

Snorestop Billboard Coming to Sacramento in Early December Page 10

Dolvett Quince, Trainer on The Biggest Loser, Helped Kids Get Fit

Page 5



# Carmichael Times

Volume 34 • Issue 47

Serving Carmichael and Sacramento County since 1981

November 20, 2013

#### **Giving Thanks**



Page 4

## **Sacramento** Fire Fighters Put Down Fire



Page 10

## Let's Talk Turkey



Page 5

has been a passage for animal

and human migration. This fall,

salmon migration has turned

the waterway into a freeway of

best run for six years (2008 to

2009 numbers were so low that

river and ocean salmon fishing

were outlawed ) adult Chinook

complete their lifecycle. For

the past two weeks, many thou-

In what is shaping up to be the



direct link to our online edition!

## Birds Gotta Fish; Fish Gotta Fly



gravel banks - or just swimming doggedly to their destiny - the fish have no focus other than to reach the waters where they spawned. Whether they mate in gravel beds or are perfunctorily relieved of eggs and milt at the Nimbus hatchery, they will all be dead within weeks.

Fish that hatched four years are now heading up-river to ago now measure up to four feet and can weigh 50 pounds. All bear scars of a long trek from the sands of spawners per day have Pacific. The krill diet that colored

their flesh is hundreds miles behind; they have not eaten for weeks. By the time they reach San Juan Rapids, degenerating flesh has absorbed much of their scales. Decay mottles their sides. Some fish have turned vivid magenta in color. Hooked jaws and dog-like teeth transform male profiles. But to Chinook hens, such cruising gargoyles are princes. Though the act will kill

them, these fish mean to mate.

In full fury during November, the salmon run continues through December and - in dwindling numbers -- until after Christmas. Experts predict up to 50,000 salmon may run this season. "It's a good number," observes California Fish and Wildlife

Continued on Page 2

#### **District Attorney's Office Secures** \$480,000 in **Restitution for the Sacramento Library**

SACRAMENTO, CA (MPG) -District Attorney (DA) Jan Scully announced that due to the success of its Office in seizing assets Sacramento Public Library Authority will receive \$480,000 in restitution it is due.

Former library employees Dennis Nilsson and James Mayle, as well as Mayle's wife, Janie Rankins-Mayle, were convicted in December 2011 of theft, bribery, and conflict of interest related to their fraudulent billing scheme for maintenance services. They were ordered to pay \$768,130 in restitution. Nilsson was ordered to pay an additional \$55,967.



District Attorney (DA) Jan Scully

Using white collar crime laws. the District Attorney's Office froze assets belonging to the defendants. After sentencing, the court appointed J. Benjamin McGrew of Managewest, Inc. to levy those assets. McGrew generated \$480,000 for restitution from the sale of a Folsom residence, several vehicles, and the liquidation of bank ac-

Supervising Deputy District Attorney Michael Blazina, who prosecuted the case, stated, "In many embezzlement cases victims do not get their money back. Fortunately in this case, not all of the stolen money was squandered and several properties still existed with sufficient value. Although the library is not yet made whole for its loss, a significant part of the taxpayers' money is being returned to the agency from which it was wrongfully taken."

A check will be presented to the Sacramento Public Library Authority located at 828 I Street on Thursday, November 21st at 3:00

Source: Office of the District Attorney

## **Beautify Carmichael Day Boosts Civic Pride**



Story and Photos by Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** -Volunteers were up with the sparrows

for a civic brush-up on the recent "Beautify Carmichael Day." New landscaping transformed an ugly-duckling traffic island; trash was removed from streets and new paint sloshed on park amenities. Between residents and organizations, an estimated 250 volunteer hours tackled much-needed civic housekeeping. "We also expect many homeowners and merchants were busy working on their own properties," approved project organizer Cathryn Snow.

Over 70 people registered for the town clean-up. "It was wonderful to see children working alongside parents to beautify their neighborhoods," said real estate professional and Carmichael Chamber of Commerce director Snow. "They scraped and repainted picnic tables in Carmichael Park. Trash cans and guard rails also got new coats of paint."

At nearby Cameron Ranch School, Boy Scouts, Venturers and their parents improved a school garden. Soroptimist volunteers also pitched in. Chamber of Commerce members prowled Fair Oaks Boulevard to harvest 25 large bags of trash.

Continued on Page 12

Girl power. Annie Swanson (5) was among St John the Evangelist pupil volunteers refurbishing park tables. Mom Amy offers painterly

## Birds Gotta Fish; Fish Gotta Fly



In gravelly shallows, a female Chinook digs a nest with her tail. Eager to release milt to fertilize her eggs, a male attends the excavation.

Continued from Page 1

scientist Bob Titus. "The department will count carcasses for weeks to make a population estimate, but it looks like stock is continuing to rebuild."

With runs of less than 6000 fish recorded six years ago, Chinook

extinction in the American River seemed possible. The species' changing fortune reflects ocean and river changes over the past several years. Tons of gravel were poured in Carmichael and Gold River shallows to create new spawning beds; angling was curbed. In mitigation

for Folsom Dam, six million salmon juveniles are bred and released annually by the Nimbus Hatchery. Pacific Ocean conditions may also have changed to favor survival. For any number of reasons, things seem to be looking up for the fish and their river. Spawning does not just ensure salmon survival; dead fish enrich the waterway. All animal, insect and plant life in and around the river is affected when carcass numbers fall.

And, judging by the number of gulls, raptors, otters, raccoons and coyote now enjoying a salmon buffet on American River banks, Thanksgiving is nigh.

The best place to watch final stages of the salmon run is the Nimbus Hatchery, located at 2001 Nimbus Road, Gold River. Migrating fish are also easily observed from the Parkway at Pennsylvania Avenue, Fair Oaks and from bike bridges at Sunrise Avenue and William Pond Park.

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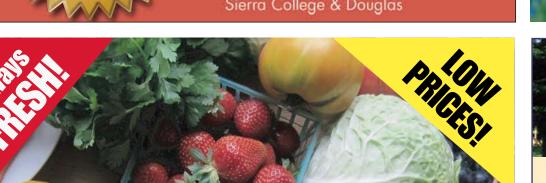
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With the Thanksgiving season upon us, we start thinking about food and our traditional favorites. During this season we have an opportunity to cultivate gratitude and our many blessings. Gratitude is one of the most powerful emotions, like love and compassion.

When we think about the table at Thanksgiving dinner, we do not generally think about a messy table and a noisy television in the background. We generally take care to create a beautiful environment while putting extra care into preparing the meal. This preparation to create a pleasant and peaceful environment actually enhances our digestion.

The gift of food not only provides energy and information to our body, it nurtures us and sustains life. A pleasing environment gratifies our senses and we become more relaxed. When our body is relaxed, we digest our food more efficiently. Rushed meals, loud background noises, heated arguments or discussions create tension in the body. This stress makes digestion more difficult.

#### **Blessings**

Taking time for our blessings is, for most families, an important

## Giving Thanks

opportunity to stop for a moment and be grateful for the blessings in our life. Giving thanks is one of humanity's most ancient forms of expression and prayer. This is not bound by one faith or one method, but rather an opportunity, one to one, to honor the blessings in our life.

During a prayer or blessing, our mind relaxes and becomes focused on the blessing and the food. We generally use other healthy eating habits when we are in this state.

- We often slow down and refrain from inhaling our food.
- We sit instead of stand.
- Most people take time to savor the tastes of the meal prepared.
- Pleasant and joyful conversations replace heated discussions.
- We often rest a few minutes after a meal. (No, this does not mean taking a nap after the meal).

#### Thankful Habits

Instead of having thankful habits only a few times of the year, think about sustaining an "attitude of gratitude" all year long. This doesn't mean you have to spend hours creating every meal or setting the table with the finest china. Just a few steps and you can have that thankful, peaceful feeling on a regular basis. I know that we are "busier" than we have ever been. With so many additional ways to communicate, most people feel more disconnected than ever before. With so many places to be and lists of "to do's" so abundant, taking time for ourselves and our family can be a struggle. Pick one or two nights a week and focus on at least a few from the list below. Create a mealtime in your schedule again and get rid of the "TV" dinners.

#### Simple Solutions for Thankful Habits:

1. For starters, when cooking a meal, cook with love and

prepare it).

- 2. Before the meal, sit in silence for a few minutes and be aware of the food in front of you. Take a moment and be grateful (either silently or as a group) for the food as it nourishes your body and for the blessings in your life. After the meal, sit for a few minutes before jumping up after the last bite.
- 3. Be mindful while taking your time. Chew your food while taking note of the flavor in each
- 4. Eat to two-thirds full and leave room for digestion.
- 5. Reduce ice cold liquids when you eat because it reduces your digestive fire.
- 6. Play soothing music in the background.
- 7. Simplify your eating space and de-clutter.
- 8. Go unplugged. Turn off the TV, e-books, cell phones etc. while you are eating your meal.
- 9. Place fresh flowers or green plants on or near your table.

10.Leave the conflict and discord behind, and bring a light heart to the table.

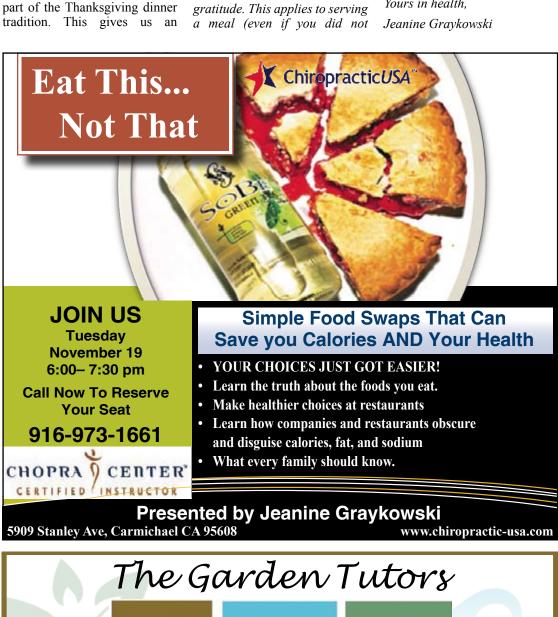
Thankful habits take time and effort. This time of year, our traditions make it easier. Use this consciousness to begin some new traditions that sustain themselves day in and day out. Being grateful allows our mind. spirit, and body to heal and be healthy. We can open our minds and our hearts to be grateful, be inspired, be joyful, and our bodies nourished and nurtured.

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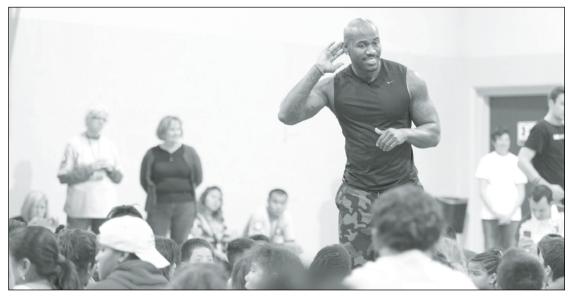
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## Dolvett Quince, Trainer on The Biggest Loser, Helped Kids Get Fit



United Way's team of nonprofits, businesses, donors and volunteers are working together to provide positive, measurable results through such projects as STAR Readers, \$en\$e-Ability and Fit Kids

**CARMICHAEL, CA (MPG)** - In early November, more than 200 participants in United Way's Fit Kids project listened as Dolvett Quince, trainer on The Biggest Loser, talked about the importance of physical activity and nutrition at the YMCA of Superior California in Sacramento. As part of United Way's #noexcuses event, Quince also led the kids and volunteers from United Way's Emerging Leaders in a boot camp exercise. United Way's Fit Kids project is ensuring children learn about healthy food and exercise at a

young age so they can develop lifelong habits that will help them fight off obesity and other health conditions in adulthood. The project also helps kids, already struggling with weight, shed pounds simply by having fun.

For 90 years, United Way California Capital Region has actively worked to address the community's most pressing issues, now focusing on innovative solutions related to high school graduation rates, household financial stability and obesity. United Way's team of nonprofits, businesses,

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

## **Sacramento Fine Arts Center** to Showcase Local Talent

SACRAMENTO, CA (MPG) - On Saturday, November 30th, starting at 8:30 p.m., the Sacramento Fine Arts Center (SFAC) will present "Open Studio, Open Mic, Open Movement," an opportunity to view the creations of local poets, authors, figure artists, models, musicians, and dancers. Among those participating will be Brenda Bolles, David Peterson, Marie DIxon, Michelle Silvers, and A. K. Buckroth.

Three galleries will be open. Live models will sit for artists to

draw and paint.

The event and parking is free. For additional information, visit www.safinearts.org or call David Peterson at 916-716-5951.

The Center was established in 1986 jointly by a number of independent art clubs as nonprofit corporation. It is dedicated to the creation and presentation of the visual arts. It is entirely self-supporting, operated by volunteers, and made possible by memberships, contributions, sales and rentals of art work, and numerous

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Source: A.K. Buckroth

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ACROSS 1. "The buck\_ 6. Augment 9. Like a jury unable to

agree 13. Orca, e.g. 14. \*Photographs in text

messages 15 Wiser Buddhist who has

attained nirvana 17. Australian runner

18. Sign of life 19. \*Movie host 21. \*Like popular TV genre 23. Hot springs resort

25. Sensitive subject to

24. Ski lift

28. Delhi wrap 30. Boredom Free" (1966) 37. \*What a judge does on

"Top Chef" 39. Straight muscles 40. Continental currency

41. Iron Age priest 43. Churn 44. Make more attractive

46. Major European river 47. "Fool me \_ 48. Rodent and name of

50. Fungal spore sacs 52. Articulate 53. Coffin along with stand 55. Mozart's "L'\_\_\_ del

outdoor gear maker

Cairo' 57. \*One Direction, e.g. 61. \*Modern book 65. Architectural

projection 66. Jelly-like stuff 68. \*"Say Yes to the Dress" target

69. Calyx part 70. Emergency responder 71. Saint \_ of Rome 72. \*American Idol's Ryan Seacrest

DOWN 1. Go to and fro 2. Through, to a poet

73. Unidentified John

74. City in Belgium

3. Pearl Harbor location 4. Surveyor's maps 5. Arrangements 6. D'Artagnan's weapon of choice 7. \*Kourtney and Khloé's sister

8. Beyond suburbs 10. Tangerine and grapefruit hybrid 11. Egg holder 12. \*Multi-shaded Christian

20. Talked like a sheep

15. Merciful one

posed to do it a lot 24. Like a noble dignitary 25. At right angles to ship or plane

22. \*"The Biggest Loser" isn't sup-

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26. Known for its common red casing 27. Computer message

33. Carthage's ancient neighbor 34. \*From Disney to pop star

49. Sn, on periodic table 51. First-aid item

57. \*One of Miami Heat's "Big Three" 58. Filling treat 59. Pitiful puppy cries 60. \*"Teen \_

esurance<sup>1</sup> 6 9 8 9 6 8 2 6 2 6 5 9 8 3 | 4 | 8 6

row, column and 3-by-3 box includes all digits 1 through 9.

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5 9 3 9 4

" mag (1967-2007)

29. Like pink steak 31. Audition tape 32. \*They're on an iPhone screen

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36. "Cheers" regular 38. \*The Jonas bros 42. Interior designer's focus 45. Cricket penalty

54. Bordered 56. Frustration, in print

61. Besides 62. Have suppe 63. Original garden?

64. R in RIP 67. Rock music style For Solutions See Page 7

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## Messenger Publishing Group

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

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Crossword Puzzle on Page 6





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#### FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08169. Fancia B. 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

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08021. Kristin Goodman, 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 131103

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 Sacramento, CA 95835. Filed with the Clerk of Sacramento County on October 9, 2013. Publish: October 30, November 6, 13, 20, 2013

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 131103

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 "JMmargeting" and "My Biz Is 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

FICTITIOUS BUSINESS NAME STATEMENT 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

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 "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 131104

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08619. Philip Omstead, 5832 West 4th St., Rio Linda, CA 95673 is doing business under the Fictitious Business Name "Bronco Plumbing Heating and Air " at5832 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

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

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 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 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

131104 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

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

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 9567. 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 AC PRINTS

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, ČA 95630. Filed with the Clerk of Sacramento County on October 31, 2013. Publish: November 13, 20, 27, December 4, 2013 131201

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08739. Myrna 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 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

131201

NORCAL

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

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08935. Chris Faubel. 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 131202

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08875. Yogini Living LLC, 7504 Lost Creek Ct., Citrus Heights, CA 95621 is doing business under the Fictitious Business Names "East2West Massage and East2West 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 131202

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08945. Lisa Wiese, 6538 Via Sereno Dr., Rancho Murieta, CA 95683 and Eugene K. 1212 Robertson Way, Sacramento, CA 95818 are doing business under the Fictitious Business Name "Lisa Wiese 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 WIFSF 131202

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. ublish: November 20, 27, December 4, 11, 2013 **EAPRONS** 131202

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08532. Christy Jahlea Jahlou, 7852 Olympic Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Shazaam 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

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08921. Sanna Catherine Sorrick, 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 131202

#### ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT #FBNF2011-07277

The following individual has abandoned the use of the FICTITIOUS BUSINESS NAME of East2West 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

Abandonment filed with the Clerk of Sacramento on November 8, 2013. Publish: November 13, 20, 27, December 4, 2013

131201

#### **CHANGE OF NAME**

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00152311

WHEREAS, Dunneil Huu Nguyen and Lien decree changing the names of Dunneil Nguyen to Dunneil Viau and Denmark Nguyen to Denmark Viau.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 200 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 11-20-13

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

#34-2013-00152311 WHEREAS, Scooty G. Orbegozo has filed a petition with this court for a decree changing the name of Scooty Gustavo Orbegozo and Scotty Gustavo Orbegozo.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 200 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

Judge of the Superior Court Publish: October 30, November 6, 13, 20, 2013 ORGEGO 131103 11-20 11-20-13

David I. Brown

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 11-27-13 131104



SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE #34-2013-00152521

WHEREAS. John Allein Aguino has filed a petition with this court for a decree changing the name of John Allein Aquino to John Allen 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 131201

> 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

ofMeganElizabethButtstoMeganElizabethBarretto, 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

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 131201

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 names of Kaylee Nevaeh Pridmore Kaylee Nevaeh Paguin 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, Sacramento California, once a week for four consecutive weeks Dated: October 16, 2013 Raymond M. Cadei

Judge of the Superior Court Publish: November 13, 20, 27, December 4, 2013

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 131201

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 131201

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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 131202 HOLMES 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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00152819 WHEREAS.

Samantha E. has filed a petition with this court for a decree changing the name of Samantha Elizabeth Stevens to Sam Edward Stevens,

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on January 8, 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 20, 27, December 4, 11, 2013

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00153021

WHEREAS. Whitney filed a petition with this court for a decree the name of Whytnei Strong, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on January 9, 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.

David I. Brown Judge of the Superior Court Publish: November 20, 27, December 4, 11, 2013 STEVENS 131202 12-11-1

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00153205

WHEREAS. Robert Scott Alioto has filed a petition with this court for a decree changing the name of Robert Scott Alioto to Robert Scott Alioto and Robert Scott Elliott to Robert Scott Alioto

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on January 13, 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: November13, 2013

David I. Brown Judge of the Superior Court Publish: November 20, 27, December 4, 11, 2013 ALIOTO 131202 12-11-13

#### SUMMONS - DIVORCE

IN THE TENTH JUDICIAL DISTRICT COURT OF THE STATE OF NEVADA IN AND FOR THE COUNTY OF CHURCHILL SUMMONS - CASE #39048

NOTICE TO DEFENDANT: AIDA CABRADILLA

THE STATE OF NEVADA SENDS GREEETING TO THE ABOVE NAMED DEFENDANT:

You are hereby SUMMONED and required to serve upon the plaintiff, CARLO CORBILLON, whose address is 5055 West Hacienda Avenue Unit 1114, Las Vegas, NV 89118, an ANSWER to the Complaint which is herewith served upon you, within 20 days after service of this Summons upon you, exclusive of the day of service. In addition, you must file with the Clerk of this Court, whose address is shown below, a formal written answer to the Complaint, along with the appropriate filing fees, in accordance with the rules of the Court. If you fail to do so, judgment by default will be taken against you for the relief demanded in the Complaint. This action is brought to recover a judgment dissolving the contract of marriage existing between you and the Plaintiff.

The filer certifies that this document does not contain the social security number of any person. Clerk of the Court Tenth Judicial District of the State of Nevada,

County of Churchill 73 Main St., Fallon, NV 89406 Publish: November 6, 13, 20, 27, 2013. CORBON 131104 11-27-13

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#### NOTICE OF PUBLIC SALE OF LIENED PROPERTY

Notice is hereby given that a public lien sale will be held at:

6108 Hazel Avenue Orangevale, CA 95662

On 12/05/13 at 10:00 a.m. in accordance with Section 21700 et seq of the Business and Professions Code of the State of California. The Auctioneer is Forrest O'Brien, Bond # 001040533207, telephone # (925) 679-8679. General Description of the goods: clothing; furniture; appliances; misc. household goods: bicycles, scooters, and similar misc. motorized & non-motorized wheeled transportation devices; hand/garden and power tools; construction and hardware equipment/supplies/tools and materials; musical instruments; exercise equipment; ambulatory equipment; beds and bedding materials and soft goods; misc. boxes/containers and bags contents unknown; craft, hobby and pet supplies materials; artwork; sporting goods; engine and auto parts and accessories; toys; electronic and audio/ video equipment; office machinery, supplies and equipment; misc. computer parts and components; fishing equipment; Hill adjustable chiropractic table; Hope Micromax X-ray processor; medical equipment wall/ceiling guide/mount apparatus; windsock pole and materials; Powercoustic speakers; aftermarket

car/truck tires & wheels; painting equipment/supplies. The self-service storage units under contract with the following tenants will be auctioned at this public lien sale:

Beard, Timothy; Davis, Patricia; Davis, Patty Frazier, Andrea; Gronley, Jamie; Harrison, Michelle Holland, Debbie (Debra); Holland, Debra (Debbie) Holland, Michael Shae: James, Nicki; Knepshield Mike & Lou Anne; Lewis, Mark; Loomis, Susan; Matis, Jason: Pell, Shari: Perini, Jeanne Therese: Talkington, Michelle; Veiga, Vicki

This is a cash auction due immediately when sold; no checks or credit cards accepted. Each person attending as bidder must sign in and agree to follow all Rules and Regulations of the sale. All purchased goods are sold "as is" and must be removed by 12:00 PM (Noon) on the second day following the sale. This sale is subject to cancellation such as in the event of settlement between landlord and obligated party.

Publish: November 20, 2013 and November 27,

#### NOTICE OF PUBLIC SALE OF LIENED PROPERTY

Notice is hereby given that a public lien sale will

be held at: Aubum Blvd. Mini Stor 6230 Auburn Blvd Citrus Heights, CA 95621 On 12/05/13 at 12:00 p.m. (noon) in accordance

with Section 21700 et seq of the Business and Professions Code of the State of California. The auctioneer is Forrest O'Brien, Bond # 001040533207, telephone # (925) 679.8679. General description of the goods: clothing; furniture; appliances; misc. household goods; bicycles, scooters, skateboards and similar misc. motorized & non-motorized transportation devices; hand/ garden and power tools; construction equipment/ tools and materials; musical instruments; exercise equipment; beds and bedding; misc. boxes/ containers and bags, contents unknown; craft, art, hobby and pet supplies/materials; artwork; sporting goods; engine and auto parts and accessories; toys; electronic equipment; office furniture, machinery, equipment and supplies; skiing/ snowboard equipment; tool chests; large screen televisions; truck camper shell; Blue Point & misc. engine lift parts; truck tool boxes; tile saw; aluminum rowboat; welding equipment; DeWalt jackhammer; sword canes; musical recording and performance equipment incl. keyboards and microphone/cords; radial arm saw: 6hp Troy Built gas trimmer/mower.

The units belonging to the following self-service storage unit tenants will be auctioned at this public lien sale: Banks, Donna; Carson, Mia; Curtis, Richard; Downes, Amanda; Hayes, Heather; Kotanko, Darryl; McBoom, Wendy; Peace, Stacey; Perillo, Gina; Rhinehart, Broc; Schwartz, Vicky; Stevens, Shane; Wilhelm, Tina This is a cash-only auction due immediately when

sold: no checks or credit/debit cards accepted. Each person attending must sign in and agree to follow all Rules and Regulations of the sale. All purchased goods are sold "as is" and must be removed by 12:00 PM (noon) on the second day following the sale. This sale is subject to cancellation such as in the event of settlement between landlord and obligated party.

Publish: November 20, 2013 and November 27,

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November 20, 2013 Carmichael Times Page 9

# Welcome

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Carmichael Times Page 10 November 20, 2013

# **Snorestop Billboard Coming to Sacramento in Early December**



early December as part of a larger national campaign.

SACRAMENTO, CA (MPG) - A billboard on a high-traffic section of Sunset Boulevard in Los Angeles is drawing sharp social media remarks -- and the ad just went live two weeks ago. Featuring an enlisted American soldier and Muslim woman in loving embrace, the ad is part of a larger marketing campaign for the product SnoreStop. Its headline reads: "If we can keep this couple together, we can keep anyone together."

According to a company representative, the billboard is on its way to Sacramento (to an undisclosed location) in early December as part of a larger national campaign.

On one FOX TV affiliate, hundreds of people commented on the billboard with some pretty nasty remarks — https://www. facebook.com/Fox59News

Another Huffington Post article generated more than 3,500 comments in a matter of 48 hours — http://www.huffingtonpost.com/2013/11/01/ soldier-muslim-billboard-ad-

snorestop n 4192238.html. Dubbed the #betogether cam-

paign, the billboard has generated some social media feedback from members of the military and the Muslim community in the first hours of the campaign.

Paul Evans, the solider featured in the billboard, is now speaking up: "I am super proud to be a part of this campaign. I'm aware of the controversy and, in fact, I am in the military to fight for this very right to express oneself in this country."

So, why is it raising eyebrows in some corners? And, what does it have to do with a natural snoring solution?

"As a snoring solution

company, we're in the business of keeping people together," says Melody Devemark, spokesperson and member of the family-owned Camarillo, California-based company. "We really wanted to find and showcase couples you don't always see in mainstream advertising circles."

The idea was inspired from a real couple. Veteran Jamie Sutton and his Muslim wife, Aleah, are the real couple behind the billboard portrait. "We realize that it's likely to be controversial," Devemark says. "But our family thinks it's a beautiful story and we feel honored to be able o share it with others."

The billboard is already going viral, with more than 1,000 notes on Tumblr in one week, and hasn't even been unveiled yet. Bearing the slogan #betogether, people in the social media sphere have already begun to make their opinions known. Here are some selected comments and feedback:

"I'm not racist, but I feel like they're trying to shove this 'political correctness' thing down our throats."

"For some people it's just too soon. The tragedy of 9/11 is still so fresh in people's minds and now we're being told we have to accept the enemy being a part of our lives and culture.

"I wonder if she needed a green card."

"I guess she's supposed to

be one of them peace-loving

"Ha! I'd have thought something like this would be for Obamacare."

While others expressed open hostility to the image, the majority of comments were more accepting:

## Sacramento Fire Fighters Put **Down Fire on Marietta Way**



SACRAMENTO, CA (MPG) - Firefighters from Metro Fire were dispatched to Marietta Way in Sacramento County for a reported house fire on November 16th after 4:00 a.m. Alert citizens made an immediate call to 911, which allowed



firefighters to limit the growth of the fire and save adjacent occupied structures.

On arrival, crews determined the structure to be an abandoned boarded up home frequented by the homeless. Fire was showing from the first and second floors. Crews began a coordinated fire attack and search of the home, giving an all clear on a primary search while other fire fighters stretched hose to protect neighboring

No citizens or firefighters were injured as a result of this fire.

Metro Fire's Investigations Unit asks anyone with further information on this incident to contact the Arson Tip Line at (916) 859-3775.

Source: Sacramento Metropolitan Fire

#### **Mission Oaks Computer Club to Meet in December**

SACRAMENTO, CA (MPG) The Mission Computer Club will meet on Thursday, December 12th from 1:00 p.m. to 3:00 p.m. at Mission Oaks Community Center, 4701 Gibbons Drive in Carmichael.

"It's a wonderful message. It's

time we stopped labeling people

because of their nationality. As

for stopping snoring, I'm all for

product? I would try it on the

basis that it stops my husband's

"I can see where it would piss some folks off. Me? I think it's

"Be together, it says. Would

we have seen things like this dur-

ing the Second World War with

an American G.I. and a Japanese woman? Hell no. So maybe it

shows how much we've pro-

gressed as a society. I don't

"All's fair in love and war,

"Gets me kind of hot, you

"I'm getting all teary-eyed. I

"I hope it wakes people up,

sorry, I'm not talking about the

snoring, to the plight of the peo-

ple in the Middle East and that

the majority of them don't want

to see violence and destruction."

and a Muslim woman holding

each other is bound to raise eye-

brows. But, Christian de Rivel,

another member of the fam-

ily-owned company, does not

want to run from controversy:

"Snoring is an equal opportunity offender, SnoreStop is the equal

opportunity provider. There is

no nudity or bigotry or hostil-

ity in our #betogether campaign.

In fact, we are specifically and

aggressively promoting diversity,

Source: Pop Culture Public

equality and harmony.

Relations

An American military figure

think it's great. Honestly, I like

know? She's hot is all I'm

snoring! But the ad is nice."

"Would it make me try their

that too.'

okay."

know."

right?"

saying.'

The topic will be "Android -- the Other Phone and Tablet" presented by Len Carniato of Sun City Lincoln Hills Computer Club. A problem-solving clinic, led by Adam Lacey of Applications, Etc., will follow the meeting.

First-time visitors are welcome. For additional information visit www.missionoakscomputerclub.org or email mocc@ missionoakscomputerclub.org.

Source: Mission Oaks Computer Club



## **Announcements & Events ELEMENTARY BASKETBALL**

Boys and Girls, 3rd-6th grade Season runs 11/23 – 3/15/14 \$85/resident, \$90/non-resident

Players will learn the fundamental skills and the importance of teamwork and fair play!

Practices are held on Fridays and games are on Saturdays, all at La Sierra Community Center.

Call the La Sierra Sports Office at 483-7826 for more information and to register.

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

#### WE HAVE A LOT TO CROW ABOUT!





have some fun! No work day pressure, deadlines, or stress here. Just plain ol' fun! Sons In Retirement invites you to join the

best social group of active men in Carmichael. Come for the food, the happy hour, the golf, the bowling, & the ballgame -but stay for the friendship!

#### NOW IS **YOUR** TIME TO STRUT & CROW!

BRANCH #23 meets for lunch every 2nd Wednesday at the Carmichael Elks Lodge, 5631 Cypress Ave. For details, call: Bill Sutherland (916) 481-2137 or Carroll Hamon (916) 962-0469 Our website: branch23.sirinc2.org



**Call Lenka** (916) 338-7156

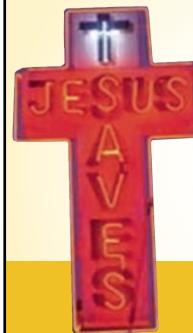
## Foster Care

The need is great for loving, safe homes for foster children ages 0-18 & pregnant/parenting teens.

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

We accept donations, clothing and goods, 7 days a week ... and prayer always!

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Facebook.com/UGMSAC

## GOT LOCAL NEWS? Call 773-1111

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November 20, 2013 Carmichael Times Page 11

# In 2014, Blue Shield of California continues to offer a Medicare Advantage plan in portions of Sacramento County



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GRIP Financial Office 2222 Watt Ave, Ste D-7 Sacramento, CA 95825 Wed, Nov 20, 2013 10:00am and 2:00pm GRIP Financial Office 2222 Watt Ave, Ste D-7 Sacramento, CA 95825 Thurs, Nov 21, 2013 10:00am and 2:00pm

Best Tutors Ever Office 5740 Windmill Way Ste 8 Carmichael, CA 95608 Thurs, Nov 21, 2013 12:30pm Denny's 3520 Auburn Blvd Sacramento, CA 95821 Fri, Nov 22, 2013 10:00am

GRIP Financial Office 2222 Watt Ave, Ste D-7 Sacramento, CA 95825 Mon, Nov 25, 2013 10:00am and 2:00pm

Best Tutors Ever Office 5740 Windmill Way Ste 8 Carmichael, CA 95608 Mon, Nov 25, 2013 10:00am GRIP Financial Office 2222 Watt Ave, Ste D-7 Sacramento, CA 95825 Tues, Nov 26, 2013 10:00am and 2:00pm

GRIP Financial Office 2222 Watt Ave, Ste D-7 Sacramento, CA 95825 Wed, Nov 27, 2013 10:00am

Best Tutors Ever Office 5740 Windmill Way Ste 8 Carmichael, CA 95608 Sat, Nov 30, 2013 3:00pm GRIP Financial Office 2222 Watt Ave, Ste D-7 Sacramento, CA 95825 Mon, Dec 2 & Tues, Dec 3 10:00am and 2:00pm GRIP Financial Office 2222 Watt Ave, Ste D-7 Sacramento, CA 95825 Wed, Dec 4 & Thurs, Dec 5 10:00am and 2:00pm

GRIP Financial Office 2222 Watt Ave, Ste D-7 Sacramento, CA 95825 Fri, Dec 6, 2013 10:00am and 2:00pm



to get advice about switching plans before the **December 7th**Annual Enrollment Period deadline.

**GRIP FINANCIAL SERVICES, INC.** 

Ph.866-654-7120 (TTY 888-595-0000)

9 a.m. to 4 p.m., Monday to Friday Refreshments will be served. Bring a friend.

By calling the broker listed above, your call will be directed to a licensed insurance broker. A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings, call 888-228-6011 (TTY 888-595-0000). Blue Shield of California is an HMO plan with a Medicare contract. Enrollment in Blue Shield of California depends on contract renewal. Limitations, copayments and restrictions may apply. You must continue to pay your Medicare Part B premium. Benefits, formulary, provider network, pharmacy network, premium and/or copayments/co-insurance may change on January 1 of each year. The benefit information provided is a brief summary, not a complete description of benefits. Other physicians/providers are available in our network. You may also call the plan's Member Services number at 800-776-4466 (TTY 800-794-1099), 7 a.m. to 8 p.m., seven days a week. H0504\_13\_282C CMS Accepted 10012013

Carmichael Times Page 12 November 20, 2013

# **Beautify Carmichael Day Boosts Civic Pride**



Before (lower right): Lawnman Inc. landscapers set to transforming the El Mana restaurant frontage at the Fair Oaks and Manzanita triangle. After (above): restaurant patrons admire the newly planted garden.

Continued from Page 1

By Saturday afternoon, scores of sapling plants nestled in newly-laid bark at the Fair Oaks and Manzanita junction. Transforming a neglected corner, this project was a joint effort by Home Depot vendor donors and Lawnman Inc. landscapers.

Carmichael and Barrett Hills neighborhood groups also donated labor. More volunteers rallied from non-profits such as Atlas Carmichael and Kiwanis. Students and parents from Arcade Middle School and St John the Evangelist School were an industrious presence. Carmichael Park District staffers



donated weekend hours and elected officials sent helpers for the cause. The project was endorsed by County Supervisor Susan Peters and the Department of Transportation.

"You don't create community traditions overnight," said Snow. "This was the debut beautification day and the response was encouraging. We'll build on it next year. Everyone we contacted for input was enthusiastic and the volunteer turnout was great. We showed that when a small community pulls together, big things are possible."

For information on the 2014 project, call the Chamber of Commerce: (916) 481-1002.



Young men at work. Boy Scout volunteers dig in at Cameron Ranch Elementary School gardens.

## Santas Needed to Fill Holiday Stockings

RANCHO CORDOVA, CA (MPG) - Local residents can bring smiles to formerly homeless women and children this holiday season by contributing to Women's Empowerment's annual Holiday Stocking Drive. The group is seeking 250 stockings and specific fillers for local infants and toddlers, children, teens and adult women. For the list of items needed, visit www.womens-empowerment.org.

Those interested also can donate \$30 to have a volunteer elf fill a stocking. Items are needed by Dec. 6 and can be dropped off at 1590 North A Street in Sacramento. For

more information, contact Kate Towson at kate@womens-empowerment.org or (916) 669-2307.

"These remarkable women and children have worked tirelessly to break the cycle of homelessness, and these stockings bring immeasurable holiday cheer to their hearts and their new homes," said Lisa Culp, executive director. Women's Empowerment offers the most comprehensive job-readiness program in the Sacramento area for women who are homeless and their children. The 2009 Nonprofit of the Year award winner has graduated 1,086 homeless women and

their more than 2,000 children. Last year, 90 percent of graduates found homes and nearly 80 percent found jobs or enrolled in school or training.

The program combines selfesteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures. Women's Empowerment is funded solely through private donations from the community. For more information or to donate online, visit: www.womens-empowerment.org

Source: Kristin Thébaud Communications

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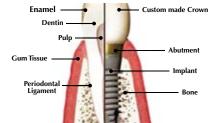
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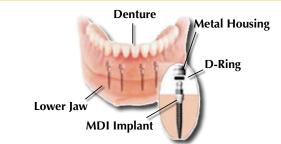
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