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Carmichael Times

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Serving Carmichael and Sacramento County since 1981

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Airshow Takes Off

SACRAMENTO REGION, CA (MPG) - The California Capital Airshow (CCA), presented by Sacramento County, today announced it will honor the 65th anniversary of the Berlin Airlift, the largest humanitarian aid effort in history. The Airlift will be commemorated during both days of the Show, October 5-6, 2013 at Mather Airport.

The Berlin Airlift Tribute will honor the quiet heroes who played an integral role in this monumental event, bringing together the pilots, aircraft, and German aid recipients from an important period in history "The CCA team is excited to share this historical event with Sacramento, and celebrate the contributions of these unsung heroes," said Darcy Brewer, executive director of the California Capital Airshow. "The courageous men and women you will meet at the 2013 Show are remarkable examples of those who could put the war behind them and selflessly saved a city from starvation." During 1948 and 1949, the world watched as the war-torn city of Berlin, Germany, was cut off from outside supplies of food and fuel by a Soviet Union blockade, designed to dominate the city. In a gallant and strategic manner, a flight took off every six minutes, 24 hours a day for over a year; often in fog, clouds, rain and ice to ensure the survival of over 2 million people in the city of Berlin. In a span of 15 months, with over 277,000 flights, the United States delivered 2.3 million tons of food, clothing, water, medicine and fuel. Although the life-saving supplies were welcomed by more than 2 million residents, what younger survivors remember most is that the "sky rained Hershey bars."

US Air Force pilots pioneered



Warbirds Galore in the sky and on the ground The Airshow will be roaring across the skies of our region October 5-6, 2013! The event will offer spine-tingling performances including an international jet team, the Snowbirds, military demonstrations, world-class aerobatics, wingsuit flyers, barnstorming, wing walking, and endless entertainment and displays along the ramp. Photo courtesy of CCA

the idea of dropping candy bars and chewing gum with handmade handkerchief parachutes while 'wiggling' their wings, which alerted the children they were about to receive treats. When news reached the United States that pilots were dropping candy to the young people of Germany, children all over America sent in their own candy to help with the mission. Soon major manufacturers joined in, and by the end, over three tons of candy was dropped on Berlin

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The Bremont Hosremen took off over a decade ago as the worlds only P-51 Mustang formation aerobatic team. They have flown a variety of platforms in formantion, working tirelessly to escape gravity. Here they are seen flying the F-86 Sabre Jet. Photo courtesy of CCA

NICU Babies Celebrate Survival



Sleepy two-year-olds Ayden and Graylen got dog-watch attention from Easter Seals Disability Service canines at a picnic hosted by neo-natal facilities. The twins were born almost three months before their due date.

By Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Over 250 families enjoyed a recent Saturday picnic in Carmichael

Under sadder circumstances, few child attendees would be alive to scoff cupcakes. Some might not have survived their earliest days. Party goers were "graduates" of neo-natal units at Mercy San Juan Medical Center and the Methodist Hospital of Sacramento.

For 24 years, the event has reunited moms and dads with medical staffers who saved their newborns' lives. The event underscores the reality of survival when babies are born prematurely or with serious health problems.

World-acclaimed, Mercy San Juan's NICU ward began treating at-risk infants in 1989. Six little beds filled the original facility. Since then, thousands of premature or fragile newborns

have been tended by nurses, doctors and volunteer "baby rockers." The San Juan unit has now grown to 26 beds.

Most NICU picnickers were tots, rendered ecstatic by balloons, face painting and cuddles with lolloping therapy dogs. Twin and triplet strollers caused bottlenecks between park benches. Doctors hugged cookie-encrusted infants. A teary-eyed octogenarian baby rocker embraced a six-year-old she had comforted as a newborn.

Among older NICU graduates was a 15-year-old Junior ROTC member from nearby Del Campo High School. Younger NICU picnickers had not yet seen their first birthdays.

"The children love being among the people who cared for them" said a mother of triplet NICU graduates. "The nurses and doctors want to hold every baby. It's wonderful they care so much."

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Fab Follies at Mission Oaks



The Classy Tappers dance team are among 16 acts billed at a Mission Oaks Community Center revue on October 6. Photo by Susan Maxwell Skinner

By Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - An annual tradition at the Mission Oaks Community Center, the Fabulous Follies dance and music review returns to Carmichael on October 6.

"Hooray for Hollywood" is the

Two hours of matinee entertainment includes volunteers performing tap, line dance and ballroom vignettes. Gymnastic elements are added this year by two Zumba teams exhibiting high-energy fitness

routines to Brazilian rhythms. Choreographer is Mission Oaks Zumba instructor Ruthie Oggins.

Also on the program are: the Classy Tappers troupe; Bill Swayne's line dancers; Eddie Lovato's ballroom team; the Hats and Taps ensemble; the Rhythm and Shoes tap group; Tapestry (beginning tap dancers) and singer Rudy Moll. Emcee is park district volunteer Bob Jarvis.

The event is a fundraiser to aid Mission Oaks Park District's senior holiday lunch program. Though Follies admission is free, attendees are encouraged to donate for the cause. Downbeat is 2 p.m. The Mission Oaks Community Center is located at 4701 Gibbons Drive, Carmichael.

For information, call (916) 972 0336.

CARMICHAEL COMMUNITY UPDATE



By County Supervisor Susan Peters

Through the generosity of The American River Messenger this column serves to provide an update about matters affecting the unincorporated community of Fair Oaks.

Free Fall Concert in the Park

The Fair Oaks summer concerts in the park are over but you can catch an encore performance Saturday, October 5, at Pioneer Park located at 5100 Verner Avenue near Pioneer School in Old Foothill Farms.

Activities begin at 1 p.m. with the concert featuring the John Skinner Band from 2 to 4 p.m. In addition to great music, there will be children's games, face-painting, and information booths.

The concert is being co-sponsored by Sacramento County and the Sunrise Recreation and Park District with corporate support being provided by McClellan Park, Dignity Health's Mercy San Juan Medical Center, Recycling Industries, and Walmart.

Capital Airshow

If you want high flying excitement during the weekend of October 5-6, plan to attend the California Capital Air Show at Mather Airport which will feature the Royal Canadian Air Force Jet Demonstration Team known as the Snowbirds. In addition, there will be an array of gravity-defying aerobatic performers and the rumble of historic aircraft.

Formerly an Air Force Base, Mather Airport was converted to civilian use and is part of Sacramento County's Airport System. For more information, visit californiacapitalairshow.com.

Crime Lab Sacramento

My next Fair Oaks Community Coffee Meeting will be on Wednesday, October 16, with

guest speakers Supervising Deputy District Attorney Anne Marie Schubert and Crime Lab Director Jill Spriggs. They will talk about the District Attorney's Crime Lab and how that research is used for prosecutions, which should be of interest to all you fans of the popular CSI televi-

sion show. The meeting will be at 7:30 am at the Fair Oaks Water District, 10326 Fair Oaks Blvd. near

Winding Way. Each month the Crime Lab processes evidence for more than 1,000 cases. The lab and its criminalists are an important member of Sacramento County's Public Safety team processing evidence as large as a full-sized SUV or as small as a microscopic fiber. Equally diverse are the cases, ranging from driving under the influence of alcohol to homicides for all law enforcement agencies in Sacramento County, plus the California Highway Patrol and Folsom State Prison.

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

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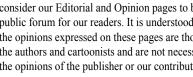
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Sacramento Zoo to Welcome **New Jaguar**





Mulac says "goodbye'

Tikal says 'hello"

SACRAMENTO REGION, CA (MPG)

- The Sacramento Zoo invites the public to wish an old friend farewell and to meet a new Sacramento resident. Mulac, the Zoo's male Jaguar, will be moving to the Brevard Zoo in Florida. Mulac moved to the Sacramento Zoofrom the Audubon Zoo in 2002. His last day on exhibit will be September 21st. After Mulac's departure, zookeepers will introduce Tikal, a young male Jaguar from the San Diego Zoo to his new companion, Tina, the Zoo's

resident female. Guests may begin seeing Tikal on exhibit as early as September 22nd but will not see Tina and Tikal on exhibit together until the two have undergone an extensive "meet and greet" process. Before the two Jaguars can begin to live comfortably together, zookeepers will acclimate them first to the smell of each other, then they will be allowed visuals of one other. After Tina and Tikal are comfortable with the sight and smell of each other they will begin sharing the same

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space under the watchful eyes of zookeepers.

Sacramento Zoo participates in the Association of Zoos and Aquariums Jaguar Species Survival Plan® (SSP). Tikal's arrival was recommended by the SSP, and while Tikal may someday be a father, his role here for now will be a companion for Tina, an older Jaguar. Social interactions will be important for Tikal as he continues to grow into adulthood; at 16 years of age, Tina (who is considered post-reproductive) will act as a mentor to Tikal, rather than a

Jaguars are an endangered species with estimates indicating that more than 10,000 still exist in the wild; however their numbers are rapidly decreasing as a result of habitat destruction and illegal fur trade. In appearance Jaguars are often confused with leopards – both cats have a similar brownish/yellow base fur coloring that is marked distinctively with spots – the jaguar's spots are rosettes, which are

spots within spots. Jaguars are stockier, have larger heads and shorter tails. They weigh 80-130 pounds and can live about 11 years in the wild and up to 22 years in captivity.

Open since 1927, the Sacramento Zoo is home to more than 500 native, rare and endangered animals and is one of over 200 accredited institutions of the Association of Zoos and Aquariums. Located near the corner of Land Park Drive and Sutterville Road in William Land Park, the Zoo is wholly managed by the non-profit Sacramento Zoological Society. ThisSacramento treasure inspires conservation awareness through education and recreation. Open daily from 9:00 am to 4:00 pm, general admission is \$11.25; children ages 2-11 are \$7.25 and one and under are admitted free. Parking is free throughout the park or ride Regional Transit bus #6. For information, call (916) 808-5888 or visit saczoo.org. ★

Source: Sacramento Zoo

Airshow Takes Off



The Berlin Airlift Tribute will honor the greatest humanitarian aviation event in the history of the world. Photo

Continued from Page 1

and 'Operation Little Vittles' became a major success.

The C-54E Skymaster, an actual aircraft used during the Airlift will be on display and fly the Tribute performance each day, narrated by Lt. Col. Jon Huggins, USAF. As the grand finale, parachutists from the Red Bull Air Force will jump from the C-54E with candy "goodies" for the crowd. Numerous participants from the Airlift will take part in the Tribute along with individuals who were children in Berlin at the time. The CCA will be all things "shiny, fast and loud" for all ages and so much more! Tickets are now available online and can be easily purchased at the Airshow web site, www.californiacapitalairshow. com/buytickets.php.

The Airshow web site will be updated regularly with news, attraction information and more. Fans can follow the Airshow on Facebook and Twitter (#calcapairshow), and now on Instragram



across the globe his crisp, athletic flying style. Michael will mesmerize you with his extreme maneuvers and bigger than life personality! Photo

(@capitalairshow). Highresolution images are available on the website photo gallery.

About California Capital Airshow

Established in 2004, the California Capital Airshow has become one of the largest and highly- respected shows in the nation. As part of its community relations, the non-profit organization has awarded over 80

Announcements & Events

Park Rec & Eat It

Goes Pink for Breast Cancer Awareness! Come out to Carmichael Park Thursday Oct. 3 from 5-8pm and enjoy food trucks, vendors, entertainment, a luminary lighting and more!

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scholarships to deserving students from our region with an interest in aviation, aerospace, aeronautics and related fields.

For more information about the California Capital Airshow, presented by Sacramento County, please visit www.californiacapitalairshow.com.







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Fire Chief Honored

Special Metro Fire Report

SACRAMENTO COUNTY, CA (MPG)

- It is with great pride that we announce Fire Chief Kurt P. Henke has earned the Fire Chief of the Year Award. Earning this prestigious award from the California Fire Chiefs Association is truly remarkable considering the accomplishments achieved during the unprecedented economic downturn we faced over the last four years. Since joining Metro Fire in 2009, Chief Henke has tirelessly worked to improve our District's efficiency, reduce unfunded liability, and explore ways to reform pension and medical costs.

Having a balanced fiscal approach and reducing unfunded liability has been especially crucial. Under Chief Henke's lead, Metro Fire has taken the



Fire Chief Kurt P. Henke Photo courtesy Sac Metro Fire District

region's most aggressive stance on cost-sharing for unfunded liabilities. With collaborative Labor/Management relations, he was able to negotiate a comprehensive reform including the prefunding of retiree healthcare. Leading by example in

the reduction of Management compensation assisted with negotiating employee compensation concessions. Prior to Governor Brown's pension reform, Metro Firefighters were contributing 12% of their salary towards pension costs and pension accounts were funded above recommended levels.

Earning the Fire Chief of the Year Award is a testament to Chief Henke's forward thinking and focus on improving efficiency. His leadership has allowed us at Metro Fire to avoid further service reductions and improve our service to the public.

This award was last received by a Sacramento Metropolitan Fire Chief in 2003 by then Fire Chief Rick Martinez.

Source: PIO Jon Rudnicki

The Ladies Oriental Shrine to Hold Major Yard Sale in Carmichael

Ladies Oriental Shrine of North America was founded in Wheeling West Virginia in 1903. Today the LOSNA has 76 Courts across North America and over 16,000 members. The Sacramento LOSNA COURT is "ILA NEB Court #51" (BEN ALI spelled backwards) with over 100 members mainly from Northern California.

The Court meetings are held at San Juan Masonic Center, 5944 San Juan Ave., Citrus Heights, CA 95610 on the first Tuesday of the month. This Court was instituted May 7, 1949. The 2013-14 Officers for Ila Neb Court include: High Priestess, June Zeri of Loomis, Ca.; Princess, Mary Scheck, Sacramento; Associa te Princess, Susan Eggleston,

Meridian; Recorder, Marlene Sorsabal, Placerville.

When the Shriners' founded the Shrine Hospitals for Children in 1922, the Ladies committed to supporting the Shrine's official philanthropy. Today, the ladies continue to support the Hospital Fund, hospital sewing, research projects, and other areas of interest. Each Court not only raises funds for the hospitals, but they donate clothing, stuffed animals, purchase equipment and volunteer at the hospitals. They furnish libraries, sew quilts and gowns, donate funds to send a burned child to Camp, for prosthetic devices, wheel chairs, computer equipment, and many other items. They do this by hosting many special events throughout the year; bake sales, craft

Better Brain Blueprint

Ila NeB Ladies are holding a yard sale on OCTOBER 5, 2013 at 1200 Gary Way, Carmichael 95608 from 7:00 A M to 1:00 P M at the home of Dorothy Duggan phone # (916 359 4273). They are also hosting a Fashion Show at the Sacramento Shriners' Hospital for children on November 9, 2013.

To become a member, a person must be 18 years of age, and a resident in the area of the Court for six (6) months. Initially, membership in the LOSNA was restricted to relations of a member of a Master Mason or a member of the Ancient Arabic Order of the Nobles of the Mystic Shrine by birth, marriage or adoption.





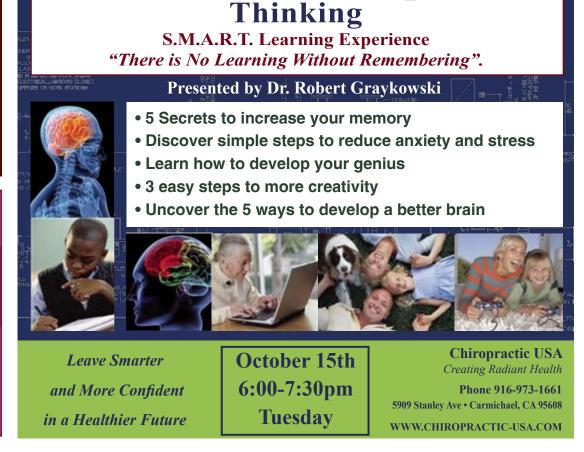
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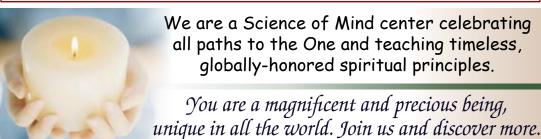
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The Kenyan Massacres Roots in **America's Somalia Policy**

Commentary by Sheldon Richman

Last weekend's hostage-taking and the murder of at least 62 people — at the Westgate Shopping Mall in Nairobi, Kenya, has its roots in the U.S. government's intervention in Somalia, which began in the 1990s. Although there is no justification for killing innocents, it is fair to point out that al-Shabaab, the Islamist group that committed the attack on the mall and that controls parts of Somalia, would probably not be in power if not for the United

As Scott Horton, host of a nationwide radio program focusing on foreign policy, points out in the September issue of Future of Freedom (which I edit), the U.S. government has intervened directly in Somalia and backed repeated invasions by neighboring African states, including Kenya. In the process, a relatively moderate government was overthrown, resistance

the al-Qaeda-linked al-Shabaab gained partial control, which would have been unlikely without that intervention.

Horton, drawing on firsthand reporting by journalist Jeremy Scahill, notes that after the attacks of Sept. 11, 2001, the Bush administration compiled a list of countries "ripe for 'regime change," including Somalia, "none of which had any involvement whatsoever in the attacks or any real ties to those who did.... Luckily for the Pentagon and CIA, it was not very difficult to find cutthroat warlords willing to accept their cash to carry out targeted assassinations and kidnappings against those they accused of being Islamists — or anyone else they felt like targeting."

A backlash followed. Somalia's Islamic Courts Union, a coalition of a dozen groups, put down the warlords and the U.S.-sponsored Transitional Federal Government. "The ICU then declared the reign of

to invaders was radicalized, and Islamic law," Horton writes. "That, of course, was none of America's business, and even if it had been, the Somali regime lacked the power to create an authoritarian religious state like, say, U.S. ally Saudi Arabia.... And Somalia's traditional Muslim beliefs were much more laid-back and tolerant than those in Arabia."

This was unacceptable to the Bush administration, so in late 2006 it had Ethiopia, its Christian client state and an old Somalia antagonist, invade and overthrow the ICU, "with CIA and special-operations officers leading the attack." In 2008, however, Somalis kicked the Ethiopians out. Helping in the effort was, in Horton's words, "the youngest and least influential group in the ICU, al-Shabaab ('the youth')." On its way out of power the Bush administration, seeking to save face, got the "old men of the ICU" to agree to "accept the form of the Transitional Federal Government." This only inflamed al-Shabaab, which accused them of being American agents.

"It was only then — years after

has continued along the same disas-

After the Ethiopians withdrew,

The Americans, for their part, continue to back the invading forces, as well as what passes for the "government" in Mogadishu, with hundreds of tons of weapons and tens of millions of dollars.

The CIA and the U.S. military still take a direct hand, not only by helping the nominal government, but also by attacking Somalis with helicopters, cruise missiles, and drones — and, Horton writes, "by overseeing at least two different

The horrendous attack in Nairobi has the news media abuzz over possible terrorist threats to "soft targets" such as shopping malls, not only in Africa but also in the United States itself. As we think about this, we should realize that this is a threat

How many times do we have to experience what the CIA calls "blowback" before the American people cry, "Enough!"

Sheldon Richman is vice president

the whole mess began — that it declared loyalty to Osama bin Laden's al-Qaeda. It started acting like al-Qaeda too, implementing Arabian-style laws and punishments in the areas they dominated. such as cutting off the hands of those accused of stealing," Horton

Unfortunately, the Obama team trous path:

[the administration] sent in the armies of Uganda and Burundi under the auspices of the African Union to hunt down and destroy al-Shabaab. Then came the Kenyans, who apparently panicked after luxury resorts near their border had come under attack. In 2011 the Ethiopians reinvaded. Kenyan forces took the port city of Kismayo from al-Shabaab in 2012 and loudly declared victory when the rebels melted away. But the stubborn insurgency continues the fight.

torture dungeons.'

made in Washington, DC.

and editor at The Future of Freedom Foundation in Fairfax, Va. (www.fff.

Sacramento County DA Reports

Recent cases of interest



CASE: Angelo Vitale (09/27/13)

PROSECUTOR: Deputy District Attorney Ron Linthicum, Special Investigationst

District Attorney Jan Scully announced today that 57-year-old Angelo Vitale pled no contest to four felony counts of grand theft, identity theft, and writing a fraudulent check.

Vitale is a former practicing attorney in Sacramento County. He used his knowledge as an attorney in an attempt to defraud creditors by creating fictitious legal documents on the letterhead of real attorneys. He also wrote checks from a bank account he knew was closed.

Vitale created a fraudulent investment scheme involving medical marijuana. One victim he met at a drug rehabilitation and alcohol treatment program put nearly \$20,000 dollars into a bank account to further the investment. Instead, Vitale drained the account for his own personal use.

Under the plea agreement, Vitale will be ordered to serve one year in the county jail and will be placed on five years of probation. Sentencing is scheduled for October 18, 2013 in Department 62 before the Honorable Richard Suevoshi.

CASE: Anthony Michael Vigil (09/27/13)

PROSECUTOR: Deputy District Attorney Valerie Brown, Homicide Unit

District Attorney Jan Scully announced today that the Honorable Kevin McCormick sentenced Anthony Michael Vigil to 50 years to life in prison. On August 12, 2013, a jury convicted Vigil of first degree murder and found a firearm allegation to be true.

On October 6, 2011, Vigil shot and killed Michael Gonzales Jr. outside of Vigil's auto body shop located in an industrial area of Gold River.

CASE: Amoura Dawson & Adrienne Boulware (09/24/13)

PROSECUTOR: Deputy District Attorney Kevin Greene, Homicide Unit

District Attorney Jan Scully announced today that Amoura Dawson and Adrienne Boulware were convicted by two separate juries of second degree murder and torture.

On September 14, 2011, Sacramento police officers responded to the 3600 block of Marysville Boulevard and found Audie Hogue deceased in the parking lot of an abandoned car wash.

Hogue had been physically assaulted and died from upper body trauma.

Sentencing is scheduled for October 18, 2013 in Department 33 before the Honorable Michael Savage.

CASE: Ravinesh Singh & Tony Van (09/20/13)

PROSECUTOR: Deputy District Attorney Sheri Greco, Homicide Unit

District Attorney Jan Scully announced today that Ravinesh Singh was convicted by jury for the first degree murder of 22-year-old Joseph Montoya and found true that he personally discharged a firearm causing Montoya's death. The jury convicted Tony Van of being an accessory to the murder.

On October 13, 2008, Singh approached Montoya in front of a residence in South Sacramento and shot him in the face. He then fired three more shots into his body after Montoya fell to the ground. After the murder was committed. Van drove Singh away from the scene.

Singh faces 50 years to life in prison. Van will be sentenced to credit time served. Sentencing for Singh is set for November 15, 2013 at 10:30 a.m. in Department 12 before the Honorable Maryanne Gilliard.

CASE: Winzer Deandre Hayden (09/20/13)

PROSECUTOR: Deputy District Attorney William Satchell, Gangs & Hate Crimes Unit

District Attorney Jan Scully announced today that 29-year-old Winzer Deandre Hayden was convicted by jury of first degree murder. The jury also found true that he personally used a firearm causing death.

On July 10, 2012, 18-year-old Wesley Wheeler and his two friends got into an argument and physical altercation with Hayden's cousin. Moments after the altercation, Hayden pulled out a handgun and shot at Wheeler several times, striking him in the buttocks and back. Wheeler died at the scene.

Hayden faces a sentence of 50 years to life in prison. Sentencing is scheduled for October 17, 2013 in Department 19 of the Sacramento Superior Court.

District Attorney Jan Scully announced that her office has dismissed charges against Nathan Salas and will defer prosecution to the Connecticut State's Attorney's Office to handle the case in the jurisdiction where the criminal conduct originated and where the victim and the majority of the witnesses live.

On August 20, 2013, Salas was arrested immediately upon landing at the Sacramento International Airport and charged with detaining a minor child with the intent to conceal from parents. He was also charged with endangering the life or health of a child. The minor child has since been returned to Connecticut. Dismissal of the Sacramento case will allow Connecticut State's Attorney to immediately proceed with their charges against Salas for kidnapping and creating a risk-of-injury to a minor. Salas faces up to 30 years in prison on those charges.

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CLUES

ACROSS

- 1. Venice bank
- 6. A late time of life 9. *Electronic brain
- 13. Mountaineer's tool 14. Hula dancer's necklace
- 15. Shade of violet
- 16. Wimpy Kid's journal 17 No
- 18. *Often donated 19. Boring
- 21. *Diamond, e.g. 23. Telephone
- __ office 25. The ____, NYC museum
- 28. Biblical captain 30. Continually annoy 35. Gulf V.I.P.
- 37. *Sun, e.g. 39. Millionaire maker
- 40. Apple variety 41. Boot brand
- 43. Boyfriend 44. Middle
- 46. Lion's do 47. Leo or Virgo, e.g. 48. First letter of Hebrew
- 50. *Chemistry Nobelist
- 52. Homer Simpson's neighbor 53. Apiece

alphabet, pl.

- 55. Federal procurement
- 57. *Stone that floats 60. *Reddish-brown 63. Hardship
- 64. Pirate's "ves"
- 66. R in R.E.M. 68 Hollers 69. Seasonal blues
- 70. *Threat to food 71. *Like desert 72. One of Bo Peep's flock

DOWN 1. Auction action

73. Affirmatives

- 2. *Opposite of base 3. Approximate
- 5. *All around us 6. Full of elms

4. One of 4 Cs

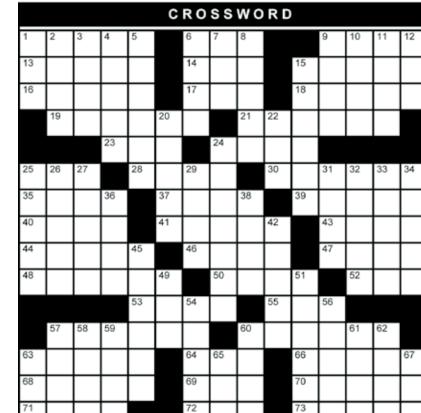
- 7. Grazing spot 8. Bee Gees' most successful genre
- 10. "Les Misérables" author 11. Popular Russian name
- 15. "Mere 20. Paint choice 22. Often used to make baseball bats

12. Used for signing

26. Often received with a sound 27. Spanish accent

29. *Elementary particle

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32. Dined at home 33. *Microscope's platform 34. *It travels about 768 mph

49. *Anatomical pouch 51. Fish hawk 54. Halt

56. With rapid movements

57. Embarkation location

60. Formally surrender

61. Heroic poem 62. Agitate 63. Shaq ruq 65 Swerve

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For Solution See Page 7

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31. Schneider and Lowe, e.g.

38. Monthly due 42 Fire 45. Belonging to him and her

36. Coarse file

58. Tangelo 59. *Type of fungus

67. Insult

You Select Your Caregiver





24. Khufu or Khafra, e.g. 25. *Molten rock

For Solution See Page 7

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

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

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Music Lessons

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> \$100.00 File cabinets \$25.00 each Minolta Multi Copier \$100.00 Round Meeting Table \$50.00 Shredder - \$30.00 All in good condition!

(MPG 08-31-13

2-Credenza's \$40.00 each

1-Executive Desk with Credenza

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

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Looking for a special man. I am healthy and active and have many interests. Quiet time with a special person. Long or short trips, little theatre, dancing, cruis ing, dining and conversation. The ideal man should share some of these and be in his seventies 916-967-6289. (MPG 10-31-13)

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(MPG 10-31-13)

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Volunteers Needed

Bristol Hospice is looking for volunteers to provide companionship with our hospice patients and families. We provide the training and match you with a family in your area. Please call volunteer services for more information at (916) 782-5511. (MPG 12-31-13)

Sutter Auburn Faith Hospice Thrift Store invites volunteers to work as cashiers, sales floor assistants, donation processors or pricers. Training is provided; a four hour weekly commitment is requested. Location: 13342 Lincoln Way, Auburn. Call store coordinator, Kim Chase, 530-887-0561. (MPG 12-31-13)

Volunteers Needed: Community For Peace, formerly the Domestic Violence Intervention Center, offers ongoing opportunity for volunteers. Call 728-5613 or visit our office at:6060 Sunrise Vista Dr. Suite 2340. Citrus Heights, CA 95610. (MPG 12-31-13)

Want to Buy

WANTED JAPANESE MOTOR-CYCLE KAWASAKI 1967-1980 Z1-900, KZ900, KZ1000, ZIR, KZ1000MKII, W1-650, H1-500, H2-750, S1-250, S2-350, S3-400 Suzuki GS400, GT380, CB750 (69.70) CASH PAID. 1-800-772-1142, 1-310-721-0726 usa@classicrunners.com

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If you need some one to pick up the kids take Mom out shopping or run errands give me a call am also a Certified Life Coach. Teresa Popkin-Wild, 4632 Belcrest Way, Sacramento, CA, 95821. Day Phone: 916 483-1132 (MPG 12-31-13)





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Crossword Puzzle on Page 6

EGAL ADVERTISING

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

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

FICTITIOUS BUSINESS NAME \STATEMENT #FBNF2013-06490. Jonathan Robbins, 4800 Trona Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Greenhouse Guy Supply" at 7621 Fair Oaks Blvd., Carmichael, CA 956008. Filed with the Clerk of Sacramento County on August 14, 2013. Publish: Sept. 11, 18, 25, Oct. 2, 2013.

FICTITIOUS BUSINESS NAME STATEMENT Mark Perlberger, 5716 #FBNF2013-06508. Callister Ave., Sacramento, CA 95819 is doing business under the Fictitious Business Name "Halbear Enterprises" at 5716 Callister Ave., Sacramento, CA 95819. Filed with the Clerk of Sacramento County on August 14, 2013. Publish: Sept. 11, 18, 25, Oct. 2, 2013. 131001

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-06957. Gurrattan S. Aujla, 7795 Dersingham Dr., Sacramento, CA 95829 is doing business under the Fictitious Business Name "Lovely Ice Cream" at 7795 Dersingham Dr., Sacramento, CA 95829. Filed with the Clerk of Sacramento County on August 30, 2013. Publish: Sept. 11, 18, 25, Oct. 2, 2013. 131001

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-06937. Karen K. Snoke, 393 Florin Rd., No. 64, Sacramento, CA 95831 is doing business under the Fictitious Business Name "Married To Massage" at 902 21st St., Sacramento, CA 95816. Filed with the Clerk of Sacramento County on August 29, 2013. Publish: Sept. 11, 18, 25, Oct. 2, 2013. MARRIED 131001 10-2-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-07075. Stephanie Matthews. 10758 Westerly Dr., Mather, CA doing business under the Fictitious Business Name "Stephie's Daycare" at 10758 Westerly Dr., Mather, CA 95655. Filed with the Clerk of Sacramento County on September 6, 2013. Publish: Sept. 11, 18, 25, Oct. 2, 2013. 131001

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-06869. Joshua Kretchman. 2401 U St., Sacramento, CA 95818 is doing business under the Fictitious Business Name Real Estate and Treepoint Realty" at 2401 U St., Sacramento, CA 95818. Filed with the Clerk of Sacramento County on August 27, 2013. Publish: Sept. 25, Oct. 2, 9, 16, 2013. 131003 10-16-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-06739. Bonny G. Scheier, 3625 Keswick Way, Sacramento, CA 95826 is doing business under the Fictitious Business Name "VF Custom Promos" at 3625 Keswick Way, Sacramento, CA 95826. Filed with the Clerk of Sacramento County on August 22, 2013. Publish: Sept. 11, 18, 25, Oct. 2, 2013. VFCUST 131001

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-07294. Richard E. Anderson, 7065 Pebblebrook Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "AAA Imaging Solutions" at 7065 Pebblebrook Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on September 13, 2013. Publish: Sept. 18, 25, October 2, 9, 2013. AAAIMA 131002

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-07025. Armando Esparza. 6208 Walerga Rd., North Highlands, CA 95660 is doing business under the Fictitious Business Name "Aquatics by Armando" at 6208 Walerga Rd. North Highlands, CA 95660. Filed with the Clerk of Sacramento County on September 4, 2013. Publish: Sept. 18, 25, October 2, 9, 2013. AQUATIC 131002

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-06804. Berg Properties Inc., 237 Randall Dr., Folsom, CA 95630 is doing business under the Fictitious Business Name "Auburn & Antelope Car Wash" at 7742 Auburn Blvd., Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on August 23, 2013. Publish: Sept. 18, 25, October 2, 9, 2013.

10-9-13 AUBURN 131002 ICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-06396. Carvell Printing. Tribute Rd., Suite A. Sacramento, CA 95815

is doing business under the Fictitious Business Name "Columbia Graphics" at 1791 Tribute Rd., Suite A. Sacramento, CA 95815. Filed with the Clerk of Sacramento County on August 9, 2013. Publish: Sept. 18, 25, October 2, 9, 2013. COLUM 131002

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-06885. Cindy Otto, 8194 East Peltier Rd., Acampo, CA 95220 is doing business under the Fictitious Business Name "C. Otto and Company" at 11415 Sunrise Gold Circle, Ste. 17. Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on August 28, 2013. Publish: Sept. 18, 25, October 2, 9, 2013. C.OTTO 131002

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-06773. Dan Hatchcock, 6019 Cowder Ct., Orangevale, CA 95662 is doing business under the Fictitious Business Name "Disaster Masterz" at 6019 Cowder Ct., Orangevale, CA 95662. Filed with the Clerk of Sacramento County on August 23, 2013. Publish: Sept. 18, 25, October 2, 9, 2013. DISASTER 131002

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-07307. Jonathan David Brown, 8726 Mohawk Way, Fair Oaks, CA 95620 is doing business under the Fictitious Business Name "JDB's Handyman Services and JDB's Services" at 8726 Mohawk Way, Fair Oaks, CA 95620. Filed with the Clerk of Sacramento County on September 13, 2013. Publish: Sept. 18, 25, October 2, 9, 2013. 131002

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-07052. Rajvinder Mahay, 5504 Lilyview Way, Elk Grove, CA 95757 is doing business under the Fictitious Business Name "MGM Distributor" at 5504 Lilyview Way, Elk Filed with the Clerk of Grove, CA 95757. Sacramento County on September 5, 2013. Publish: Sept. 18, 25, October 2, 9, 2013.

131002 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-07222. Thong Hoang Pham, 8732 Banton Cir., Elk Grove, CA 95624 is doing business under the Fictitious Business Name "PG Advanced Construction Services" at 8732 Banton

Cir., Elk Grove, CA 95624. Filed with the Clerk of Sacramento County on September 11, 2013. Publish: Sept. 18, 25, October 2, 9, 2013. **PGADVA** 131002

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-07057. Rajvinder Mahay, 5504 Lilyview Way, Elk Grove, CA 95757 is doing business under the Fictitious Business Name "Tobacco And More" at 2400 Florin Rd., No. B, Sacramento, CA 95822. Filed with the Clerk of Sacramento County on September 5, 2013. Publish: Sept. 18, 25, October 2, 9, 2013. TOBACCO 131002

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-07343, Symia J. Stigler, 6310 Coneio. Rancho Murieta, CA 95683 is doing business unde the Fictitious Business Name "9 Sixteen" at 6310 Coneio, Rancho Murieta, CA 95683. Filed with the Clerk of Sacramento County on September 16, 2013. Publish: Sept. 25, October 2, 9, 16, 2013.

131003

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-07398. Cynthia Renee Baldwin, 2949 Longboat Key Way, Sacramento, CA 95835 is doing business under the Fictitious Business Name "Besame Bella Kiss Me Beautiful" at 2949 Longboat Key Way, Sacramento, CA 95835. Filed with the Clerk of Sacramento County on September 17, 2013. Publish: Sept. 25, October 2, 9, 16, 2013.

10-16-13

131003

BESAME

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-06928. Tony Barbarich, 8720 Woodman Way, Unit F, Sacramento, CA 95826 is doing business under the Fictitious Business Little Hearts of Mary" at 8720 Woodman Way, Unit F. Sacramento, CA 95826. Filed with the Clerk of Sacramento County on August 29, 2013. Publish: Sept. 25, October 2, 9, 16, 2013. 131003 10-16-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-07341. Jackie Rittenhouse, 8609 Acjkerman Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name Select Performance Vehicles" at 8609 Acjkerman Way, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on September 16, 2013. Publish: Sept. 18, 25, October 2, 9, 2013. 131003

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-06869. Joshua Kretchman, 2401 U St., Sacramento, CA 95818 is doing business under the Fictitious Business Name "Treepoint Real Estate and Treepoint Realty" at St., Sacramento, CA 95818. Filed with the Clerk of Sacramento County on August 27, 2013. Publish: Sept. 25, Oct. 2, 9, 16, 2013. 131003 10-16-13

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

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 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

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

131004 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

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-07693. Alan Dismuke, 420 15th St., Sacramento, CA 95814 is doing business under the Fictitious Business "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 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 "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

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-07054. Ha Wan Ku, 4364 Oxwood Dr. Sacramento, CA 95826 is doing business under the Fictitious Business "Vogue Cleaners" at 3437 Arden Way, Sacramento, CA 95825. Filed with the Clerk Sacramento County on September 5, 2013. Publish: October 2, 9, 16, 23, 2013 131004

ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE #FBNF2010-05198.

following person has abandoned the use of the FICTITIOUS BUSINESS NAME of VF Custom Promos, 3625 Keswick Way, Sacramento, CA 95826: Victor J. Fleck, Sacramento, CA 95826: Victor J. 3625 Keswick Way, Sacramento, CA 95826. The Fictitious Business Name Statement was filed on June 7, 2010, in the County of Sacramento.

Abandonment filed with the Clerk of Sacramento on August 22, 2013. Publish: Sept. 11, 18, 25, Oct. 2, 2013.

131001

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE #FBNF2010-06639.

The following corporation has abandoned the use of the FICTITIOUS BUSINESS NAME of C. Otto & Co., 6628 Fiesta Lane, Orangevale, CA

95662: Dwayne Keith Brooks Co., Inc., Delaware Corp., 6628 Fiesta Lane, Orangevale, CA 95662. The Fictitious Business Name Statement was filed on July 23, 2010, in the County of Sacramento.

Abandonment filed with the Clerk of Sacramento on August 28, 2013. Publish: Sept. 18, 25, October 2, 9, 2013. 10-9-13 C. OTTO 131002

> STATEMENT OF ABANDONMENT #FBNF2010-09106.

OF FICTITIOUS BUSINESS NAME FILE

The following corporation has abandoned the use of the FICTITIOUS BUSINESS NAME of Freight Connections, 6151 Fair Oaks Blvd.. No 110. Carmichael, CA 95608: Freight Connections, Inc. 6151 Fair Oaks Blvd., No 110, Carmichael, CA 95608.

The Fictitious Business Name Statement was filed on October 14, 2010, in the County of Sacramento. Abandonment filed with the Clerk of Sacramento on August 30, 2013.

Publish: Sept. 18, 25, October 2, 9, 2013. 131002 FREIGHT

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 10-23-13 COOKS 131004

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00149144

WHEREAS, Arleen Joy Bautista Reyes has filed a petition with this court for a decree changing the name of Arleen Joy Bautista Reyes to Arleen Joy Reyes Estaris. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on October 9, 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: August 21, 2013 David I. Brown

Judge of the Superior Court Publish: Sept. 11, 18, 25, Oct. 2, 2013. 131001 10-2-13 **ESTARIS**

> SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00150187

WHEREAS, Carlotta Sembrano Soyangco has filed a petition with this court for a decree changing the name of Carlotta Sembrano Sembrano

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on October 23, 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 4, 2013 David I. Brown

10-2-13

Judge of the Superior Court Publish: Sept. 11, 18, 25, Oct. 2, 2013. 131001 SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00150197 WHEREAS, Timothy James ONeill and Ivy

Goessens Long have filed a petition with this court for a decree changing the name of Tristan Chance R. Long to Cameron James R. ONeill. IT IS ORDERED that all persons interested in

the above entitled matter appear before this court at 2:00 p.m. on October 24, 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 4, 2013

Judge of the Superior Court Publish: Sept. 11, 18, 25, Oct. 2, 2013. 131001 10-2-13

SUPERIOR COURT OF CALIFORNIA ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2013-00149301 WHEREAS. Jason John Vetter has filed a petition with this court for a decree changing the name of Jason John Vetter to Jason John Repucci.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on October 16, 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: August 2, 2013

David I. Brown Judge of the Superior Court Publish: Sept. 11, 18, 25, Oct. 2, 2013. VETTER 131001

SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00149775 WHEREAS, Yu Yang has filed a petition with this

court for a decree changing the names of Yu Yang to Cindy Ngo and Joseph Ngo Tran to Joseph Ngo IT IS ORDERED that all persons interested in the above entitled matter appear before this court at

9:00 a.m. on October 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: August 28, 2013 David I. Brown

Judge of the Superior Court Publish: Sept. 11, 18, 25, Oct. 2, 2013. YUYANG 131001

Classified



CHANGE OF NAME #34-2013-00150694

petition with this court for a decree changing the name of Sasha Valeska Burton to Sasha Valeska Grismore.

the above entitled matter appear before this court at 9:00 a.m. on October 28, 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.

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 11, 2013 Raymond M. Cadei Judge of the Superior Court

Publish: Sept. 18, 25, October 2, 9, 2013. BURTON 131002 SUPERIOR COURT OF CALIFORNIA

#34-2013-00150721 WHEREAS, Khamsone Sattanak has filed a petition with this court for a decree changing the name Khamsone Sattanak to Khamsone Onedara. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on October 29, 2013, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition

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 11, 2013 Raymond M. Cadei Judge of the Superior Court

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

WHEREAS, Christopher Michael Walas has filed a petition with this court for a decree changing the name of Christopher

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on October 28, 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 11, 2013

Judge of the Superior Court Publish: Sept. 18, 25, October 2, 9, 2013. **CWALAS** 131002

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00150717

WHEREAS, Fnu Zabihullah and Fnu Yalda have filed a petition with this court for a decree changing the names of Fnu Zabihullah to Zabihullah Naiem. Fnu Yalda to Yalda Kabiri, and Fnu Sana to Sana Najem.

the above entitled matter appear before this court at 9:00 a.m. on October 28, 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 11, 2013 Raymond A. Cadei

Publish: Sept. 18, 25, October 2, 9, 2013. ZABIHU 131002 SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00151150

IT IS ORDERED that all persons interested in

the above entitled matter appear before this court at 9:00 a.m. on November 7, 2013, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento. CA 95814, and show cause, if any, why the petition

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 A. Cadei

Publish: Sept. 25, October 2, 9, 16, 2013. BILLIN 131003 SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00151161

with this court for a decree changing the name of Maia Jade Jean Hallock to Maia Jade Weithington. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on November 8, 2013, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento,

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

Judge of the Superior Court Publish: Sept. 25, October 2, 9, 16, 2013. 131003



COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00150703

WHEREAS, Lucy Margerita Coleman-Merchant has filed a petition with this court for a decree changing the names of Lucy Margerita Coleman-Merchant to Lucy Margerita Coleman Merchant, Nevaeh Jeannette Yong to Nevaeh Jeannette Coleman Merchant, and Sir Von Anthony Isacc Church II to SaVon Jeremiah Coleman Merchant. IT IS ORDERED that all persons interested in

the above entitled matter appear before this court at

2:00 p.m. on October 28, 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 11, 2013 David I. Brown

Judge of the Superior Court Publish: Sept. 25, October 2, 9, 16, 2013. 131003 COLEMAN

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00147913 WHEREAS, Erin Victoria Wagstaffe has filed a

etition with this court for a decree changing the name of Erin Victoria Wagstaffe to Victoria Erin Wagstaffe IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on October 24, 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 13, 2013 Raymond M. Cadei

Judge of the Superior Court Publish: Sept. 25, October 2, 9, 16, 2013. 10-16-1 WAGSTAF 131003

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 genera circulation, printed in Sacramento 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 131004 10-23-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00151641

WHEREAS, Stephanie Elise has filed a petition with this court for a decree changing the name of Stephanie Elise Cutter to Stephanie Elise Congleton. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on November 15, 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

Judge of the Superior Court Publish: October 2, 9, 16, 23, 2013 131004

> 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 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

131004

KOENIG

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-001515625

10-23-13

WHEREAS, James Richard LaJolla has filed a petition with this court for a decree changing the name of James Richard LaJolla to James Richard Knaak LaJolla. IT IS ORDERED that all persons interested in

the above entitled matter appear before this court at 2:00 p.m. on November 15, 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 LAJOLLA 131004 10-23-13 COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2013-001515671 WHEREAS, Michelle Antoinette Rossi

has filed a petition with this court for a decree changing the name of Michelle Antoinette Michelle Antoinette 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 131004

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 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

SUMMONS - DIVORCE

THE TRIAL CORT PROBATE AND FAMILY LAW DIVORCE SUMMONS DOCKET NO. HD13D1037DR NOTICE TO DEFENDANT: Brian Harvey Moses.

COMMONWEALTH OF MASSACHUSETTS

A complaint has been presented to this Court by Maria Elena Ashley, Plaintiff, seeking Divorce. An automatic Restraining Order has been entered in this matter preventing taking any action which would negatively the current financial status of either impact Please refer to Supplemental Probate

Rule 411 for more information. You are required to serve upon Maria Elena Ashley, Plaintiff, whose address is c/o Attorney Tyson R. Ence, 100 Main Street, Agawam, MA 01001, your answer on or before December 20, 2013. If you fail to do so, the Court will proceed to the hearing and adjudication of this action. You are also required to file a copy of your answer in the Office of the Registrar, Probate and Family Court, 50 State St., Springfield, MA 01103. Dated: September 4, 2013

Anne M. Geoffrion, First Justice Probate and Family Court of the Commonwealth of Massachusetts Publish: Sept. 25, October 2, 9, 16, 2013. ASHLEY 131003

NOTICE OF PUBLIC SALE OF LIENED PROPERTY

Notice is hereby given that a public lien sale will be held at: Auburn Blvd. Mini Stor, 6230 Auburn Blvd. Citrus Heights, CA 95621, on 10/03/13 at 12:00 PM in accordance with Section 21700 et seg 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 TV; gymnastics mat(s); truck camper shell. The units belonging to the following self-service storage unit tenants will be auctioned at this public

Anderson, David; Banks, Donna; Becerril, Jess; Carson, Mia; Catalano, Anthony; Cooley, Kasey; Demery, Ginnymae; Freeman, Heaven; Gereghty, Karen E.; Hill, Robert; Kendrick, Ericka; Parker Elizabeth A.; Perea, Jeramy; Sanchez, Daniel; Skipper, Latasha; Steele, Shawne; Stocki, Shari; Thompson,

Marina J.; Woolls, William; Wright, Pamela This is a cash-only auction due immediately when sold. Each attendee 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 in the even of settlement between landlord and obligated party

NOTICE OF PUBLIC SALE OF LIENED PROPERTY

Notice is hereby given that a public lien sale will

be held at: Hazel Mini Stor, 6108 Hazel Avenue Orangevale, CA 95662, on 10/03/13 at 10:00 AM 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 Decsription 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 equipments 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; aquarium & aquarium equipment and supplies.

The self-service storage units under contract with the following tenants will be auctioned at this public lien sale:

Fenion, Tori and Morehead, Wayne; Bell, Susan Jean: Chase, Deborah; Davis, Patty; Dhahrulsalam, Nunazzahra: Flachman, Jennifer: Frazier, Andrea: Harless, Clint; Harrison, Michelle; Holland, Debbie (Debra); Holland, Debra (Debbie); Hummer, Krystyn Pell, Jene; Stinson, Michael; Toler, Shannon; Veiga, Vicki

This is a cash-only auction due immediately when sold. Each attendee 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 in the event of settlement between landlord and obligated party



483-2299

OF FICTITIOUS BUSINESS NAME FILE ORDER TO SHOW CAUSE #FBNF2009-03660.

WHEREAS, Sasha Valeska Burton has filed a

IT IS ORDERED that all persons interested in

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

for Change of Name should not be granted

Publish: Sept. 18, 25, October 2, 9, 2013.

#34-2013-00150686

to Kriss Mathue Walas.

David I. Brown

SUPERIOR COURT OF CALIFORNIA

IT IS ORDERED that all persons interested in

Judge of the Superior Court

WHEREAS, Stacey Anne Billingsley has filed a tition with this court for a decree changing the name of Stacey Anne Billingsley to Stacey Anne Mayes.

IT IS FURTHER ORDERED that a copy of

Judge of the Superior Court

WHEREAS, Michelle Lewis has filed a petition

CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

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October 2, 2013

Carmichael Times Page 9

What Congress Needs to Do About the NSA



Commentary By Lee H. Hamilton

Washington is beginning to debate the proper extent of government eavesdropping powers in the wake of Edward Snowden's revelations about the NSA. It's hardly as robust a discussion as it should be, but it's a desperately needed start.

The colossal effort to monitor Americans' communications has been going on for at least seven years, under two presidents. It constitutes

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Amy Stevens, Mezzo

John Martin, Bass

Donald Kendrick Music Director

an expansion of government power without precedent in the modern era. Yet while some members of Congress were informed about it — and all had the opportunity to learn — none saw an urgent need for public discussion. This is astounding. It took the actions of a leaker to spur any real airing of the matter on Capitol Hill.

Even now, it seems unlikely that Congress will make significant policy changes. That's because all the nation's key actors and institutions appear to approve of the surveillance programs. By its silence, Congress clearly supported them. Presidents Bush and Obama backed them. The intelligence community, a powerful voice on national security issues, has resolutely defended them. The courts that are supposed to keep them in line with the Constitution have been deferential to national security authorities, raising a few questions from time to time, but in the end approving all but a handful of tens of thousands of data-gathering requests.

And the American people, by their lack of widespread outrage, have signaled that in this one case, at least, they believe the government can be trusted to keep us safe.

In short, Congress — the forum where issues of such national importance should be hashed out — missed its chance to lead a reasoned national debate over how extensive we want surveillance over Americans' communications to be. It's unlikely that genie can ever again be forced back into its bottle.

Yet even the director of national intelligence, James Clapper — who once denied point-blank to Congress that the government collects data on millions of Americans — now sees the need for some sort of change. "We can do with more oversight and give people more confidence in what we do," he said in a mid-September speech.

Yes, indeed. Here's the problem: once given power, the government rarely yields it. So you have to think not only about its present use, but relevant to an investigation, creating how it will be used a decade or even more from now. Even if you concede that the current administration and its intelligence leadership have been responsible stewards of the powers they've been given — and I don't — that is no guarantee that the people who follow them, or the people who come after that, will be equally trustworthy.

This means that Congress has some challenging work ahead. It needs to restore the proper balance between effective intelligence-gathering and intrusion into Americans' privacy. It needs to demand more thoroughgoing accountability from the intelligence community. It needs to exercise greater oversight and insist on more transparency, more information, and more constraint on surveillance programs — defining what is truly

more stringent definitions of which communications are fair game, and finding ways to assure Americans that protecting their privacy and civil liberties need not mean the wholesale vacuuming-up of every domestic phone and email record in existence.

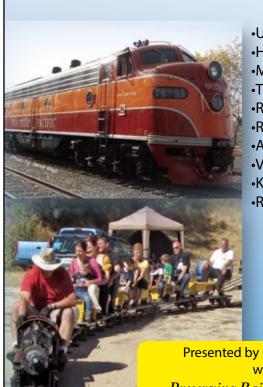
There is no place for the timidity Congress has shown so far on these

Our system depends on a vigorous Congress. The administration argues that it can provide rigorous intelligence-gathering oversight, but it has yet to prove it can do so — and in our system of checks and balances. it's not enough to have one branch of government overseeing itself. Congress, the courts, and the presidentially appointed Privacy and Civil Liberties Board all have to step up to their responsibilities.

Americans should demand action to strike a better balance between privacy and security. In the past, the congressional overseers of the intelligence community have been captivated, if not captured, by the people they're supposed to be supervising. Same with the courts. And the administration has hardly been forthcoming. That means it's up to the American people to insist that our leaders do their jobs. It's no less true today than it was at our founding: the price of liberty is eternal vigilance. ★

Lee Hamilton is Director of the Center on Congress at Indiana University. He was a member of the U.S. House of Representatives for 34 years.





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Carmichael Times Page 10 October 2, 2013

Pops, Pooches and Playtime



Susan Peters (back, second from left) and her mini-Schnauzer Ernie will enter the spirit of an informal "Happy Hounds" doggie show during a free community concert at Pioneer Park this Saturday. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - County Supervisor Susan Peters is among sponsors of the seventh annual afternoon of music and family fun in Pioneer Park, Old Foothill Farms

Music by the John Skinner Band will accent the free community event this Saturday, October 5. Children's face painting, a rock climbing wall and

other attractions. Supervisor Peters will be available to meet constituents.

Deck chairs and picnics are encouraged and on-leash canines are welcome. An informal "Happy Hounds" dog show will be hosted by the Supervisor and her civic-spirited Schnauzer,

Activities begin at 1 p.m. The band concert will be preceded

community group displays are by a flag presentation at 2 p.m. Other sponsors include Sunrise Recreation and Park District and Dignity Health, Walmart, McClellan Park, Old Foothill Farms Community Task Force, Recycling Industries and North Sac News

> Pioneer Park is located at 5100 Verner Ave. For more information, call (916) 725-1585. ★

Sacramento Women's Chorus Gears up for First Oktoberfest Cabaret Show



The Sacramento Women's Chorus rehearses "Power Tools Are A Girl's Best Friend" in preparation for their upcoming Oktoberfest Cabaret show. Photo by Kati Garner

CARMICHAEL, CA (MPG) - The Sacramento Women's Chorus is excited to present their first Oktoberfest musical variety show, "Willkommen! A Choral Cabaret", which will be held on Saturday, October 19th at the La Sierra Community Center, 5325 Engle Road in Carmichael. The chorus has been diligently practicing and preparing for this special event since moving their rehearsal site to the Arden-Arcade area in July.

A delightful evening of music, food, fun, and a silent auc-

Some restrictions apply - call for details. Coupon must be presented upon authorization.

Limit 1 coupon per customer. Not valid with any other offer. Expires Oct. 31, 2013.

5:30pm with a dinner consisting of bratwurst, sauerkraut, potato salad, green salad, and a vegetarian alternative to bratwurst (cabbage rolls with lemon marinara sauce). Pretzels and mustard will be served as snacks and beer, wine, and soda will be available for purchase. Cake and coffee will be served during a dessert intermission.

The show begins at 7pm and will include special guests, Totally Tapioca, a five-part a cappella vocal group. The Sacramento Women's Chorus tion is scheduled to begin at will perform a variety of

choreographed songs including the signature song, "Cabaret", "Power Tools Are A Girl's Best Friend", and The Supreme's 1965 hit, "Stop! In the Name of Love". Tickets must be purchased in advance and are available for purchase online through October 11th at the chorus' website: www.sacramentowomenschorus.com.

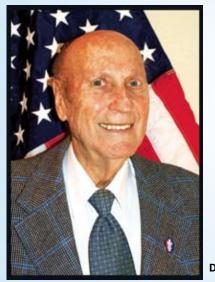
Attendees have the option of purchasing tickets for dinner and the show for \$25 or dessert and the show for \$15.

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Saturday: By appointment • Sunday: Closed

Patriot, Animal and **Community Advocate Dies**



By Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - WW 11 veteran, respected veterinarian and community leader Major A. Nilson died in Carmichael last week. He was 89. We offer condolences to the family of this great American and

A service for Dr. Nilson will be held at the Church of Jesus Christ of latter Day Saints, Foothills Ward Chapel (5505 Hackberry Lane) at 10 a.m. on Friday,

A tribute to Dr. Nilson will appear in next week's edition of the Carmichael Times.

Dr. Major A Nilson. Photo by Susan Maxwell Skinner.

Syria - Tired Yet?

Commentary by Glenn Mollette

I suspect you are already tired of hearing about Syria.

The future path is blurry even to our President. Assad will still be in power. How many has he killed without chemical weapons? Who is using the chemical weapons? It sounds to me like the real problem is the one issuing the orders in Syria.

Americans are now on the verge of committing billions of dollars of money we do not have to impact an area of the world that already hates us. Here at home we have millions who cannot find a job. We have millions more who cannot feed their families with the paycheck they bring home. All the while our roads and bridges need desperate repair. We need new school buildings for our children. We have made our military do more with less but we continue to ask them to do more. We continue to put our aging seniors at risk as we make it harder for us to pay social security and cover

our huge medical tab. Needless to say the tax debt for our children and grandchildren grows all the more. Syria means additional taxes, not less taxes.

Many of us can still remember how tired we were of Vietnam. My brother served a year in Vietnam and it was a long year for our family. Fortunately, he came home. An older friend who lived just up the road named Junior was killed in Vietnam. I'll never forget his funeral. The expression on his father's face said it all when a finely dressed soldier handed him the folded American flag and expressed his appreciation on behalf of America for Junior's service.

Vietnam went on for twelve long years. It was a senseless waste of at least 58,000 American lives and for so long it seemed it would never end. We endured Iraq for eight years and lost almost 4,500 more soldiers and yet today the country is in constant chaos. Today we have allowed Afghanistan to surpass Vietnam as our longest war. With all the noise about Syria do not

forget we are still in Afghanistan. We will spend 100 billion dollars in Afghanistan this year and risk the lives of more American men and women

The story we are hearing about Syria keeps changing. We've been hearing about Syria for at least two years. Now we are hearing all the promises made by our President, Secretary of State and others pertaining to our involvement. Over the months the promises will change, as there will be new developments, revelations and new commitments of weapons, food, soldiers and your money.

Brace yourself because history is about to repeat itself and we're already tired.

Glenn Mollette is an American Columnist and speaker. He is the author of American Issues and nine other books. Find his books at BarnesandNoble.com. Contact him at gmollette@aol. com, or www.facebook.com/ glennmollette



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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

Photo Club meets 4th Thursday 7pm



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

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

WASH Inc. Next meeting is 7 pm October 14, 2013 Jeannie Vodden

NCA Club Next meeting is 7pm October 9, 2013

Fiber Arts Group meets 3rd Wednesday 10am 5330 – B Gibbons Dr., Carmichael, CA • Ph. 916-971-3713 Hours: Tuesday 11 am-7 pm, Wednesday through Saturday 11 am-3 pm. www.sacfinearts.org

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NIGHTY NIGHT

Does your nighty night turn into a nasty morning? Can stress and sleep loss, be intertwined? And if they are, how can you overcome that stress to get a solid night's sleep? Stress can come from every direction from holiday horrors to kidlet crises to work worries. How many times, after your head hits the pillow, you can't turn off that brain to slow down. Been there, done that myself! According to Dr. Shawn Talbott, nutritional biochemist, stress and sleep loss is an exhaustive and dangerous combination. The long-term effects of not getting enough sleep go well beyond simply being tired the next day. Some research suggests a strong link between sleeplessness and weight gain. That should get your attention if being pooped out by the afternoon doesn't! Dr. Talbott told me that people who are sleep deprived tend to have higher levels of the stress hormone cortisol, which can lead to more belly fat. Say it isn't so. Wishful thinking! Not enough yet? Okay, the sleep deprived may also have a more powerful junk food craving and experience more bad moods. Ah ha, I think I have your attention now. Dr. Talbott got my attention too on my radio show POPPOFF recently. He is one of America's leading lifestyle experts and author of "The Secret of Vigor" How to overcome burnout, restore metabolic balance, and reclaim your natural energy. But we are not alone. According to the National Sleep Foundation, 62% of American adults experience a sleep problem a few nights a week, and

POPPOFF!

with Mary Jane Popp

just 31% of high school students reported getting an average of at least eight hours of sleep. One last fact. Dr. Talbott explained that you can be in bed for 10 hours and still not get enough rest. The problem may be that you are unable to recuperate from the stress that builds up during the day.

But never fear, I wouldn't bring up the problem without some solutions. If you wake up most mornings still feeling exhausted, you might want to try some of Dr. Talbott's favorite tips.

COUNTERACT MENTAL FATIGUE AND PHYSICAL STRESS THAT MAY BE KEEPING YOU AWAKE. Turn off the TV and open a book when it's close to bedtime. Teas made from chamomile, lemon balm, or fennel are particularly soothing.

INCORPORATE CALMING INGREDIENTS INTO YOUR DIET. These are some that are familiar and others you may not have heard of before.

DAIRY: Warm milk's calming quality is not just an old wives tale. Calcium and

Magnesium are relaxing. Plus milk has peptides (small protein chains) which, when digested, have direct relaxation effects in the brain.

MAGNOLIA BARK: If you are feeling depleted and exhausted, this is an ingredient superstar. It helps to lower cortisol levels, which in turn helps to get rid of belly fat. It also helps restore vigor.

PINE BARK: This has some brain restorative powers, which is helpful when you are mentally fatigued.

ORANGES: On the psychological side of stress, the scent of oranges and other citrus fruits has been shown to directly stimulate areas of the brain associated with stress resilience. So take a good whiff of that orange

to shield yourself from stress before you eat it.

W H O L E G R A I N CARBOHYDRATES: When you choose whole grains instead of refined grains, you are not getting the blood sugar fluctuations so your brain and body function better. Plus, the lignan compounds in whole grains are associated with lower cortisol.

AMLA: Also known as the Indian gooseberry, amla is rich in rejuvenating antioxidants which help balance the whole body.

TONGKAT ALI: This is traditionally used in Malaysia to restore energy and vitality. It increases your chances of waking up with more vigor.

RAW ALMONDS: These are an excellent source of several anti-stress nutrients including muscle-sparing protein, heart healthy monounsaturated fats, stress-fighting B-vitamins, and relaxing magnesium. They can also help you crunch away some of your stress because several studies show that chewing action can be associated with lower stress and better moods.

INCLUDE SLEEP IN YOUR WELLNESS PROGRAM: Plan your sleep just as you plan your healthy diet and fitness regimen. You can be eating the perfect diet and following an ideal exercise schedule, but if you are skipping sleep you may be sabotaging your efforts.

Talbott concludes that reducing your stress so you can get a better night's sleep will increase your vigor the next day. So, bottom line, get your exercise done early, get your work done in time to relax at night, and if you don't have time to get eight hours of sleep, take steps to get a better six hours. Make it as restful and restorative as possible. If you want more info just check out www.shawntalbott.com and SWEET DREAMS! ★





Rancho Cordova Grapevine Independent

MPG



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Mercy Medical Group Recognized as a Top Performing and Most Improved Physician Group by the Integrated Healthcare Association

SACRAMENTO REGION, CA (MPG)

- Mercy Medical Group, a service of Dignity Health Medical Foundation, was honored today as a top performing and most improved physician group in California by the Integrated Healthcare Association (IHA) at its annual IHA 2013 Pay for Performance (P4P) Stakeholders Meeting in Los Angeles. There are Mercy Medical Group locations 6555 Coyle Avenue in Carmichael and 8001 Madison Avenue in Fair

Mercy Medical Group is one of 40 "Top Overall Performing Physician Organizations" for measurement year 2012. The awards are based on performance in four P4P quality measure domains: Clinical Quality, Patient Experience, Meaningful Use of Health IT and Appropriate Resource Use. Nearly 200 physicians groups – representing approximately 35,000 physicians who provide care for about 10 million Commercial HMO/POS

Mercy Medical Group was measurement domain – is recogalso named one of the "Most Improved" award winners, which are determined by calculating the relative improvement for each physician organization on the overall composite score for this year compared to the overall composite score for last year. The physician organization in each of the eight P4P regions that has the highest relative improvement score for overall quality performance - and does not decrease

nized as the most improved group in the region.

"We are honored to be named a Pay for Performance double award winner by the Integrated Healthcare Association," said Alan Ertle, MD, Chief Medical Officer at Mercy Medical Group. "This is a great testament to the team effort we have between Dignity Health Medical Foundation and Mercy Medical Group which both strive

a reflection of better care, and that is what our patients deserve."

Seven California health plans contribute data and provide incentive payments based on the aggregated P4P results. The seven health plans are Aetna, Anthem Blue Cross, Blue Shield of California, Cigna Healthcare of California, Health Net, UnitedHealthcare and Western Health Advantage.

The IHA P4P program is the

United Sates. The program provides physician groups with financial rewards based on their performance compared to quality and efficiency benchmarks. The goal of the program is to create a compelling set of incentives that will drive breakthrough improvements in clinical quality, efficiency and the patient experience through a common set of measures, a public report card and health plan incentive payments. ★

Source: Mercy Medical Group





(behind Sears located in SE Parking Lot) Open every Saturday from 8 am to 1 pm - all year round

Sunrise Mall Farmers Market 6190 Sunrise Boulevard, Citrus Heights

Historic Folsom Farmers Market 915 Sutter Street, Historic Folsom Public Plaza, Folsom Every Saturday from 8 am to 1 pm - all year round





Over 50 vendors!

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, Quarterly Crafting Events and Health Fairs along with special events and activities.

BeMoneySmartUSA.org





\$49

for New Patient Exam and X-rays with take home bleach

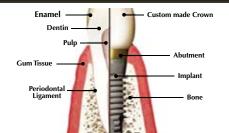
Limited time offer. Terms and conditions may apply.

for New Patient exam, X-rays and a Cleaning

Limited time offer. Terms and conditions may apply. \$900 OFF

Single Implant with Crown

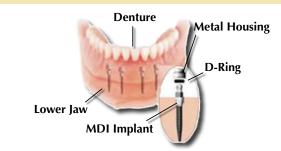
Limited time offer. Terms and conditions may apply.



Single Implant



Multiple Implants



Mini Implant



Combination Implants and Dentures

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