shop by students remembering their own classmates.

In 1988, the nature area was almost sold for lack of use and interest, but a community group, "Save Our Soil" rallied. They established it as an educational trust and preserved it future generations.

On Nov 10, 1988, there was a special re-dedication of the La Sierra High School Memorial featuring B.T. Collins, a disabled Vietnam vet who went on to serve as Governor Brown's chief of staff. According to Linda E. Jones, chairperson of the Nature Area Committee, "Just mentioning his name in this community brings forth welling of respect. Families of boys lost still speak with tear-filled eyes of gratitude for their own not forgotten by a great man."

In recent years, the Nature Area Committee found seven out of fourteen families and many former students and hosted a "Day to Honor and Remember." The observance has now become a tradition with the upcoming ceremony the 12th consecutive year honoring Veterans on the eleventh month, eleventh day and eleventh hour.

The Committee also now observes Memorial Day as a time to remember those who gave the ultimate sacrifice for our country. Planning, preparations, and ceremony are conducted by the Nature Area Committee, Kiwanis Club of Carmichael, La Sierra graduates, local Scouts/Venture crew, veterans themselves, and other community members.

Source: Earl J. Koobs Nature Area Committee



An Educational Feast

Story and photos by Susan Maxwell Skinner

Q: What is the world's fastest animal?

A: The peregrine falcon. At 200 mph, this raptor could easily out speed a cheetah.

By live demonstration, other

animal facts came out of the woods at the Effie Yeaw Nature Center's recent Nature Fest event in Carmichael. For example: a nocturnal owl's flight is virtually soundless. A young kangaroo is called a Joey. And, thanks to a visiting animal exhibitor, audiences could even say g'day to a

real Joey. Rejected by his mom and adopted by a Placerville animal sanctuary, the amiable youngster hopped onto a table and nibbled handler Gabe Kerschner's fingers. "Want to see his pouch?" Kerschner teased hundreds of excited children. "Just kidding.



A rescued bald eagle called Spirit was a majestic presence among bird, mammal and reptilian ambassadors at the recent Effie Yeaw Nature Fest. Balding handler is Gabe Kerschner from the Wild Things Inc. Sanctuary in Placer County.



Naturalist Kelli Moulden co-presented the Hawks Honkers & Hoots learning program. She showed live raptors, including a peregrine falcon called Bolt.

He's a boy; boy kangaroos don't have pouches."

Thus facts of life are shared. "There's no better way to learn about nature than through direct experience," approved Nature Center Development Director Betty Cooper. "By seeing live animals and learning about their skills and vulnerabilities, young people gain more than knowledge. They also develop empathy and seem eager to protect wildlife. We believe preservation begins with education."

Over 1300 children and parents supported the all-day event. Critters imported for their delight included

bats, owls, hawks, snakes, a bald eagle, a possum and a raccoon called Radar. Kangaroo notwithstanding, the wildlife exhibits represented local species (yes, bald eagles have recently been spotted on the American River Parkway). Deer, woodpeckers and wild turkey residents of the surrounding preserve augmented viewing opportunities. Through interactive displays and crafts, visitors also learned about salmon migration on the adjacent river.

Basket making skills of Carmichael's original Nisenan villagers were demonstrated by their modern day descendants. ★

Learn about the Effie Yeaw Nature Center at www.sacnaturecenter.net.

Railroad Museum Honors Vets and Active Military on November 11

SACRAMENTO, CA (MPG) - To honor their service and celebrate the patriotic holiday, California State Parks and the California State Railroad Museum are proud to offer veterans and active military personnel complimentary excursion train rides on the Sacramento Southern Railroad plus complimentary Museum admission on Monday, November 11th.

Special excursion train rides are available at 1 p.m., 2 p.m. and 3 p.m. this one-day-only on a first-

come, first-served basis. The rides are also open to the public at regular price while immediate family members accompanying veterans and active military personnel can enjoy the train rides at half-price. In addition, the California State Railroad Museum is also offering complimentary admissions to vets this day.

Veterans must show their current military ID or proof of discharge under conditions other than dishonorable or bad conduct.

Trains depart from the Central

Pacific Freight Depot (on Front & K Streets). Tickets available at the Sacramento Southern Railroad ticket office (on Front Street between J and K Streets).

On Veteran's Day weekend, the on-site Museum Store will showcase special merchandise and books to provide more historical background that link the railroad with the war effort. Please visit www.csrmf.org or call 916-445-6645.

Source: T-Rock Communications

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Achy back, sore neck, sniffing nose, chronic cough, pounding headache and relentless fatigue: the hallmarks of a just debarked airplane passenger. It's the beginning of the holiday travel season and these are many of the complaints I hear often if wellness wasn't part of the travel plan. Whether you're a frequent flyer or planning your first air excursion, you're susceptible to the physical stress of air travel. Here are some recommendations to plan ahead for your trip to stay healthy.

1. Pack Perfect Pillows

Stroll down the aisle of a plane after dark and you'll notice a wide variety of contorted sleep position postures that wreak havoc on a traveler's neck and back. But an in-air catnap doesn't have to leave you stiff and sore. To keep your spine aligned while you snooze, invest in a traveler's pillow. These U-shaped pillows cradle the spine, preventing the neck from slouching forward or to the side. Also, bringing your pillow from home when you travel can be a great way to prevent neck problems. Hotel pillows are often rigid and bulky, and they don't allow for proper neck positioning.

2. Schedule Stretch Sessions

Frequent stretch breaks are a vital component of a healthy flight. Stretching wards off two flying related ailments: blood clots and muscle soreness. The pain and potential health problems from travel-induced blood clots (thrombosis), can be triggered by prolonged sitting. Flight related blood clots are

7 Healthy Tips for Air Travelers

so widespread that in 2005 an international conference was held to discuss the problem, which is also known as economy class syndrome, coach class thrombosis, and traveler's thrombosis. Traveler's thrombosis may have serious implications, including stroke and death. Research indicates that stretching boosts circulation, which may inhibit the formation of blood clots. Remind yourself to stretch by setting a watch alarm for at least 60 min intervals. Every hour get up and promenade the aircraft's aisles and perform three to five minutes of stretching.

3. Launch an Antioxidant Attack

Air travel exposes flyers to cosmic radiation, which may create disease causing free radicals and spur cellular changes associated with cancer. In addition recycled airplane air often is teeming with fungus, viruses, and bacteria. To ward off these hazards of toxic air, fortify your body with natural immune booster's antioxidants. Take grape seed extract, selenium and vitamins A, C, and E during and two weeks prior to travel. Garlic is also a potent antioxidant and infection blocker, but beware that fellow passengers may not appreciate the odiferous quality of your garlic feast.

4. Ditch Unnecessary Drugs

Alcohol and other drugs provoke jet lag. So, skip the in-flight cocktail and avoid air sickness medication or sleeping pills whenever possible. Instead, consider all natural nausea remedies, such as ginger capsules and acupressure bracelets. For travel related insomnia, try melatonin supplements, which help shift your body clock so it's in line with your destination time zone.

5. Bring Bottled Water

Adequate hydration deters jet lag, fatigue and illness. Once you are past the security gates make it a habit to purchase a few bottles of spring water to stay

hydrated during your flight.

6. Be Finicky About Flight Food

A recent number of scientific studies have verified the benefits of eating healthy snacks such as fruits, vegetables, and nuts during a long flight. In contrast snacks high in sugar, white grains, and saturated fats can reduce your immunity and can lead to illness.

7. Tote Some Tea

Tossing several bags of herbal tea into your carry-on bag before boarding can provide many in-air health benefits. Teas such as ginger-lemon and mint are renowned for their anti-air sickness properties. In addition, the heat of the tea obliterates some viruses and bacteria on contact. Varieties such as green, ginger, rose hip, and ginseng also contain immune boosting antioxidants.

Thinking ahead can always be the best remedy for wellness even when traveling. I suggest implementing some of the strategies mentioned to create a more enjoyable flight and holiday season.

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River City Quilters' Guild Hosts Its 2013 Quilt Show

SACRAMENTO, CA (MPG) - The River City Quilters' Guild is hosting their annual quilt show at the Scottish Rite Temple, 6151 H Street, Sacramento on November 15 through November 17. The times are Friday from 10 a.m. to 5 p.m.; Saturday from 10 a.m. to 5 p.m.; and Sunday from 10 a.m. to 4 p.m. Admission is \$7 per day. Children under the age of 12 are free if accompanied by an adult.

The annual show offers quilters the opportunity to display their work to the public and gives the community a chance to see the new and exciting directions quilt making is taking, as new techniques, fabric and materials become available in the marketplace and are used in quilts.

The show will feature hundreds of beautiful quilts, including traditional, contemporary, and art quilts as well as wearable art made by textile artists. Judging is conducted by the Elimination Method, with awards given in each category at the sole discretion of the judges who may select 1st, 2nd, 3rd and Honorable Mentions. Show attendees cast their votes in choosing the Viewer's Choice (Harriett Merriam Award).

Other activities include vendors, country store with handcrafted gifts, prizes, demonstrations, silent auction and a longarm exhibit. Featured artist this year is Kitty Oliver, an award winning quilter and professional quilt judge. Aside from teaching quilting classes and giving lectures about quilting, Kitty created the California Sesquicentennial Children's Quilt Program. This program brought information on quilting and California history to thousands of school children.

A highlight of the show is the annual Opportunity Quilt, which is a fundraiser for the Guild. This year's quilt is adapted from Jennifer Chiaverinis', *Carolines' Wedding Quilt*. The quilt was made by 25 different appliqué artists, piecing by Jacques Tucker, Jonell Carter, Sandy Damas and Patti Abdo. Satin stitching was done by Jonell Carter and label cover by Nancy Causey. Binding was done by Nancy Mac Donald and Helen Powell while machine quilting was done by Debbie Joynor.

Parking for the show is free and lunch is available on site by Ambrosia Café & Catering.

Proceeds from this event will support the activities of the Guild, including such community service activities as the making of hundreds of quilts for pediatric patients in area hospitals, flannel "lovies" for Sacramento County Sheriff Chaplaincy, drawing travel bags for children at the Children's Receiving Home, providing a scholarship at CSU Sacramento for an aspiring quilter, and participating in other charitable quilt auctions.

For more information about River City Quilters' Guild and the 2013 Quilt Show, visit the Guild website at www.rivercityquilters.org.

Source: River City Quilters' Guild

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Atria Carmichael Oaks to Host 5th Annual Alzheimer's Fundraiser

CARMICHAEL, CA (MPG) - Atria Carmichael Oaks, a senior living community, will be hosting their 5th annual Alzheimer's Association fundraiser -- "BBQ, Beer, & Boogie" event -- with cohost, the Kiwanis Club of Carmichael. The event will be held on Friday, November 15 from 5:00 to 8:00 p.m. at St. John's Catholic Church located at 5751 Locust Avenue in Carmichael.

Last year, Atria Carmichael Oaks raised over \$15,000 for the Alzheimer's Association's Walk To End Alzheimer's, which serves to raise awareness and funds for Alzheimer care, support, and research.

Alzheimer's disease is the sixth leading cause of death in the United States. There are more than five million people aged 65 and older living in the U.S. with Alzheimer's disease and that number is expected to triple to 16 million by 2050 barring the development of medical breakthroughs to prevent, slow or stop the disease. Alzheimer's takes a devastating toll not just on those with the disease -- but also on their caregivers. Often family members quit their jobs so they can provide round-the-clock care, and the stress can harm their own health.

Atria Carmichael Oaks urges its residents families, friends, neighbors and businesses in the community to help raise funds for this worthwhile cause. Virginia Stone, community sales director for Atria Carmichael Oaks is passionate about this event. "My own mother suffers from this crippling disease. You may also know someone personally affected, so please join us for a fun-filled evening. It is a great way to show your support for the cause".

Enjoy great food, drink, and entertainment featuring Rotary Rooters band. In addition, there will be a silent auction and raffle. Ticket price for the event is \$30 in advance or \$35 at the door. Atria Carmichael Oaks, located at 8350 Fair Oaks Blvd, has been part of the Carmichael community for over 30 years, offering seniors independent, assisted and memory care living.

For more information or to purchase tickets, please call 916-944-2323 or visit www.atria-carmichaeloaks.com.

Source: Atria Carmichael Oaks



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CLUES

ACROSS

- Ottoman title
- Goes with flow?
- Recipe amt.
- Partner of pains
- Calendar mo.
- Singer Abdul
- Rope spiral, e.g.
- Cultural Revolution leader
- ___ room
- **The most distinguished contribution to American literature for children" medal
- **"The Wind in the ___"
- ___ Spot run!
- Move slowly and carefully
- Onomatopoeia for collision
- Rodeo Drive tree
- Winter hat feature
- Fusses
- Toothed groomer
- New Zealandian minority
- Eight bits
- **"The Giving ___" and "The Magic ___ House"
- Equal exchange, like swap
- Leaning
- Make a picture
- Can be smoked or tied
- Natural ribbon alternative
- Glitch
- Romano or Barone
- Supreme Court count
- More, in Madrid
- Gandhi, to many
- *Bigg's neighbors
- Cover story
- Marienbad, e.g.
- Launch or throw
- Colorado ski resort
- One less than jack
- "Sesame Street" regular
- Lion's share
- Talk, talk, talk
- Film amount, pl.

DOWN

- TV's "___ Stars"
- Advil target
- It must go on?
- Basil, chives and bay leaf, e.g.
- In R.E.M. stage
- Awarded to "Breaking Bad"
- Sheep sound
- *Like Eric Carle's bear
- *"Adjective for Sarah
- Plague symptom
- Like Food movement
- *Clifford the Big Red Dog's feet
- Horse mouthpiece
- Don't just stand there
- Rocks to some
- Plunge
- *King of the Elephants

CROSSWORD												
1	2	3	4	5	6	7	8	9	10	11	12	
13					14			15				
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72					73				74			

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2											
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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

For Solutions See Page 7

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Sudoku Puzzle on Page 6

4	1	3	2	8	5	6	7	9
7	2	6	4	3	9	8	5	1
8	5	9	6	7	1	2	3	4
6	4	1	8	5	7	3	9	2
9	7	2	3	1	6	4	8	5
3	8	5	9	2	4	1	6	7
5	3	7	1	6	2	9	4	8
2	9	8	7	4	3	5	1	6
1	6	4	5	9	8	7	2	3

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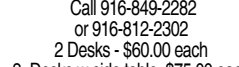
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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-07921. Nihana Perera, 11927 Country Garden Dr., Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name "Bubby's Decor" at 11927 Country Garden Dr., Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on October 4, 2013. Publish: October 16, 23, 30, November 6, 2013
BUBBYS 131101 11-06-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-07948. Darlene D. Hollins, 4000 Alan Shepard St., No. 368, Sacramento, CA 95834 is doing business under the Fictitious Business Name "Blessed Enterprises" at 4000 Alan Shepard St., No. 368, Sacramento, CA 95834. Filed with the Clerk of Sacramento County on October 7, 2013. Publish: October 16, 23, 30, November 6, 2013
BLESSED 131101 11-06-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-07791. Maria L. Meledex Lopez, 391 Summer Garden Way, Sacramento, CA 95833 is doing business under the Fictitious Business Name "H & M Pacific Flooring" at 391 Summer Garden Way, Sacramento, CA 95833. Filed with the Clerk of Sacramento County on September 30, 2013. Publish: October 16, 23, 30, November 6, 2013
H&MPAC 131101 11-06-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-07822. Tony K. Elder, 9244 Woodrow Way, Elk Grove, CA 95758 is doing business under the Fictitious Business Name "WestBound Groove Entertainment" and "Tejazz Music" at 9244 Woodrow Way, Elk Grove, CA 95758. Filed with the Clerk of Sacramento County on October 1, 2013. Publish: October 16, 23, 30, November 6, 2013
WESTBO 131101 11-06-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-07947. Tony Mach, 6561 Chesterbrook Dr., Elk Grove, CA 95758 and Lan My Diep, 10008 Phoenicia Way, Sacramento, CA 95829 is doing business under the Fictitious Business Name "T&T Auto Body" at 3210 51st Ave., Sacramento, CA 95823. Filed with the Clerk of Sacramento County on October 7, 2013. Publish: October 16, 23, 30, November 6, 2013
T&TAUTO 131101 11-06-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-07960. Mai Yang Xiong, 4936 14th Ave., Sacramento, CA 95820 is doing business under the Fictitious Business Name "Adorable 3D Nail Bar and Salon" at 5712 Broadway Blvd., Sacramento, CA 95820. Filed with the Clerk of Sacramento County on October 7, 2013. Publish: October 16, 23, 30, November 6, 2013
ADORAB 131101 11-06-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08045. Joel E. Portnoy, 8500 Elm Ave., Orangevale, CA 95662 is doing business under the Fictitious Business Name "Carcainix" at 3340 Sunrise Blvd., No. E. Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on October 9, 2013. Publish: October 16, 23, 30, November 6, 2013
CARCAN 131101 11-06-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08024. Jack Burns, 4124 22nd St., Sacramento, CA 95822 is doing business under the Fictitious Business Name "Jack Burns Enterprises" at 5320 Auburn Blvd., Sacramento, CA 95841. Filed with the Clerk of Sacramento County on October 8, 2013. Publish: October 16, 23, 30, November 6, 2013
JACKBU 131101 11-06-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08105. Ernes Sisis, 5814 Shadow Creek Dr., No. 3, Sacramento, CA 95841 and Mimes Sisis, 6525 Shadow Hawk Dr., Citrus Heights, CA 95621 are doing business under the Fictitious Business Name "CA Best Registration Services" at 5777 Madison Ave., Ste. 795, Sacramento, CA 95841. Filed with the Clerk of Sacramento County on October 10, 2013. Publish: October 23, 30, November 6, 13, 2013
CABEST 131102 11-13-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08004. Mary Scholl and Jennifer Scholl, 8284 Bull Mountain Cir., Elk Grove, CA 95758 are doing business under the Fictitious Business Name "Pacific Coast Motor Company" 8284 Bull Mountain Cir., Elk Grove, CA 95758. Filed with the Clerk of Sacramento County on October 8, 2013. Publish: October 23, 30, November 6, 13, 2013
PACIFIC 131102 11-13-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08159. Optimal Senior Living, Inc., 5726 Honor Pkwy., Sacramento, CA 95835 is doing business under the Fictitious Business Name "Regency Park Care Home" at 5726 Honor Pkwy., Sacramento, CA 95835. Filed with the Clerk of Sacramento County on October 15, 2013. Publish: October 23, 30, November 6, 13, 2013
REGENCY 131102 11-13-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08037. One Halloween Night, Inc., 466 E. Hillcrest Ave., Fresno, CA 93720 is doing business under the Fictitious Business Name "Spirit Halloween Superstores" at 4717 Madison Ave., Sacramento, CA 95841. Filed with the Clerk of Sacramento County on October 8, 2013. Publish: October 23, 30, November 6, 13, 2013
SPIRIT 131102 11-13-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08193. The Church in Sacramento, Inc., 2041 Wyda Way, Sacramento, CA 95825 is doing business under the Fictitious Business Name "Stockton Outreach" at 2041 Wyda Way, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on October 15, 2013. Publish: October 23, 30, November 6, 13, 2013
STOCK 131102 11-13-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08169. Fancia B. Sims, 3615 6th Ave., Sacramento, CA 95817 is doing business under the Fictitious Business Name "Fancia's Faithful Services" at 3615 6th Ave., Sacramento, CA 95817. Filed with the Clerk of Sacramento County on October 15, 2013. Publish: October 30, November 6, 13, 20, 2013
FANCIA 131103 11-20-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08021. Kristin Goodman, 8020 Copperwood Dr., Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "Bejeweled Bubbles" at 8020 Copperwood Dr., Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on October 8, 2013. Publish: October 30, November 6, 13, 20, 2013
BEJEWEL 131103 11-20-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08050. Mateo R. Lopez, 4892 Westlake Pkwy., Sacramento, CA 95835 is doing business under the Fictitious Business Name "Clean Cut Painting" at 4892 Westlake Pkwy., Sacramento, CA 95835. Filed with the Clerk of Sacramento County on October 9, 2013. Publish: October 30, November 6, 13, 20, 2013
CLEAN 131103 11-20-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08476. Cherie Manica, 10270 Elder Creek Rd., Sacramento, CA 95829 is doing business under the Fictitious Business Name "Truckparts For You" at 10220 Elder Creek Rd., Sacramento, CA 95829. Filed with the Clerk of Sacramento County on October 24, 2013. Publish: October 30, November 6, 13, 20, 2013
TRUCK 131103 11-20-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-07928. Jeremy L. Marquez, 2460 Larkspur Ln., No. 342, Sacramento, CA 95825 is doing business under the Fictitious Business Names "JMmarketing" and "My Biz's Your Biz" 2460 Larkspur Ln., No. 342, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on October 4, 2013. Publish: October 30, November 6, 13, 20, 2013
JMARQ 131103 11-20-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08036. Jeremy L. Marquez, 2460 Larkspur Ln., No. 342, Sacramento, CA 95825 is doing business under the Fictitious Business Names "Closing On Dreams" and "Closer To Dreams" 2460 Larkspur Ln., No. 342, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on October 8, 2013. Publish: October 30, November 6, 13, 20, 2013
CLOSER 131103 11-20-13

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 "RavenWulf 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 #FBNF2013-08685. Dian D. Tran, 8935 Cobble Crest Dr., Sacramento, CA 95829. The Fictitious Business Name Statement was filed on July 16, 2013, in the County of Sacramento. Abandonment filed with the Clerk of Sacramento on October 7, 2013. Publish: October 16, 23, 30, Nov. 6, 2013
MTMPHA 131101 11-06-13

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE #FBNF2013-05725. The following individual has abandoned the use of the FICTITIOUS BUSINESS NAME OF MTM Pharmacy Consultants, 8935 Cobble Crest Dr., Sacramento, CA 95829. The Fictitious Business Name Statement was filed on July 16, 2013, in the County of Sacramento. Abandonment filed with the Clerk of Sacramento on October 7, 2013. Publish: October 16, 23, 30, Nov. 6, 2013
MTMPHA 131101 11-06-13

ORDER TO SHOW CAUSE CHANGE OF NAME SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00152066 WHEREAS, Rusul Nazar Tawfiq has filed a petition with this court for a decree changing the name of Rusul Nazar Tawfiq to Russal Nazar Roumani. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 4, 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 9, 2013
Raymond M. Cadei
Judge of the Superior Court
Publish: October 16, 23, 30, November 6, 2013
TAWFFEQ 131101 11-06-13

ORDER TO SHOW CAUSE CHANGE OF NAME SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00151932 WHEREAS, Chelsea Lisay Gentil and Oscar Edwardo Godinez has filed a petition with this court for a decree changing the name of Oscar Jaylen Godinez to Jaylen Eizic Godinez-Gentil. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on November 22, 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 2, 2013
Raymond M. Cadei
Judge of the Superior Court
Publish: October 16, 23, 30, November 6, 2013
GENTIL 131101 11-06-13

ORDER TO SHOW CAUSE CHANGE OF NAME SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00152066 WHEREAS, Scooty G. Orbeago has filed a petition with this court for a decree changing the name of Scooty Gustavo Orbeago and Scotty Gustavo Orbeago. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 13, 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 23, 2013
David I. Brown
Judge of the Superior Court
Publish: October 30, November 6, 13, 20, 2013
NGUYEN 131103 11-20-13

ORDER TO SHOW CAUSE CHANGE OF NAME SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00152311 WHEREAS, Dannel Huu Nguyen and Lien Nguyen hves filed a petition with this court for a decree changing the names of Dannel Nguyen to Dannel Viau and Denmark Nguyen to Denmark Viau. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 13, 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 23, 2013
David I. Brown
Judge of the Superior Court
Publish: October 30, November 6, 13, 20, 2013
NGUYEN 131103 11-20-13

ORDER TO SHOW CAUSE CHANGE OF NAME SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00152311 WHEREAS, Scooty G. Orbeago has filed a petition with this court for a decree changing the name of Scooty Gustavo Orbeago and Scotty Gustavo Orbeago. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 6, 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 23, 2013
David I. Brown
Judge of the Superior Court
Publish: October 30, November 6, 13, 20, 2013
ORGEGO 131103 11-20-13

ORDER TO SHOW CAUSE CHANGE OF NAME SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00152311 WHEREAS, Scooty G. Orbeago has filed a petition with this court for a decree changing the name of Scooty Gustavo Orbeago and Scotty Gustavo Orbeago. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 6, 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 23, 2013
David I. Brown
Judge of the Superior Court
Publish: October 30, November 6, 13, 20, 2013
ORGEGO 131103 11-20-13

ORDER TO SHOW CAUSE CHANGE OF NAME SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00152066 WHEREAS, Y Phong Mac has filed a petition with this court for a decree changing the name of Y Pong Mac to Mylene Phong Mac. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 5, 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
David I. Brown
Judge of the Superior Court
Publish: October 23, 30, November 6, 13, 2013
LUCAS 131102 11-13-13

ORDER TO SHOW CAUSE CHANGE OF NAME SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00152066 WHEREAS, Y Phong Mac has filed a petition with this court for a decree changing the name of Y Pong Mac to Mylene Phong Mac. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 5, 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
David I. Brown
Judge of the Superior Court
Publish: October 23, 30, November 6, 13, 2013
LUCAS 131102 11-13-13

ORDER TO SHOW CAUSE CHANGE OF NAME SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00152066 WHEREAS, Y Phong Mac has filed a petition with this court for a decree changing the name of Y Pong Mac to Mylene Phong Mac. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 5, 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
David I. Brown
Judge of the Superior Court
Publish: October 23, 30, November 6, 13, 2013
LUCAS 131102 11-13-13

ORDER TO SHOW CAUSE CHANGE OF NAME SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00152064 WHEREAS, April Taber and Daniel Ruiz has filed a petition with this court for a decree changing the name of Jack Henry DiGiorgio-Taber to Jack Henry DiGiorgio. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 4, 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 9, 2013
Raymond M. Cadei
Judge of the Superior Court
Publish: October 23, 30, November 6, 13, 2013
TABER 131102 11-13-13

ORDER TO SHOW CAUSE CHANGE OF NAME SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00152151 WHEREAS, Herbert Glenn Lucas has filed a petition with this court for a decree changing the name of Herbert Glenn Lucas to Glenn Herbert Lucas. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 6, 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 16, 2013
David I. Brown
Judge of the Superior Court
Publish: October 23, 30, November 6, 13, 2013
LUCAS 131102 11-13-13

ORDER TO SHOW CAUSE CHANGE OF NAME SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00152072 WHEREAS, Y Phong Mac has filed a petition with this court for a decree changing the name of Y Pong Mac to Mylene Phong Mac. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 5, 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 9, 2013
Raymond M. Cadei
Judge of the Superior Court
Publish: October 23, 30, November 6, 13, 2013
MAC 131102 11-13-13

ORDER TO SHOW CAUSE CHANGE OF NAME SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00152311 WHEREAS, Dannel Huu Nguyen and Lien Nguyen hves filed a petition with this court for a decree changing the names of Dannel Nguyen to Dannel Viau and Denmark Nguyen to Denmark Viau. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 13, 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 23, 2013
David I. Brown
Judge of the Superior Court
Publish: October 30, November 6, 13, 20, 2013
NGUYEN 131103 11-20-13

ORDER TO SHOW CAUSE CHANGE OF NAME SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00152311 WHEREAS, Scooty G. Orbeago has filed a petition with this court for a decree changing the name of Scooty Gustavo Orbeago and Scotty Gustavo Orbeago. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 6, 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 23, 2013
David I. Brown
Judge of the Superior Court
Publish: October 30, November 6, 13, 20, 2013
ORGEGO 131103 11-20-13

ORDER TO SHOW CAUSE CHANGE OF NAME SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00152066 WHEREAS, Scooty G. Orbeago has filed a petition with this court for a decree changing the name of Scooty Gustavo Orbeago and Scotty Gustavo Orbeago. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 6, 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 23, 2013
David I. Brown
Judge of the Superior Court
Publish: October 30, November 6, 13, 20, 2013
ORGEGO 131103 11-20-13

ORDER TO SHOW CAUSE CHANGE OF NAME SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00152066 WHEREAS, Scooty G. Orbeago has filed a petition with this court for a decree changing the name of Scooty Gustavo Orbeago and Scotty Gustavo Orbeago. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 6, 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 23, 2013
David I. Brown
Judge of the Superior Court
Publish: October 30, November 6, 13, 20, 2013
ORGEGO 131103 11-20-13

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Read & Feed Program Digs In As Librarians Go Agrarian



Junior League volunteers have partnered with the Sacramento Library Foundation to establish two demonstration gardens. A third is planned for Arcade Library. League President is (front, second left) Amanda Merz.

Story and photos by Susan Maxwell Skinner

Good books have plots. So do garden plots -- garden plots, that is.

At two Sacramento County libraries, hands-on learning gets hands dirty for a good cause. Children learn what makes crops grow; how different plants favor different seasons; how bugs benefit growth; how fresh vegetables enrich diets.

The Sacramento Library Foundation has partnered with ladies of the Junior League in a "Read & Feed" program, geared to educate from the ground up. Spurred by hard times and the fashionable passion for healthy food, the garden movement is on the rise across America. In war-time parlance, school, church and library plots are 21st century "Victory Gardens." And, just as 1940s allotments saved many from starvation, garden gurus hope community plots will improve nutrition and weed out bad habits.

"When we considered Sacramento needs, we saw education and nutrition as priorities," explains Sacramento Junior League President Amanda Merz. "Many in the community lack access to fresh produce. Teaching families to grow food may change the way they eat and change lives. We hope the program will influence a new generation to get better food on their tables."

In this effort, Junior Leaguers and the Library Foundation (with a \$10,000 injection from Wells Fargo Bank) have so far provided \$53,000 to create demonstration gardens at County libraries. The League's three year Read & Feed commitment embraces Colonial Heights and Rancho Cordova plots. A further garden is proposed for Arcade Library.

Rancho's allotment got started this fall. Master Gardener Bill Maynard -- who coordinates the

Sacramento Area Community Garden Coalition -- supervised AmeriCorps volunteers in stacking 500 concrete pavers as bed walls. "We mix mushroom compost and horse manure into the soil," he explained. "We stay as organic as possible. We'll plant kale, chard, beets, and turnips before Thanksgiving. Lettuce will be ready to pick in 60 to 80 days. The local garden club meets here so they'll be garden stewards. The kids will help. The library's a friendly place to learn that you don't need much space

"We talk about sunshine and how to consider light when planting," she says. "We've put in flowers so insects will come and pollinate our plants. The Health Education Council provides a free cooking class each month. For one lesson, the kids each picked a bell pepper and took it inside to use in a meal. One time they made huevos rancheros. The library smelled amazing all day."

As summer 2013 ended, tomatoes grew eight feet high in Colonial's garden. Foulk shared the fruit with library customers. The Junior League hosted a harvest festival, enjoyed by 150 visitors. Colonial Heights and Rancho Cordova have ordered more gardening books and established seed "libraries" to share donated seeds for patrons' home gardens.

On such fertile ground, great ideas quickly take root and spread. A Colonial Heights librarian recently shared burgeoning botanical knowledge with her son's school teachers. The boy's school now boasts its own winter garden.

"For librarians, we've all learned more than we expected about gardening," says Colonial



AmeriCorps volunteers hefted concrete pavers to contain vegetable beds. Master gardener Bill Maynard supervised.

or money to make a garden."

With Maynard advising, volunteers ploughed the first furrow at Colonial Heights in 2012.

Youth Services Librarian Amanda Foulk now hosts a monthly children's group whose 20 members learn much from their garden classroom. "They get dirty and they love it," she says. "Many live in apartments; they've never had their hands in soil. You should see their little faces when they crack open pods and pop peas in their mouths. The taste is unlike any pea they've encountered.

Heights volunteer coordinator David Henson. "But libraries aren't just about books. Our focus now is to bring people together and improve community life."

Supporters of Read & Feed include: Junior League of Sacramento; Sacramento Library Foundation; Soil Born farms; Health Education Council; California Food Literacy Center; the Naygrow Family Foundation; Councilman Jay Schenirer. For information, visit www.saclibrary.org or call (916) 264 2920. ★

Bera Gets Back To His Doctor Roots Volunteering At Local Free Health Clinic

SACRAMENTO COUNTY, CA (MPG) - Congressman Ami Bera, M.D., got back to his roots practicing medicine in mid-October, volunteering with his wife Dr. Janine Bera at the Imani Clinic. Run by University of California Davis medical students, the clinic provides free healthcare to the local community.

Staff at the Imani Clinic includes undergraduates who do intake, lab work and patient charts, and medical students who see patients under the supervision of one or two preceptor physicians. The Beras have been volunteering as preceptors at the Imani Clinic for the past 18 years.

"Helping out at the Imani Clinic is a great way to serve our community that Janine and I have always enjoyed," said Rep. Bera. "It helps people in need and also exposes medical students to the complexities of providing care to a diverse and underserved community."

Before being elected to Congress, Rep. Bera was an instructor and the associate dean of admissions at U.C. Davis Medical School.

The Imani Clinic provides



Before being elected to Congress, Rep. Bera was an instructor and the associate dean of admissions at U.C. Davis Medical School. Photo courtesy Ami Bera

urgent health care and preventive medical services each Saturday, and does community outreach events throughout the year.

Congressman Ami Bera, M.D. represents Sacramento County. Born and raised in California, Bera is a physician and the only Indian American currently serving in Congress. He's fighting to rebuild an economy that works for middle class families and to reduce our country's debt in a responsible way. One of Bera's first acts in Congress was to help lead the effort to pass the No Budget No Pay Act, which says

if members of Congress don't pass a budget, they don't get paid. As a co-chair of No Labels' Problem Solvers, he's working with people from both parties to find bipartisan solutions to our nation's challenges. He and his wife Janine live in Elk Grove with their daughter Sydra. For more updates on Rep. Bera follow @RepBera on Twitter, like Congressman Bera on Facebook, or visit <http://www.bera.house.gov> ★

Source: Congressman Ami Bera's Office

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November 1-30, 2013



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"Visions 2013"
14th Annual Juried
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October 29 - November 23, 2013
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Foyer Gallery:
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& Dorothy Steed
November 1-30, 2013



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Announcements & Events

Park Rec & Eat It Food Truck Event

Thursday, November 7, 5-8pm

Front of Carmichael Park, 5750 Grant Avenue

It's our After Halloween Party where you can find ghoulish grub from Drewski's, Krush, Karmabile, Simply Southern and more!
Wear a costume and win a prize! Can't make it? Join us on 12/5!

Adult Quilting Class

November 9 & 10, 10am-3pm

Carmichael Park Clubhouse, 5750 Grant Avenue

Pre-registration required. Call 485-5322 for information.

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

JMG Tennis Player from Arden Hills Wins National "Little Mo" Title in Texas

SACRAMENTO, CA (MPG) - Eight-year-old Priya Nelson of Sacramento -- who trains as part of the JMG Academy at Arden Hills -- won the 16th Annual Rogers Wealth Group "Little Mo" Nationals title in the Girls 8 Division at the Austin Tennis Academy in Texas that took place October 18-21. She dominated the tournament winning every match in straight sets.

In the finals, she defeated Susanna Maltby of Glen Ellyn, Illinois, 6-2, 6-0. Open to players of different age groups, the prestigious "Little Mo" tournament is presented each year by the Maureen Connolly Brinker Tennis Foundation, Inc.

Priya Nelson lives in Sacramento and has been training with the JMG Tennis Academy since the age of five. "Priya is both highly dedicated and highly talented, which is unique at her age," said Joe Gilbert, Director of JMG Tennis Academy at Arden Hills. "I've been fortunate enough to coach her from the very beginning, and I just love catching talented young players early like that. It's easy to see Priya's headed for lots of future success and it will be very exciting to watch her journey."

Led by Academy Director Joseph Morris Gilbert, the JMG Tennis Academy at Arden Hills



is open to dedicated tournament players throughout the greater Sacramento region between the ages of 8 to 21. Interested young athletes must apply, be assessed and try-out for a coveted position in the growing year-round Academy. The high performance program demands a high level of dedication from players, parents and coaches, and the players

are selected based on their work ethic, attitude and skill.

For more information about the JMG Tennis Academy at Arden Hills, or other high performance and/or recreational tennis programs available at Arden Hills, please call 916-482-6111 or visit www.ardenhills.net.

Source: T-Rock Communications



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H0504_13_282C CMS Accepted 10012013

Thanking Those Who Served on Veterans Day

CARMICHAEL, CA (MPG) - Atria Carmichael Oaks senior living will be hosting a Veterans Day breakfast to honor its residents on Monday, November 11 at 9 a.m. Other local veterans are invited to this special day. The community located at 8350 Fair Oaks Blvd.

Veterans will reminisce by sharing stories of their experiences, whether they were light-hearted or heartfelt. "We are proud of our veterans at Atria Carmichael Oaks and we thank each of them for their service to our country," said Engage Life Director Laurie Taylor.

At 10 a.m., Shawn Coffey-Bryant, Senior Veterans Benefits, will provide valuable information



about a little known Aid and Attendance benefit that can help veterans or their surviving spouses pay for independent or assisted-living communities. At 10:30 a.m., veterans and residents will take a "Walk Through History" by looking at war memorabilia. And, in the

afternoon, the ROTC will honor our brave men and women with a presentation thanking them for their time in the military.

For more information, please call the concierge at 916-944-2323 or visit www.atriacarmichaeloaks.com.
Source: Atria Carmichael

Carmichael Home Prices Increase Slightly

SACRAMENTO, CA (MPG) - Average price per square foot for Carmichael homes was \$181, an increase of 29.3 percent compared to the same period last year. The median sales price for homes in Carmichael from July 13 to

October 13 was \$289,000 based on 147 homes sold. one year ago during that time period, the median home sales price increased 30.8%, or \$68,000, and the number of home sales decreased 27.6%. The average listing price for homes for

sale in Carmichael was \$464,946 for the week ending Oct 23, which represents a decrease of 6%, or \$29,805, compared to the prior week.
Source: Trulia.com

Workshops for Widows/Widowers on Coping with the Holidays

SACRAMENTO, 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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- THURSDAY** **UC Davis Health System Sacramento Farmers Market**
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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)
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- SATURDAY** **Historic Folsom Farmers Market**
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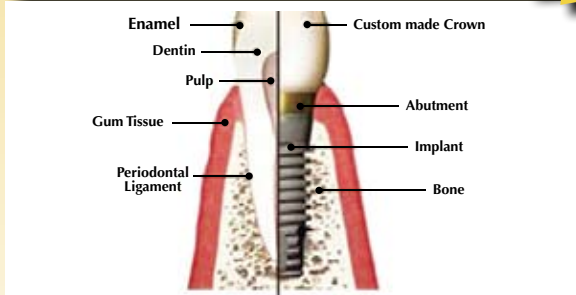


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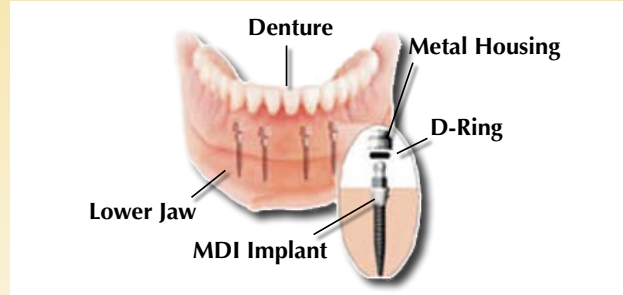
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