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# Carmichael Times

Volume 34 • Issue 43

Serving Carmichael and Sacramento County since 1981

October 23, 2013

## Steps To Help "Fall" Into Health



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## Health Technology No Substitute for Compassion



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## Lend A Heart Animal Assisted Therapy Receives Donation



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# Governor Aims for California Hunters

## Ban on Lead Ammo is Bad Policy

Commentary by  
Senator Jim Nielsen

California became the first state in the nation to create an all-out ban on the use of lead ammunition. In a move that spites the law enforcement community, hunting enthusiasts, and family businesses; Governor Brown signed Assembly Bill 711. This law will be effective "as soon as is practicable," but no later than July 1, 2019.

This law will severely restrict hunting for law-abiding Californians and; consequently will negatively impact small businesses that rely on sportsmen and sportswomen.

Northern California is home to some of the world's greatest outdoor activities. From hiking to fishing to hunting, our region provides the resources for the most traditional and wholesome outdoor activities celebrated in the United States. Hunting, in particular, has been a family-honor tradition, an activity that is passed down through family outings. It is the premier activity to teach succeeding generations about firearm safety, habitat and species conservation, and the appreciation for food origins. Distressingly, this bill may effectively destroy time-honored family outdoor gatherings; and end a vital component of rural life in California.

It takes a strong degree of optimism – or maybe even gullibility – to believe that the lead ammunition ban is less than a direct attempt to end all hunting in California. AB 711 is another step by several small, but influential, special interest groups, whose desire is to eliminate hunting in California. These groups know a ban on traditional ammunition is a backhanded way to keep hunters from visiting California (and forcing California's hunters to look for other opportunities in other states) and as a way to implement more gun control in



one of the most regulated states in the Union. It is well-known that non-traditional ammunition is difficult to find and is significantly more expensive. Yet, these powerful special interest groups with deep pockets and phone numbers to powerful politicians pushed the piece of legislation through and used unconfirmed data to get the Governor to sign the bill into law.

Some of the unproven claims the AB 711's proponents spouted included declarations that the ban will reduce the injuries and deaths of animals like the

California condors and improve the environment they live in. The question of whether wildlife can consume enough lead shot to achieve a toxic level is highly debatable. Metallic lead is not soluble like ionic lead, the kind used in some manufactured products and formerly in paint.

"There's insufficient data to justify such a drastic action across the entire state," the President of the California Fish and Game Warden's Association stated in his letter to the Governor. California Game Wardens, who are on the

front line enforcing the ban on lead ammunition for hunting in condor range, opposed this measure.

Sheriffs across the state including Sacramento County Sheriff Scott Jones, opposed the measure. In a statement of opposition, Sheriff Jones reminded the Governor that "non-toxic" rounds, deemed as a safer alternative to lead ammunition by the bill's proponents, may be illegal under federal law.

In the eyes of the federal government, the "non-toxic" alternative ammunition may be

considered "armor piercing." Very few manufacturers make this type of ammunition as they require special waivers.

Furthermore, the Governor's own State Department of Finance estimates that, in view of the lack of availability of non-lead ammunition, AB 711 could result in a net loss of \$9 million to the Department of Fish and Wildlife. The Department of Finance analysis also noted that California would be put at risk of losing up to \$14 million

*Continued on Page 9*

# Carmichael History Talk: Tales of Two Cities

Story and Photos by  
Susan Maxwell Skinner

Carmichael's 1909 founder spread himself famously thin; pre-Depression bankruptcy was hastened by too many projects and too little cash. But few Sacramentans know just how widespread Daniel "Bud" Carmichael's interests were.

He dallied in DC politics; in millionaire days he possessed oil wells in Bakersfield, five or more hotels in San Francisco; real estate in Vallejo and – as recently rediscovered – huge acreages of Lodi farmland. From political influence to property, he lost it all. In 1936, he died penniless and shamed in a tiny San Francisco apartment that was part of a hotel he once owned.

Daniel's tale – and that of his Carmichael Colony -- are fascinating and illusive studies. On Saturday, November 2, I will share what I have learned in a history talk at the Carmichael Park Clubhouse.

The presentation of local stories and antique photographs begins at 1p.m. Our town's development from the old San Juan and Rancho del Paso land grants will be a central theme but this talk offers a new element: a review of Lodi history from Toni Christman. My fellow historian last year published "Our Time to Shine," an illustrated journey through her native Lodi's past.

Our research overlapped when we discovered my Daniel's footprints in her town. Emigrating from Georgia in his teens, the farm boy labored in the San Joaquin area before conquering Sacramento. His sister Ora married and settled to grow grapes in Lodi. Though Daniel had older half-brothers, Ora Moore was his only full sister and the siblings were close. When he made his Sacramento fortune, he visited Lodi like touring royalty. His descendants still recall Uncle Bud's chauffeured car; his gold watch and cane. They say his

*Continued on Page 9*



Daniel Carmichael descendants represent Lodi's Moore and Peightal families. The gold-topped cane belonged to the great man, (center). Daniel Carmichael and the story of Carmichael Colony -- and Lodi history -- are subject of a free history lecture on November 2.

## Nationwide Prescription Drug Take-Back Day

**SACRAMENTO, CA (MPG)** - The Sacramento County Sheriff's Department will partner with the Drug Enforcement Agency (DEA) for the seventh time and collect potentially dangerous, expired, unused, and unwanted prescription drugs for destruction on Saturday, October 26, 2013, from 10:00 a.m. until 2:00 p.m. There will be four collection sites within the Sheriff's jurisdiction:

- **Sheriff's Garfield Station**  
5510 Garfield Avenue  
Sacramento, CA 95841
- **Sheriff's Florin Station** 7000  
65th Street Sacramento,  
CA 95823
- **Rancho Cordova Police** 2897  
Kilgore Road Rancho  
Cordova, CA 95670

• **Antelope High School** 7801  
Titan Dr Antelope, CA 95843

The service is free and anonymous, no questions asked. Many Americans are not aware that medicines that languish in home cabinets are highly susceptible to diversion, misuse, and abuse. Rates of prescription drug abuse in the U.S. are increasing at alarming rates, as are the number of accidental poisonings and overdoses due to these drugs. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet. In addition, many Americans do not know how to properly dispose of their unused medicine, often flushing them down the

toilet or throwing them away – both potential safety and health hazards.

Collection sites will accept any medicines in capsule and tablet form brought in for disposal. Intra-venous solutions, injectables, and needles will not be accepted. Illicit substances such as marijuana or methamphetamine are not a part of this initiative.

Prescription drug abuse is a serious public health and safety issue. This take-back event is an opportunity for residents to help make their homes safer by disposing of their unused and unwanted prescription drugs. ★

*Source: City of Rancho Cordova*

## Health Technology No Substitute for Compassion



**Commentary by  
Eric Nelson  
High-Tech Health**

The folks at Google are both smart and wise: Smart enough to invent Google Maps and wise enough to warn everyone who relies on this technology for driving directions that their maps are to be used "for planning purposes only." There is simply no telling what kind of traffic, detours, weather, or other unforeseen setbacks you might run into on your way to Grandma's.

Ideally those who rely on technology for diagnosing and treating disease are cautioned to exercise a similar wisdom. As good as we think we are at maintaining the body by way of scans, apps, and sophisticated computer programs, there remains a significant wild-card within the mind of the individual involved.

"There are many facets of the patient that tend not to shine through if the electronic medical record is all we have to go on," writes Richard Gunderman, M.D. in a recent column in The

Atlantic. "A robot can collect and process data, but good medicine requires more than information management. It takes effective communication, deep insight, and genuine compassion."

Taking the time to learn where a patient is coming from, what they're thinking, even saying a word or two to calm their fears, is not just good bedside manner. As Gunderman notes, it's good medicine.

Some years ago a man who severely cut his hand while using a table saw ran screaming into the emergency room of a local hospital. The attending doctor asked that he be given a dose of morphine to calm him down. When he continued screaming, he was given a second dose. And then another. And then another. Realizing that the drug was having absolutely no effect, the doctor put his hands on the man's shoulders, looked him straight in the eye and said, "You're going to be just fine." Very quickly the man relaxed and fell asleep.

"We have been seduced by our technologies," said Dr. Neal Slatkin, chief medical officer for Hospice of the Valley, in a recent article in the San Jose Mercury News, implying that the hi-tech approach is not always the best approach.

This is not to suggest that anyone who sees technology as important is devoid of compassion. There is danger, however, that the state of one's thought gets marginalized as we become more and more dependent on something that takes only

one aspect of the patient – some might even say the lesser aspect – into consideration.

"The tender word and Christian encouragement of an invalid," writes Mary Baker Eddy in her seminal work on health and healing, "pitiful patience with his fears and the removal of them, are better than hecatombs of gushing theories, stereotyped borrowed speeches, and the doling of arguments, which are but so many parodies on legitimate Christian Science, aflame with divine Love."

Although written almost a century before the term "high tech" came into vogue, an analogy can be drawn between Eddy's "gushing theories" and Dr. Slatkin's "seductive technologies". In either case, a ready remedy can be found in the simple willingness to be compassionate, to love, and by doing so, to remove the fear that lies at the root of so much suffering.

"The secret of the care of the patient," said famed physician, Francis Peabody, at the close of a lecture he gave at Harvard Medical School in 1925, "is in caring for the patient."

Eric Nelson's columns on the link between consciousness and health appear weekly in a number of local and national online publications. He also serves as the media and legislative spokesperson for Christian Science in Northern California (norcalcs.org). This article originally appeared on Communities @ WashingtonTimes.com and is used with permission. ★

## Carmichael Emblem Club Recognized During Visit From State President

**CARMICHAEL, CA (MPG)** - On behalf of the Carmichael Emblem Club #355 and the Placerville Emblem Club #207, President Marylyn Herbst welcomed State President Simone Swanson and her traveling companions, State Marshal Patti Chrisler (Santa Clarita #459); State Recording Secretary Ginger Lambert ; State 3rd Crocker (Reno, Nv #372); State Chaplin, Ann Baskin (Carson City, NV #507); State Treasurer Barbara Ferreira (Roseville, CA #407); State Past President Phyllis Langbert (Carson City, NV #507); President Rosemary Lewis, (Placerville, CA #207) and Immediate Past President Dorothy Taylor, Carmichael, CA #355.

State President Simone Swanson addressed the assembly and thanked all present for their participation, warm welcome, and the lovely reception which featured a coordinated theme of white swans and living purple pansies. Members of

both clubs provided the refreshments. Unfortunately, the severe winds during the reception prevented the graceful swans from floating in the Elks Lodge swimming pool during the festivities as planned.

State President Simone acknowledged the many aspects of community service that both the Carmichael Emblems and the Placerville Emblems have actively taken part in over the past several years. High on her list of recognition was the support by the Carmichael Emblems of the Sacramento Veterans Center and visitations to the Yountville Veterans Home (Napa, California). Also acknowledged was the entertainment provided the Yountville Veterans with at the semi-annual BBQ in July, and the Christmas gifts presented the veterans each year in conjunction with the Carmichael Elks Lodge #2103.

Both clubs shared information

about their scholarship programs. Carmichael Emblems recently honored Holly Cramer of Rohnert Park, California, with a \$1,000.00 scholarship, and Placerville Emblems awarded four local students with scholarships of \$500.00 each this past June.

The theme "Just One More Member" was announced and clubs were encouraged to actively pursue membership growth.

Presidents of both clubs were presented with the State President's logo pin -- a graceful swan in flight. Members and guests were encouraged to support the sale of President Simone's pins as the income from the pins helps to defray traveling expenses during her state visitations. ★

*Source: Carmichael Emblem Club #355, Norma Pippig, Corresponding Secretary*

## Beautify Carmichael – A Community Workday

**CARMICHAEL, CA (MPG)** - Join the Carmichael Chamber, Sacramento County Supervisor Susan Peters, the Sacramento County Department of Transportation, the parks department, neighborhood associations, service clubs and the scouts for Beautify Carmichael.

This community event brings businesses and residents together

to spruce up the community. Participants will engage in activities such as pulling weeds, painting, planting and picking up litter on their properties. If you don't have any work to do on your property, come to Carmichael Park by the tennis courts and we'll put you to work on projects at the park or in the

community. The event, scheduled on October 26, runs from 8 a.m. to 11 a.m. Volunteers should wear gloves and comfortable shoes. This is a great community service project for those needing hours for school. For more information, contact the Chamber at 916-481-1002. ★

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Each season nature provides us with the nutrients that are bodies need naturally. When we think of fall we naturally think of foods that are warm and comforting.

The fall in Ayurveda terms is actually called Vata. The qualities for Vata are cold, dry, and rough. If you look outside your window you can see the qualities of fall in the dry and brittle leaves being blown around by the wind in the air. The weather tends to be dry and chilly. Consequently our bodies get dried out (this sensation we often feel in our throats and sinuses), our fingers and toes get colder more easily and we start feeling the lack of sunlight in our day. In order to stay balanced we seek warmth, moisture, and our foods get heavier and oilier. Think grounding or comfort foods.

*"Fall-ing" out of health? If we are not careful, those comfort foods, and the drying effects of fall can take our bodies completely out of balance and set the body up for colds and flu's.*

#### The Steps to be "Fall-bu-lous" Healthy:

1. Just like the leaves outside, the weather can create a feeling of being "scattered". Staying on a steady schedule (back to school organization anyone?) can combat the effects and keep

# "Fall" Into Health

us calmer and less stressed. Use a grateful journal to remember the truly important things about your day.

2. This month, eat end of summer fruits. They are loaded with fiber and clean out the intestinal tract. As we move into winter begin eating seasonal fruits. Look to your local farmer's market for what is fresh and in season. Fresh apple juice (in moderation) can act as a seasonal mild natural laxative.

3. Favor foods that are warm, heavy (not calorie heavy but naturally heavy).

4. Minimize foods that are cold, dry, light, and raw.

5. Eat plenty of warm vegetables and healthy oils.

6. Root vegetables come from the ground and keep us grounded.

7. Reduce dry snacks like crackers, pretzels, and vinegar chips. If you pack a snack eat nuts or juicy fruits.

8. Reduce ice cold drinks.

9. Favor foods that are sweet (this does not mean sugar!), sour, and salty (this does not mean to begin salting your foods. Canned and packaged foods are naturally higher in salt content).

10. Minimize foods that are too spicy, bitter, or astringent. These foods are lighter and colder and will increase the dryness in our bodies.

11. Eat your biggest meal of the day during lunch whenever possible. This increases our digestion and maximizes the nutrients to our body.

12. For those areas where sunlight is already starting to be reduced, take a break outdoors. 10 to 15 minutes of sunshine three times a week can generally produce the body's requirement of vitamin D. Take a walk, eat your lunch or sit outside when you can, to get as much natural

sunlight as possible. If not, take a quality grade vitamin D.

13. Break a sweat is most effective earlier in the day. (I know for some moms and work schedules this is not always easily achieved-but it is possible). Building strength and endurance does not have to mean joining an expensive gym. Walking daily is beneficial for all ages. Just remember to stay warm. Get creative and move it!

*Autumn is a second spring where every leaf is a flower.*

- Albert Camus

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## Jesuit High School's Physics Class Scores 100% Passing Rate on Last Year's AP Exams

CARMICHAEL, CA (MPG) - The second time's the charm for Jesuit High School's physics teacher, Jessica Scheimer, and her students in Carmichael. Ms. Scheimer's physics class achieved a 100 percent passing rate on last year's AP exams, after achieving 96 percent the year prior.

Ms. Scheimer, a Knowles Science Teaching Fellow (KSTF), attributes the achievement to confidence, hard-work, and facing everyday challenges throughout the year. She was able to overcome time constraints by mentoring her students during after-school hours and on weekends. Her goal is to push students to learn physics at a deeper level and to inspire them to continue their studies in science.

Ms. Scheimer acknowledges that the challenge of the AP exam is not just for the students,



but for her as well. She believes her good rapport with her students and their trust in her contributed to the class being able to accomplish a perfect score. She also acknowledged KSTF for the confidence it has given her as well as the support of like-minded colleagues with whom she can collaborate and use as resources.

This year Ms. Scheimer hopes to achieve another perfect score, but believes the challenge will be much greater with the

transition to AP Physics I and II, rather than the current model of just one AP physics course.

At a time when many are expressing concern about the nation's efforts and achievements in Science, Technology, Engineering and Mathematics (STEM), it may be worthwhile to examine teaching approaches that inspire. Ms. Scheimer is available to:

- speak about the challenges of time constraints and teaching
- offer advice for beginning teachers who are AP instructors
- discuss the benefits of programs like KSTF that offer much needed support and networking.

She can be contacted at info@momentum-cg.com or 646-346-1751. ★

Source: Momentum Communications Group

## Atria El Camino Gardens Resident Art Show Was a Success



Resident Margaret Fisher stands proudly next to the vast display of original artwork she has created. She discovered this new talent she never knew she had until moving into El Camino Gardens.

CARMICHAEL, CA (MPG) - Residents at Atria El Camino Gardens proudly displayed their artistic creations at the community's recently held art show. The display featured a variety of arts and crafts, including needlepoint

prints, handmade quilts, acrylic and watercolor paintings, charcoal drawings, yarn art and leather crafts, each with their own unique style. Everyone in attendance enjoyed the show and looks forward to the next one.

The Carmichael community is part of Atria Senior Living Group, one of the nation's largest assisted living owner-operators. To learn more, visit www.atria-seniorliving.com ★



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  - "And She \_\_\_\_" by Talking Heads
  - Current unit, pl.
  - \*Short fly ball
  - Matterhorn, e.g.
  - "The Barber of Seville," e.g.
  - Squirreled-away item
  - High \_\_\_\_
  - \*This Bob won 2 games pitching in '48 World Series
  - \*Winner of most championships
  - \*2004 champs and once named Americans
  - Deadeye's forte
  - Sure or uh-huh
  - Pipe material
  - Conclusion
  - \*Nicknames for World Series champs Hornsby and Maris
  - Coral ridge
  - Rigid neckpiece
  - Conical tent
  - Sham, e.g.
  - Become eventually
  - Convict's weapon
  - The lesser of two \_\_\_\_
  - Preacher's elevation
  - Antler part
  - Carnegie \_\_\_\_ University
  - Hurry up!
  - Cub's home
  - Desirable state
  - Sin and \_\_\_\_
  - \*Last year's Series loser
  - \*"Black Sox" hometown
  - \*Lawrence \_\_\_\_ Berra, owns 13 World Series rings
  - Like arctic air
  - Waterwheel
  - Chinese weight unit, pl.
  - \*Pitcher's stat
  - Aldous Huxley's experiences
  - Lacking on Venus de Milo
  - \*At least one is needed to win
  - Brewer's need
- DOWN**
- Neuter
  - \_\_\_\_ Cola
  - Second word of fairytale?
  - Muslim woman's cover
  - Relating to apnea
  - Wide area telephone service
  - Draft choice
  - Flat replacement
  - "Singes" in "La Planète des singes"
  - Staff note
  - In the next month
  - \_\_\_\_ Gabriel, CA
  - Overfamiliar through overuse
  - Bring character to life
  - Otitis organ
  - Titanic builder, e.g.
  - Intro
  - Liveliness
  - \*Key Fielder on '96 champion Yanks team
  - Lady of Lisbon
  - Joker's act
  - Plant louse
  - "Die Lorelei" poet
  - \*Best-of-what?
  - \*\_\_\_\_ Classic
  - \*"Drought victims
  - Hunt illegally
  - Becomes not intoxicated
  - "Neither a borrower \_\_\_\_ a lender be"
  - Sharp
  - Basket material
  - \*Listed by inning
  - Product of laceration
  - Any thing
  - Hair styling products
  - Blue hue
  - "Tosca" tune
  - Scams, var.
  - Brewer's equipment
  - "Harper Valley \_\_\_\_"
  - French vineyard

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For Solutions See Page 7

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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-07200. Jeffrey Adkins, 9848 Oakplace, No. E. Folsom, CA 95630 is doing business under the Fictitious Business Name "Adkins Eye Specialists" at 5404 Laurel Hills Dr., Sacramento, CA 95841. Filed with the Clerk of Sacramento County on September 11, 2013. Publish: October 2, 9, 16, 23, 2013. ADKINS 131004 10-23-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-07675. Lynda Marenich, 8083 Sunrise East Way, No. 48, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "American Aviation Surplus" at 8083 Sunrise East Way, No. 48, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on September 25, 2013. Publish: October 2, 9, 16, 23, 2013. AMERIC 131004 10-23-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-07698. April Lynn Stenen, 6607 Greenleaf Dr., Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "April Sunshine Healing" at 6607 Greenleaf Dr., Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on September 26, 2013. Publish: October 2, 9, 16, 23, 2013. APRILS 131004 10-23-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-07389. Tollefson and Associates, Inc., 8025 Greenback Ln., Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "Batteries Plus Bulbs" at 1632 Howe Ave., Sacramento, CA 95825. Filed with the Clerk of Sacramento County on September 17, 2013. Publish: October 2, 9, 16, 23, 2013. BATTER 131004 10-23-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-07603. Adam J. Stoner, 5621 North Ave., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Hospitality Network Support Solutions" at 5621 North Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on September 23, 2013. Publish: October 2, 9, 16, 23, 2013. HOSPIT 131004 10-23-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-07693. Alan Dismuke, 420 15th St., Sacramento, CA 95814 is doing business under the Fictitious Business Name "Left Coast Editions" at 420 15th St., Sacramento, CA 95814. Filed with the Clerk of Sacramento County on September 25, 2013. Publish: October 2, 9, 16, 23, 2013. LEFTCO 131004 10-23-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-07705. Paul V. Scholl, 7144 Fair Oaks Blvd., Ste. 5, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Rancho Cordova Grapevine Independent, West Sacramento Sun, and Rancho Cordova Independent" at 7144 Fair Oaks Blvd., Ste. 5, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on September 26, 2013. Publish: October 2, 9, 16, 23, 2013. RANCHO 131004 10-23-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-07054. Ha Wan Ku, 4364 Oxwood Dr., Sacramento, CA 95826 is doing business under the Fictitious Business Name "Vogue Cleaners" at 9437 Arden Way, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on September 5, 2013. Publish: October 2, 9, 16, 23, 2013. VOGUE 131004 10-23-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-07538. Brittany Hood, 4908 Dingman Cir., Sacramento, CA 95823 is doing business under the Fictitious Business Name "B. Forever Young Homecare" at 4908 Dingman Cir., Sacramento, CA 95823. Filed with the Clerk of Sacramento County on September 20, 2013. Publish: October 9, 16, 23, 30, 2013. B.FORE 131005 10-30-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-07769. Rachael Mazingo, 1523 Hood Rd., Unit A, Sacramento, CA 95825 is doing business under the Fictitious Business Names "Eco Appliance Recycling" and "Eco Appliance" at 1523 Hood Rd., Unit A, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on September 30, 2013. Publish: October 9, 16, 23, 30, 2013. ECOAPP 131005 10-30-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-07844. Sara Volkell, 3510 Los Alamos Way, Sacramento, CA 95864 is doing business under the Fictitious Business Name "hathamide" at 1523 Hood Rd., Unit A, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on October 2, 2013. Publish: October 9, 16, 23, 30, 2013. HATHAM 131005 10-30-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-07790. Thong Hoang Pham, 8732 Banton Cir., Elk Grove, CA 95624 is doing business under the Fictitious Business Name "PG Advanced Glass Services" at 8732 Banton Cir., Elk Grove, CA 95624. Filed with the Clerk of Sacramento County on September 30, 2013. Publish: October 9, 16, 23, 30, 2013. PGADVA 131005 10-30-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-07930. Coders Online, Inc., 6141 Grant Ave., Carmichael, CA 95608 is doing business under the Fictitious Business Names "Single Take Productions," "Single Take Video," "Single Take Photography," "Single Take Audio," "Live Motion Pictures," and "Full Motion Cinema" at 6141 Grant Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on October 4, 2013. Publish: October 9, 16, 23, 30, 2013. SINGLE 131005 10-30-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-07861. New Life Health, LLC, 1931 H St., Sacramento, CA 95811 is doing business under the Fictitious Business Name "New Life Health" at 1931 H St., Sacramento, CA 95811. Filed with the Clerk of Sacramento County on October 2, 2013. Publish: October 9, 16, 23, 30, 2013. NEWLYFE 131005 10-30-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-07750. Rashid Amin, 8155 Waterman Rd., Apt. 1212, Sacramento, CA 95829 is doing business under the Fictitious Business Name "R & F Phone Shop" at 1500 W. El Camino Ave., Ste. 6, Sacramento, CA 95833. Filed with the Clerk of Sacramento County on September 27, 2013. Publish: October 9, 16, 23, 30, 2013. R&FPHO 131005 10-30-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-07921. Nichana 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. Melediez 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 Phoenician 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 "Carcenix" 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
#FBNF2013-08169. Franca B. Sims, 3615 6th Ave., Sacramento, CA 95817 is doing business under the Fictitious Business Name "Franca's Faithful Services" at 3615 6th Ave., Sacramento, CA 95817. Filed with the Clerk of Sacramento County on October 15, 2013. Publish: October 23, 30, November 6, 13, 2013. FRANCI 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
#FBNF2013-07931. Melaine J. 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: October 23, 30, November 6, 13, 2013. RAVENW 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 Supervisors" 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

ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE #FBNF2009-03660. The following corporation has abandoned the use of the FICTITIOUS BUSINESS NAME of Cooks Collision of Carmichael, 6801 Fair Oaks Blvd., Carmichael, CA 95608: Cooks Collision, Inc., 2990 Lava Ridge Ct., Ste. 190, Roseville, CA 95661. The Fictitious Business Name Statement was filed on April 7, 2009, in the County of Sacramento. Abandonment filed with the Clerk of Sacramento on August 29, 2013. Publish: October 2, 9, 16, 23, 2013. COOKS 131004 10-23-13

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE #FBNF2013-07222. The following individual has abandoned the use of the FICTITIOUS BUSINESS NAME of PG Advanced Construction Services, 8732 Banton Cir., Elk Grove, CA 95624: Thong Hoang Pham, 87232 Banton Cir., Elk Grove, CA 95624. The Fictitious Business Name Statement was filed on September 11, 2013, in the County of Sacramento. Abandonment filed with the Clerk of Sacramento on September 30, 2013. Publish: October 9, 16, 23, 30, 2013. PGADVA 131005 10-30-13

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: 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 #FBNF2013-07222. The following individual has abandoned the use of the FICTITIOUS BUSINESS NAME of PG Advanced Construction Services, 8732 Banton Cir., Elk Grove, CA 95624: Thong Hoang Pham, 87232 Banton Cir., Elk Grove, CA 95624. The Fictitious Business Name Statement was filed on September 11, 2013, in the County of Sacramento. Abandonment filed with the Clerk of Sacramento on September 30, 2013. Publish: October 9, 16, 23, 30, 2013. PGADVA 131005 10-30-13

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: 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

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00151615

WHEREAS, Keith Edward Binggeli has filed a petition with this court for a decree changing the name of Keith Edward Binggeli to Keith Michael Bauer. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on November 14, 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: September 25, 2013. David I. Brown Judge of the Superior Court Publish: October 2, 9, 16, 23, 2013. BINGGE 131004 10-23-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00151962

WHEREAS, Amy Marshall has filed a petition with this court for a decree changing the name of Julia Marie Salter to Julia Marie Marshall. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on November 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 2, 2013. Raymond M. Cadei Judge of the Superior Court Publish: October 9, 16, 23, 30, 2013. MARSHAL 131005 10-30-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00151246

WHEREAS, Alina Mikhnevich has filed a petition with this court for a decree changing the name of Alina Nicole Mikhnevich to Alina Petrovna Mikhnevich. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on November 13, 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: September 25, 2013. David I. Brown Judge of the Superior Court Publish: October 2, 9, 16, 23, 2013. CUTTER 131004 10-23-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00151686

WHEREAS, Stephanie Georgina Koenig has filed a petition with this court for a decree changing the name of Stephanie Georgina Koenig to Stephanie Georgina Watson. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on November 20, 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: September 25, 2013. Raymond M. Cadei Judge of the Superior Court Publish: October 2, 9, 16, 23, 2013. KOENIG 131004 10-23-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00151944

WHEREAS, Justin Smpardos Price has filed a petition with this court for a decree changing the name of Justin Smpardos Price to Jamie Louise Smpardos-Price. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on November 22, 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 2, 2013. David I. Brown Judge of the Superior Court Publish: October 9, 16, 23, 30, 2013. PRICE 131005 10-30-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00152066

WHEREAS, Rusul Nazar Tawfeeq has filed a petition with this court for a decree changing the name of Rusul Nazar Tawfeeq to Rusul 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. TAWFEEQ 131101 11-06-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00151671

WHEREAS, Michelle Antoinette Rossi has filed a petition with this court for a decree changing the name of Michelle Antoinette Rossi to Michelle Antoinette Carolosi. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on November 19, 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: September 25, 2013. Raymond M. Cadei Judge of the Superior Court Publish: October 2, 9, 16, 23, 2013. ROSSI 131004 10-23-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00151652

WHEREAS, Katrina R. Sanchez has filed a petition with this court for a decree changing the name of Mariah Catherine Fiemate to Mariah Catherine Sanchez. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on November 18, 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: September 25, 2013. Raymond M. Cadei Judge of the Superior Court Publish: October 2, 9, 16, 23, 2013. SANCHEZ 131004 10-23-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00151932

WHEREAS, Chelsea Lisay Gentil and Oscar Eduardo Godinez has filed a petition with this court for a decree changing the name of Oscar Jaylen Godinez to Jaylen Elzic 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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00151946

WHEREAS, Marilyn Ponce Lopez has filed a petition with this court for a decree changing the name of Marilyn Ponce Lopez to Marilyn Ponce. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on November 22, 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 2, 2013. David I. Brown Judge of the Superior Court Publish: October 9, 16, 23, 30, 2013. PONCE 131005 10-30-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00151962

WHEREAS, Amy Marshall has filed a petition with this court for a decree changing the name of Julia Marie Salter to Julia Marie Marshall. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on November 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 2, 2013. Raymond M. Cadei Judge of the Superior Court Publish: October 9, 16, 23, 30, 2013. MARSHAL 131005 10-30-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00151246

WHEREAS, Alina Mikhnevich has filed a petition with this court for a decree changing the name of Alina Nicole Mikhnevich to Alina Petrovna Mikhnevich. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on November 13, 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: September 18, 2013. Raymond M. Cadei Judge of the Superior Court Publish: October 9, 16, 23, 30, 2013. MIKHNE 131005 10-30-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00151944

WHEREAS, Justin Smpardos Price has filed a petition with this court for a decree changing the name of Justin Smpardos Price to Jamie Louise Smpardos-Price. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on November 22, 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 2, 2013. David I. Brown Judge of the Superior Court Publish: October 9, 16, 23, 30, 2013. PRICE 131005 10-30-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00152066

WHEREAS, Rusul Nazar Tawfeeq has filed a petition with this court for a decree changing the name of Rusul Nazar Tawfeeq to Rusul 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. TAWFEEQ 131101 11-06-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00151932

WHEREAS, Chelsea Lisay Gentil and Oscar Eduardo Godinez has filed a petition with this court for a decree changing the name of Oscar Jaylen Godinez to Jaylen Elzic 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-



# Governor Aims for California Hunters

Continued from Page 1

in conservation program funding from reduced federal Pittman-Robertson ammunition excise tax money and an anticipated reduction in hunting license sales.

Beyond the general loss of revenues, AB 711 will cost additional money. According to the state Department of Fish and Wildlife (DFW), this measure would impose a cost of \$1 million to write new regulations, develop a process to certify

ammunition as nonlead, and purchase detection equipment, among other things.

This is a bad bill for local economies and for the state treasury. This bill is costly and it is so disappointing that the Governor signed it into law.

Hunting in the United States adds up to \$76 billion in positive economic impact. In California alone each year, 53,000 jobs are supported, \$452 million in state tax revenue is collected, \$473 million in federal tax revenue is collected and \$3.6 billion is

spent by sportsmen for hunting. That's all about to change.

What will they ban next? Enough! ★

Senator Jim Nielsen represents the Fourth Senate District, which includes the community of Carmichael in Sacramento County and the counties of Butte, Colusa, Del Norte, Glenn, Nevada, Placer, Shasta, Siskiyou, Sutter, Tehama, Trinity and Yuba. To contact Senator Nielsen, please call him at 916-651-4004, or via email at senator.nielsen@senate.ca.gov.

# Carmichael History Talk 2013: Tales of Two Cities



Built 150 years ago, the John Mackey home was the center of the old Rancho del Paso land grant. Carmichael's most historic building still stands near Arden Way.

Continued from Page 1

wife Myrtie "dripped diamonds" in Ora's dusty front yard.

This is where I get jealous: courtesy of Lodi's Moore family, I have several photos of Uncle Bud playing patriarch in Lodi.

I have great studies of the great man in Sacramento.

I travelled to Georgia to find an evocative July 4 shot of gentleman Dan at croquet in downtown Sacramento. I have images of the seven-seater roadster in which he transported

prospective buyers to clay colony roads. I've read a report of Daniel and Myrtie opening the first Carmichael school in 1917. I have pictures of his two beautiful Sacramento homes. These are all valuable additions to my pictorial archive -- but confound it -- I have never seen Daniel photographed in the town he gave his name. I would gladly buy lunch for anyone who could produce that illusive snap.

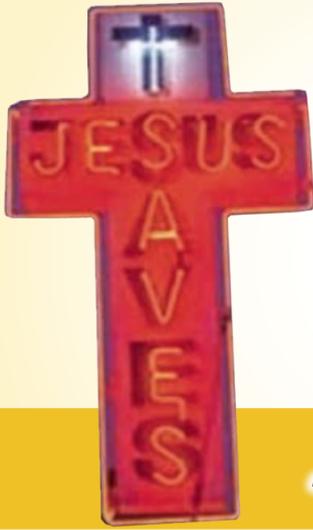
Lacking this Holy Grail, my friend and I still promise an illuminating talk and many fascinating pictures of old Lodi and Carmichael on November 2. Christman will offer her book: "Our Time to Shine." My book "Carmichael -- Americana on the Move" will also be available. Admission is free and students of any age are welcome.

The Carmichael Park Clubhouse is at 5750 Grant Avenue. For information, call (916) 481-0334. ★



From 1906, Charles Deterding (kneeling left) and his wife Mary farmed the area now called Ancil Hoffman Park. They will be among Carmichael pioneer families to be recalled in the November 2 lecture. Photo courtesy Deterding family.

## Union Gospel Mission Sacramento



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

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Matt Hidalgo, Tenor

John Martin, Bass

Dr. Ryan Enright, Organist

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## Lend A Heart Animal-Assisted Therapy Receives Donation from PetSmart

For over 20 years, Lend A Heart has been bringing dogs to visit with Atria El Camino Gardens' residents, making a positive impact on their lives and overall health. As a result of its long standing relationship with Lend A Heart, Atria El Camino Gardens was delighted to host a very special check presentation last month. Lend A Heart Animal-Assisted Therapy received a \$2,900 donation from PetSmart as part of PetSmart Gives Back nationwide initiative. ★



Residents' faces lit up as they visited with the dogs and enjoyed watching Lend A Heart receive the much deserved gift. The event was memorable for all in attendance.

## Magic and Mania at Swanston "Spooktacular"

Story and Photos by Susan Maxwell Skinner

A safe, supervised Halloween is promised for October 31 by the Swanston Community Center. An annual tradition at the Arcade facility, Swanston's fright-night offers free crafts, games, food and candy for children from local neighborhoods. Costumes are encouraged; parents and families may attend.

Entertainment includes two live interactive magic shows. Master magician Dale Lorzo promises "Magical Miracles" including a showstopper involving a large basket, sharp swords and a mysteriously vanishing wife.

Hosted by the Mission Oaks Park District, the Swanston event is an outreach for the Sheriff's Community Impact Program. Chick-Fil-A restaurant is another sponsor.



Veteran Sacramento Magician Dale Lorzo and his wife Elaine will present "Magical Miracles" at the Swanston Community Center on Halloween night.

The program runs from 6 p.m. to 8 p.m. Swanston Community Center is located at 2350 Northrop Avenue. Parking is free. For more information, call (916) 333-6464. ★



### Announcements & Events

Be sure to follow us on Facebook /carmichaelrec, Instagram @carmichaelrec and Twitter @carmichael\_rec for information on all of our upcoming events and programs!

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



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## Dare to Live Without Limits

For Every Lock There Is a Key

by Bryan Golden



Have you seen the marketing technique where you are invited to visit the sponsoring business to choose one key from a box filled with keys? You then get to try the key in a locked treasure chest. If your key opens the lock you win a prize.

In many areas of life, you have a lock for which you are in search of a key. Although it may take a while to find it, there is a key for every lock. Your challenge is to keep looking until you locate it.

As much as you might like to, there is no way to avoid problems. Some problems have obvious solutions. Other problems are more difficult to solve, but have solutions nevertheless. Regardless of the magnitude, for every problem there is a solution.

Finding that special person for an interpersonal relationship can be elusive. Locating someone who you feel is compatible with you may seem like an impossible task. The virtually unlimited number of dating sites on the internet is evidence of how many people are in the same boat.

There is undoubtedly someone for everyone. Look around when you are out in public. You will observe many couples that make

you scratch your head in amazement. How, you wonder, did they find each other?

If other people can discover their match, so can you. The unknowns are when and where you will finally connect. For every person there is someone compatible.

What do you want to do when you grow up? Some people know exactly what their mission is from a very young age. Others discover their calling only later on in life. Then there are those who are continually seeking their dream, changing direction frequently.

Where do you stand? Have you found your ideal occupation or are you still searching? Are you stuck in a dead-end career you hate? Whatever it is you would rather be doing, others are making a living at it.

It doesn't matter how old you are or what you have been doing up until now. The only significant issue is what you want to do. With a little introspection, you will uncover the line of work which really fits you.

When you are engaged in an activity you love, it never feels like work. When you find the ideal fit, you will be amazed you

are actually getting paid to do what you love. For every person there is a perfect vocation.

The people who are not successful in getting the keys for their locks are those who don't believe any keys exist or stop looking. If you are convinced there is no key, one could be staring you in the face and you won't see it. Also, when you stop looking you are guaranteed not to find anything.

Those people who find keys are certain of their existence. Giving up is not an option for them. They keep looking, in a variety of places, until they acquire what they are looking for. There is no reason you can't find all of the keys you need. With each key you discover, you will become more excited and motivated to find even more. Indeed, for every one of your locks there is a key. ★

**NOW AVAILABLE:** "Dare to Live Without Limits," the book. Visit [www.BryanGolden.com](http://www.BryanGolden.com) or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at [bryan@columunist.com](mailto:bryan@columunist.com) or write him c/o this paper. © 2008 Bryan Golden

## SACRAMENTO FINE ARTS CENTER, INC.

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### Current and Upcoming Events

#### It is NCA Month at Sacramento Fine Arts Center!

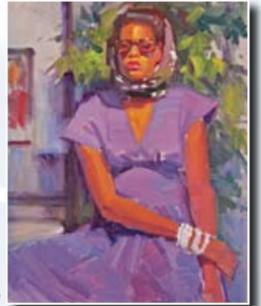
#### Northern California Arts Presents

#### Bold Expressions Annual Art Exhibit

October 1-26, 2013

Announcing **Bold Expressions**, Northern California Arts' 58th Annual International Open Juried Art Exhibition at Sacramento Fine Arts Center October 1-26 2013. A Special Second Saturday Reception will be held October 12, 2013 5:30-8:30pm. A closing reception and awards presentation will take place October 26, 2013, 1-3pm. The judge this year was Barry Sakata a Northern California sculptor, painter, teacher and author.

2013 Best of Show "Annitra in Lavender", by Steve Walters



**Gallery 3**  
NCA Master Painters  
"Living In the Sea"  
by Marie Dixon NCAMP

**Foyer Gallery:**  
NCA Board Members  
Art Show

**"Visions 2013"**  
14th Annual Juried  
Photography Show  
October 29 -  
November 23, 2013

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# Halloween and Harvest-Related Events Happening in October

**SACRAMENTO, CA (MPG)** - The Sacramento area – in addition to its fascinating Gold Rush past – is rich with state-of-the-art museums and historic sites that offer opportunities to explore California's fine art, history, science, and wild-life treasures. In October, many of the 30 members of Sacramento Association of Museums (SAM) are offering fun Halloween or harvest-related activities filled with festive spirit, including:

**Ghost Tours at the Sacramento History Museum – October 25 & 26**  
Visitors to Old Sacramento

can journey back in time to hear ghostly tales and spooky stories as they walk through the history-rich streets and re-live 19th century lore. Entertaining yet knowledgeable tour guides will take daring and inquisitive guests through Old Sacramento's infamous locales to experience a bit of the dark side of California's history. For more, go to [www.historicoldsac.org](http://www.historicoldsac.org).

**Spookomotive Train Rides at the Railroad Museum -- October 20, 26 & 27**

All aboard for some Halloween fun Old Sacramento style! The California State Railroad

Museum is proud to offer diesel-powered "Spookomotive" train rides aboard a whimsically decorated train crawling with spiders, cobwebs and cornstalks while staffed with an entertaining "skeleton crew." For more, visit [www.csrnf.org](http://www.csrnf.org)

**The Hobbit at Fairytale Town -- October 25, 26 & 27**

To get everyone in a magical mood, Fairytale Town will be transformed into Middle Earth for this year's Safe and Super Halloween event at the storybook park! The imaginative world of J.R.R. Tolkien's The Hobbit will

come to life for three nights of family fun. For more, visit [www.fairytaletown.org](http://www.fairytaletown.org)

Halloween Fun with Worm, Compost & Pumpkin Guts at the Roseville Utility Exploration Center -- October 26

During a special -- and very hands on -- Children's Workshop, participants will have fun and take home their own ghoulish creation. They're sure to have a spooky good time inspecting slimy, creepy crawlers who help make garbage disappear! For more, visit <http://www.roseville.ca.us/explore/>

**Hallozeum 2: The Sequel (Bigger & Battier!) at the Discovery Museum Science & Space Center -- October 26**

Looking for a safe, fun place to haunt this Halloween with your little goblins? During this one evening in October, the Discovery Museum will be inhabited by a bunch of spooky characters after dark – all with a real sense of fun! Families are invited to bring their youngsters in costume to visit trick-or-treat stations, participated in fun games or activities, and make a Halloween craft to take home. For more, visit [www.thediscovery.org](http://www.thediscovery.org)

**Boo at the Zoo at the Sacramento Zoo -- October 30 & 31**

Two nights of ghoulish family fun, rain or shine! Kids can safely trick-or-treat around the lake at 25 different candy stations. Other activities include magic shows, costume dance party, ghoulish games, and lots of family fun. You can also ride the Spooky Train or Creepy Carousel for an additional fee. Please note: Only the front half of the Zoo will be open during this event. The spookiness is appropriate for children under 10 years of age. For more, visit [www.saczoo.org](http://www.saczoo.org). ★

## Elegant senior living with the comforts of home



Atria Carmichael Oaks offers lush surroundings, industry-leading quality standards and superlative services and amenities, including:

- Our signature Engage Life® events program for active lifestyles
- Gourmet dining with table service three times daily
- Scheduled transportation for local appointments, errands and outings
- A beauty salon, barber shop and fitness center
- State-of-the-art media center and social parlor
- Movie theater and computer center
- Weekly housekeeping
- 24-hour care staff

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## Farmers Markets!

California Certified  
**EAT HEALTHY, BUY LOCAL**  
SUPPORTING LOCAL FARMERS, YOUTH AND COMMUNITIES

- SUNDAY** **Carmichael Park Farmers Market**  
5750 Grant Avenue, Carmichael (Corner of Grant & Fair Oaks Boulevard under the trees in the Park)  
Every Sunday from 9 am to 2 pm - all year round
- THURSDAY** **UC Davis Health System Sacramento Farmers Market**  
45th & Y Streets (Behind Shriners Hospital)  
Every Thursday from 3 to 7:30 pm (Seasonal, through November 14th)
- SATURDAY** **Sacramento Midtown Farmers Market**  
2020 J Street (Between the STANF Native American Health and Bioware buildings)  
Every Saturday from 8 am to 1 pm - all year round, rain or shine
- WEDNESDAY** **Fair Oaks Plaza Park Farmers Market**  
7003 Park Drive, Fair Oaks (Old Fair Oaks Village)  
Every Wednesday from 3 to 7 pm (Seasonal, through October 31st)
- WEDNESDAY** **Mather VA Hospital Farmers Market**  
10535 Hospital Way, Mather  
Every Wednesday from 9 am to 1 pm (Seasonal, through December 18th)
- SATURDAY** **Sunrise Mall Farmers Market**  
6190 Sunrise Boulevard, Citrus Heights (behind Sears located in SE Parking Lot)  
Open every Saturday from 8 am to 1 pm - all year round
- SATURDAY** **Historic Folsom Farmers Market**  
915 Sutter Street, Historic Folsom Public Plaza, Folsom  
Every Saturday from 8 am to 1 pm - all year round



BMSUSA Certified Farmers Markets offer fresh grown organic produce and specialty food products weekly rain or shine, all year round and seasonal! All Markets include Live Music, Chef Demonstrations, Quarterly Crafting Events and Health Fairs along with special events and activities.

[BeMoneySmartUSA.org](http://BeMoneySmartUSA.org)

# Carmichael Dental Group

## New Patients Welcome!

**In House Implants Start to Finish**

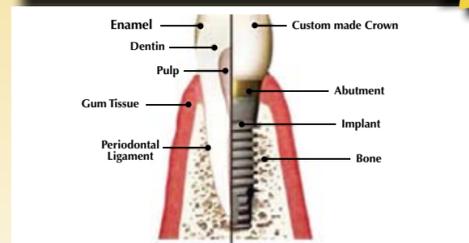


**Free Consult With X-Ray**

**\$49**  
for New Patient Exam and X-rays with take home bleach  
*Limited time offer. Terms and conditions may apply.*

**\$99**  
for New Patient exam, X-rays and a Cleaning  
*Limited time offer. Terms and conditions may apply.*

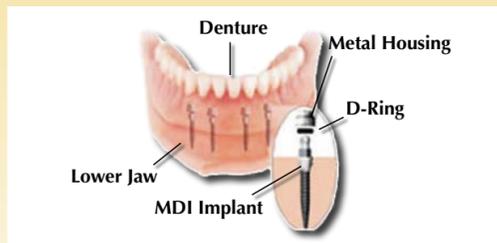
**\$900 OFF**  
Single Implant with Crown  
*Limited time offer. Terms and conditions may apply.*



Single Implant



Multiple Implants



Mini Implant



Combination Implants and Dentures

**8329 Fair Oaks Blvd., Ste B - Carmichael, CA 95608**  
**(916) 944-7700**  
[www.carmichaelCAdentist.com](http://www.carmichaelCAdentist.com)