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# Carmichael Times

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Serving Carmichael and Sacramento County since 1981

September 25, 2013

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## Happy Birthday Carmichael

**Words and Photographs by Susan Maxwell Skinner**

**CARMICHAEL, CA (MPG)** - Once a colony, now a proudly unincorporated community in Sacramento County, Carmichael will mark its 104th anniversary this Saturday.

A day-long festival in Carmichael Park will commemorate the 1909 launch of a real estate venture by town founder Daniel Carmichael. The Georgian-born entrepreneur purchased two large chunks of the old San Juan land grant and carved these into 10-acre blocks. The mini farms were offered to pioneers for around \$1000 each. Before this development, Charles and Mary Deterding farmed river bottomlands they called San Juan Meadows (now Ancil Hoffman Park) from 1906.

A few miles north, other families established ranches as early as 1860. The Coyle farmhouse stood where Mercy San Juan Medical Center is now established. Other trailblazers included the Deweys, the Kellys and the O'Donnells; now remembered by streets, parks and schools named after them. Otherwise -- before newcomers colonized the area -- only scattered dwellings punctuated vast spaces between Carmichael and Sacramento City.

Included in Founder's day attractions, a history display will offer residents a chance to examine old Carmichael photographs and to talk to an area historian.

For those who just want to have birthday fun, the anniversary promises much festivity. A pancake breakfast kicks off celebrations at 8:30 a.m. Opening ceremonies are at 10 a.m. and the Ma Barker Band begins a day-long program of American and British rock classics. Martial arts, hula and cheerleading demonstrations will provide more entertainment. Classic motor vehicles will form a car show on the Grant Avenue corner of Fair



**Above: River Cats mascot Dinger is scheduled among children's attractions at Founders Day.** Photo by Susan Maxwell Skinner

**At right: Carmichael Park is the site of community anniversary celebrations this Saturday.** Photo by Susan Maxwell Skinner

Oaks Blvd. Children's attractions will include carnival games, bounce houses, a Boy Scout camp-out and a visit from local firefighters. Sacramento River Cats mascot Dinger will make an appearance

after 12 noon. Food and beverages will be available for purchase from food trucks. ★

Anyone may attend Founders day; most attractions are free. For more information, call (916) 485-5322.



## Nature Fest to Star Wild Survivors



**Nisenan basket makers will demonstrate their skills at the Nature Fest event.**

Photo by Susan Maxwell Skinner

**Words and Photographs by Susan Maxwell Skinner**

**CARMICHAEL, CA (MPG)** - Archimedes the owl, Spirit the bald eagle, an elk named Tule and a lynx with the moniker of Mukluk will journey to Carmichael's Effie Yeaw Nature Center on Sunday, October 6.

Their sagas -- along with those of bats, snakes, a raccoon called Radar and various raptors -- are aimed to educate visitors during the Nature Center's annual Nature Fest event. Celebrity presenter is Gabe Kerschner, a regular guest of NBC's Tonight Show. Kerschner (59) runs Wild Things Inc. at a 35-acre animal sanctuary in Placer County. He and 60 species of rescued animals annually present hundreds of school programs geared to educate and entertain.

Kerschner's critters are an international cast. He has shown alligators, lemurs, a kangaroo named Steve (after Australian naturalist Steve Irwin) and Pook -- a white-headed Thai Gibbon

-- on national television. Nature Fest supporters will view a more regional mélange: "For this event, we'll show North American animals," says their protector. "An elk, a rattlesnake, a raccoon and a lynx. My bald eagle is Alaskan, so she's bigger than local ones. Spirit would have a wingspan of over 6.5 feet -- if she had both her wings."

The magnificent bird demonstrates a common wilderness travesty. Explains Kerschner: "Since they've been protected, bald eagle numbers have rebounded. Some fishermen don't want competition. She was only a year old when she was shot. With one wing, Spirit could not have survived. She's gentle and awe-inspiring. When I show her, people get emotional. Children are amazed at her size. They love hearing how eagles dive and use talons to prey."

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# Pint-Sized Entrepreneur "Pitched" Against Region's Six Best Start-Ups/CEOs -



At first, 17 well-respected agriculture innovation technology companies were selected as qualified to enter the Sacramento Regional Technology Alliance's (SARTA) "AgStart Innovation" venture competition. Photo courtesy Riverview Media Photography/Tia Gemmill

By Drisha Leggett

**SACRAMENTO REGION, CA (MPG)** - Nine-year-old Entrepreneur Nicolas Come, inventor of the, "Nicolas' Garden" Mobile App and digital platform, represented his company himself - without adult accompaniment - at SARTA's upcoming, "AgStart PitchFest Finals," and was selected by the judges to be one of the final three companies to "pitch" in front of key agriculture and technology stakeholders/investors at SARTA's "AgStart Innovation Showcase," on October 16, 2013; as well as receive a scholarship to attend the U.C. Davis Childs Family Institute for Innovation and Entrepreneurship's Food, Ag, and Health Entrepreneurship Academy, on October 22 - 24, 2013.

Nicolas Come, the Sacramento-area third-grader, who just four months ago launched a company to encourage healthier eating among his generation (and took his "Farm-to-Fork" advocacy, all the way to the President of the United States), plans to again "pitch" by himself - without adult accompaniment - against his final other two adult CEO competitors, at the October 16, 2013 "Showcase" before an audience of hundreds. The Wednesday, October 16, 2013, SARTA "AgStart Innovation Showcase" competition will take place at: McClellan Business Park Conference Center, 5411 Luce Ave, McClellan, CA, 95652.

"Most people don't know that my 'Nicolas' Garden' App was always supposed to be 'Farm-to-Fork,'" Nicolas reports. "With the team I recruited from Hacker Lab, we created the 'Fork' part. But now we need more funding and content partners for the 'Farm' part. If we win the 'Ag-Start Showcase,' competition, we can build the 'Farm' part of my company, and teach more kids where their food comes from, and why healthy food is better for them! I want my company and App to teach kids about growing their own gardens and farming, no matter where they live. I think a lot of kids are like I was: picky eaters. But once I started grow-

ing my own healthy food, I tried more of it, and liked it. I think 'Nicolas' Garden' can do that for other kids, too!"

A self-proclaimed, "Picky Eater," Nicolas Come decided to develop an entirely new, digital business model to support healthier living and fight childhood obesity late last year. Knowing how much he enjoyed learning to grow his own food, and cooking the resulting, healthy ingredients with his family, he outlined and diagramed an idea for a mobile application and supporting technology that would be, "by kids; for kids" -- allowing them to share healthy recipes, cooking tips, and other healthy options, in an easy, fun, digital format.

Convinced and emboldened that his idea was important, Nicolas bravely pitched his idea (by himself, while standing on a chair) to over 100 technical experts during a Sacramento Hacker Lab "Hackathon" (a weekend coding competition). At the Hackathon, Nicolas recruited a team of designers, computer programmers, and content specialists; and ultimately developed the concept for Nicolas' digital platform and business, known as, "Nicolas' Garden."

Now "live," the Nicolas' Garden website and mobile App allows children and families to share healthy, family- and kid-friendly recipes, create meal plans and shopping lists, learn easy and fun cooking tips, play health-related games, and link to other healthy programs and services. In the next generation of the App, kids will earn points and badges for interactivity, growing gardens, making healthy choices, and participation. A map of local healthy eating events, farms, and venues will be available to support farmers markets, restaurants, and other locations and activities promoting family-friendly, farm-to-fork programs.

In the continued effort to promote the use of his Mobile App, as well as his website (www.NicolasGarden.com), Facebook page and Twitter account, Nicolas has become quite the accomplished chef! He has appeared on numerous media programs conducting cooking demonstrations of his favorite recipes. He has also been

interviewed by dozens of print publications; in fact, in the merely four months that the App has been, "live", Nicolas has generated over nine million, positive media impressions worldwide, including media in Japan, India, Malaysia, Latin America, the United Kingdom, and many more. Nicolas has even shared his message (and his tiny business card), with the President of the United States! The White House selected Nicolas' photo with the President as the, "White House Photo of the Day!"

Convinced that that Nicolas' Garden Mobile App should be a vital tool to support the "Farm-to-Fork" initiative, Nicolas recently presented a cooking demonstration before over 100 teachers at an "Ag in the Classroom" Conference, inspiring instructors to incorporate his App in their classroom curriculum. He was also twice a featured chef at the California State Fair. Additionally, he is partnering with Chef Adam Pechal to present the "Farm-to-Fork Family Food Feud" event, as the Opening Act on the Main Stage of the "Farm-to-Fork Festival," on September 28, 2013.

"I know the 'AgStart Innovation Showcase,' is going to be a hard competition," concludes Nicolas. "And maybe some people won't understand right away why 'Nicolas' Garden' should be considered Ag innovation. But think about it; if no one wants to eat their fruits and vegetables in the future, who's going to buy from our farmers? I am trying to help kids like fruits and vegetables now, so that they will grow up, and feed the healthy food to their families, and buy more from our farmers. And we are using a Mobile App and digital technology to do it! What's more innovative than that? These judges are business people and entrepreneurs like me. I'm sure if I explain it to them myself, they'll understand that 'Nicolas' Garden' should be the winner of the AgStart Showcase!"

★  
For further information regarding the Nicolas' Garden, please check: www.NicolasGarden.com. For further information about SARTA, please check: http://www.sarta.org.

# The Charitable Side of Gaming



If you really love to play games for a long period of time, Extra Life sets out to turn those hours into money for the Children's Miracle Network Hospitals. Photo courtesy Noah Howard

By Noah Howard

When some people think of video game fans, they imagine stereotypes of anti-social introverts playing for hours in a dark room. But the industry has evolved far beyond these popular culture-driven caricatures. Gamers are a community and some are using their virtual worlds to improve the real world by establishing a number of game-related charities that have helped millions all over the globe.

The Humble Bundle is probably the most famous. Every week, it posts a selection of video games available for download, and people can pay as much or as little as they'd like to acquire them. The Humble Bundle usually identifies a number of charities, and the buyer can allocate his or her funds to go to whichever ones they wish. Pay more than the average, and additional games or content is unlocked, raising hundreds of

thousands of dollars weekly.

In a similar niche, the UK-based GamesAid also occasionally sells games to raise money for smaller charities that help disadvantaged children. However, they have also expanded their fundraising by reaching out in the gaming community through industry events and by selling game-related memorabilia on eBay.

If you really love to play games for a long period of time, Extra Life sets out to turn those hours into money for the Children's Miracle Network Hospitals. Extra Life is almost like a digital jog-a-thon, asking you to earn money by having others pledge for you to play a game on the platform of your choice.

Child's Play is an organization set up to help those who don't have games for them to play at all. Established in 2003, Child's Play works similarly to the Make A Wish Foundation. Hospitals provide wishlists to Child's Play

of the goods that their hospitalized kids want, and Child's Play seeks to fulfill as many requests as possible either through monetary donations or by letting people directly fulfill wish-list requests on Amazon. Though the majority of requests tend to be video games, it's also possible to find books, toys, or even nail polish on the lists. Whatever the children desire, Child's Play aims to deliver.

The gaming industry has garnered more than its fair share of criticism, accused of "desensitizing" people to violence or keeping them from physical activity. Yet, these examples of gamers motivated by charity shows that some good has sprung out of the interactive entertainment community. There are already numerous ways to participate in gaming's long-hidden charitable side, with more assuredly to come. ★

Respond to Noah's articles by emailing him at digitalartsnoah@yahoo.com

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# Airshow History



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

**SACRAMENTO REGION, CA (MPG)** - The California Capital Airshow (CCA), presented by Sacramento County, recently announced the addition of Chip Yates, founder and CEO of Flight of the Century, Inc. ([www.flightofthecentury.com](http://www.flightofthecentury.com)), and his ongoing mission to 'make science cool' as he attempts to break his current world speed record of 202 miles per hour in an electric airplane in front of the crowd at Mather Airport on Saturday, October 5, 2013.

"I want to be an example to teens, to inspire them. I'm someone that is using my STEM education to go out and change the world while doing something really cool; they can too," said Chip Yates. "The realm of science, technology, engineering and math are gateways for kids to not only learn but to truly explore all of the opportunities available to them. If you can dream it, you can build it and I'm living proof of that."

At only 13 years old, Yates was destined to utilize his education to push the current limits of technology. He saved \$50.00 and convinced his parents to invest an additional \$50.00 in order to buy and rebuild his first motorcycle. Since then, Yates has become a highly dynamic and proven leader who is recognized worldwide as an electric vehicle pioneer and green technology innovator.

Yates quickly set his sights

on aviation and adapted his water-cooled 258 horsepower electric motor and controller system to an aircraft designed by Burt Rutan (famed aerospace engineer, best known for the design of SpaceShipOne, the Virgin Atlantic GlobalFlyer, and Voyager); but Yates had one problem - he was not a pilot. He

"Chip truly embodies what it means to follow your dreams. Kids of all ages will not only get to see Chip fly and attempt to break a world record, but they'll also get the chance to meet him, talk to him and ask him questions. He'll be at the show both days and will be part of a featured exhibit. It's going to be an



Michael Goulian is a true aerobatic champion, demonstrating to spectators across the globe his crisp, athletic flying style. Michael will mesmerize you with his extreme maneuvers and bigger than life personality! Photo courtesy CCA

earned his pilot's license in two months and had only 58 hours when he flew on July 18, 2012 where he established a world speed record for electric powered aircraft of 202 mph.

"We're thrilled and honored to have Chip Yates at this year's Airshow," said Darcy Brewer, executive director of the California Capital Airshow.

amazing opportunity." 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, <http://www.californiacapitalairshow.com>

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

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 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](http://www.californiacapitalairshow.com). ★



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## Announcements & Events

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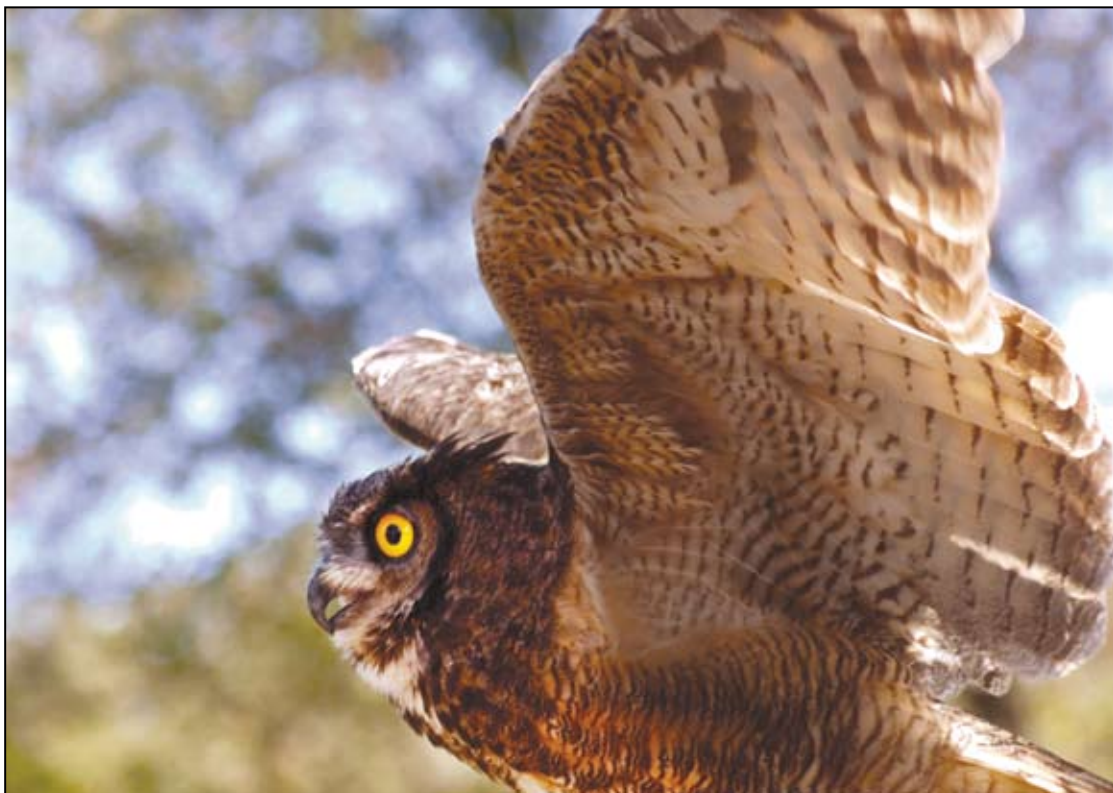
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# Nature Fest to Star Wild Survivors



Archimedes owl is an esteemed teacher despite his own unhappy college experience. Tonight Show veteran Gabe Kerschner will present the raptor and other rescued wild animals at an October 6 open day at the Effie Yeaw Nature Center. Photo by Susan Maxwell Skinner

Continued from Page 1

"Adults often cry. She's our national emblem; they're appalled to see what an American maliciously did to her."

The 2013 Nature Fest represents homecoming weekend for another wild ambassador. Kerschner's great horned owl was rescued six years ago at nearby American River College. "He broke a wing falling from a nest in the oaks on campus," says the naturalist. "We figured he must be an extra wise owl; he went to college. So we called him (after the mathematical 'wise one') Archimedes." Kerschner's talks promote serious issues but punch

lines – often of bald-eagle/bald-naturalist genre – fly thick and fast. "I try to be entertaining," he says. "A laugh keeps interest going. You want people to experience a full range of emotions; it makes learning memorable."

Kerschner's critters are not the only educators at the 2013 Nature Fest. Resident Effie Yeaw raptors and reptiles will interact with visitors. The "Twilight" generation will be open-fanged by bat encounters. Spreading wings under the aegis of Sacramento "bat lady" Corky Quirk, exhibited megachiropterans are rescued specimens that improve understanding of gothic fiction's most maligned mammal.

The Effie Yeaw facility is a resource for Native American studies. Fine basketry and abalone pendant-making will be demonstrated in the replica Nisenan village at the center on October 6. Children's Activities, crafts and guided walks through the 80-acre wildlife preserve will be also available.

The fundraiser runs from 10 a.m. to 3 p.m. Admission is \$3 for visitors aged 13 and up; free for children. Parking is included. For more information, visit [www.sacnaturefest.com](http://www.sacnaturefest.com) or call (916) 489-4918. ★

Learn about Gabe Kerschner's Wild Things Inc. at [www.wildthingsinc.org](http://www.wildthingsinc.org)



Dr. Bob Graykowski



As a wellness Doctor, I am extremely concerned about the obesity epidemic and the plethora of health problems skyrocketing as a result, including diabetes, heart disease and high blood pressure. A major component of the obesity crisis is the availability of plentiful and cheap processed foods, often high in sugar, salt and unhealthy fats. We have evolved to seek out these flavors because they are present in calorie-dense foods. But, in modern Western society, the calories our ancestors had to struggle for are now overabundant.

### The Newest Research

A brand-new study published in the journal *Nature Neuroscience* gives further credence to the idea that unhealthy food can indeed be addictive. Unhealthy foods may alter the brain's ability to tell us when we are full. When this brain "switch" is turned off, junk food ceases to satisfy, and an individual craves more of it – in other words, he or she becomes addicted.

### Is Food Addiction Real?

Consider the definition and criteria for addiction. An addiction is a compulsion that often becomes destructive to personal health and social relationships. The term has long described abuse of drugs or alcohol. Today, science shows that the same brain activity associated with drug and alcohol addiction is also present

# Could You be Addicted to Junk food?

in compulsive behaviors like problem gambling, as well as use of seemingly benign substances like food.

Several of the behaviors used to diagnose addiction are evident in cases of compulsive eating, including loss of control over use, repeated failure to change behavior and continued use despite negative consequences.

### Brain Chemical Changes May Trigger Overeating

Several neurochemicals and hormones work in tandem to control our appetites. Imbalances of any of these may be possible causes of overeating and food addiction.

For instance, in an extensive study on addiction, patients' brains showed decreased dopamine receptors. Dopamine is a neurotransmitter that activates the brain's reward system, reinforcing behaviors that cause pleasure. A decline in dopamine receptors is implicated in heroin and cocaine addictions. According to scientists, a similar process occurs in food addiction.

Cortisol, best known as the "stress hormone", may also play a role in food addiction. The endocrine system reacts to high levels of cortisol by releasing natural opioids (chemicals that alleviate pain and cause euphoria) to reduce the effects of stress.

These opioids are also released in reaction to consumption of enjoyable food. Compulsive overeating therefore may manifest as a reaction to emotional strain as the brain seeks pleasurable opioids to combat stress.

### Addiction is Often Hardwired

Research shows that some peoples may have an ingrained tendency toward addiction. Many gastric surgery patients who defeat food addiction seem

to transfer to another addiction, such as compulsive shopping or gambling.

### Which Foods Are Addictive?

The most notoriously addictive food ingredient is sugar. It triggers release of opioids and dopamine, the chemicals linked to addiction. Researchers observe that sugar withdrawal symptoms parallel those of withdrawal from morphine or nicotine. Carbohydrates, especially highly processed ones, also show great potential for addiction.

### Tips for Beating Junk Food Addiction

If you feel that you are addicted to unhealthy foods, it is important to avoid situations and foods that could trigger a binge for you. This could mean taking a route home from work that avoids your favorite fast food outlet or unplugging the television if you find yourself tempted by commercials for junk foods. In cases where junk food addiction is out of control, therapy and nutritional counseling may be in order.

Finally, remember that it is extremely difficult to adhere to a diet that deprives you of all pleasurable foods. Eat sensibly and enjoy healthy, satisfying foods that do not trigger overeating. At our "Sugar free families" class we teach our patients valuable tools and strategies to break the food addiction.

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# The Progressive Crusade Against Tax Cuts

Commentary By  
Dr. Paul G. Kengor

**SACRAMENTO REGION, CA (MPG)** - There's an ongoing effort by President Obama and fellow "progressives" not only to continue to blame George W. Bush for every economic woe facing America — even as every economic indicator is far worse under Obama — but to permanently discredit the value of tax cuts. Tax cuts are an unmitigated evil that progressive crusaders must forever exorcise.

For President Obama and his allies, this is a project they're taking back to the Reagan years, starting with an assault on President Reagan's enormously successful 1981 tax cuts. Their campaign, however, can't end with Reagan. They need to venture way back to Andrew Mellon in the 1920s.

Mellon was Treasury secretary throughout the Republican administrations that followed Woodrow Wilson's exit from the White House in 1921. He was a superb Treasury secretary, with few peers before or since.

Unemployment under Wilson's "progressive" presidency had hit almost 12 percent. In 1921, the newly inaugurated president was Republican Warren Harding. As Harding's Treasury secretary, Mellon argued against spending increases as "stimulus" for economic growth and, instead, pushed for tax rate cuts. It was a Reagan-like move, with Reagan-like results. By 1923, unemployment dropped to under 3 percent, where it (roughly) remained throughout the 1920s under Harding and his Republican successor, Calvin Coolidge.

The economy did not begin its crash and sustained slide until the presidencies of Herbert Hoover, a Republican, and FDR,

a Democrat. Both Hoover and FDR jacked tax rates through the roof. The federal tax rate on income reached a breathtaking 94 percent under FDR. As historian Burt Folsom shows, FDR actually considered raising the upper rate to 99.5 percent on income above \$100,000. (Yes, you read that right.)

FDR, for the record, despised Andrew Mellon. He subjected Mellon to an intense, intrusive investigation of his income-tax returns, pursuing him to his deathbed. FDR had a vendetta against Mellon's entire philosophy on taxation. It became personal as well as political.

Here's a Mellon insight that FDR no doubt detested: "It seems difficult for some to understand that high rates of taxation do not necessarily mean large revenue to the government, and that more revenue may often be obtained by lower rates."

FDR certainly didn't understand, though his Treasury secretary, Henry Morgenthau, eventually came to that conclusion. "We have tried spending money," said Morgenthau. "We are spending more than we have ever spent before and it does not work. ... I say after eight years of this administration we have just as much unemployment as when we started. ... And an enormous debt to boot!"

Morgenthau figured out what Andrew Mellon already knew. Said Mellon: "The problem of government is to fix rates which will bring in a maximum amount of revenue to the Treasury and at the same time bear not too heavily on the taxpayer or on business enterprises."

And so, during the Harding and Coolidge administrations, Mellon succeeded in promoting tax-rate cuts across the board, with upper-income rates

reduced from 73 to 24 percent. The cuts were very similar to Reagan's in the 1980s. And like under Reagan — and contrary to liberal mythology — total tax revenue to the Treasury actually increased.

Under Reagan, federal revenue rose from \$599 billion to almost \$1 trillion. Under Mellon's stewardship in the 1920s, revenue went from \$700 million to above \$1 billion. And unlike under Reagan, Mellon's policies eliminated the budget deficit. (Coolidge was able and willing to cut spending where Reagan did not.)

For President Obama and his fellow liberals, these are inconvenient, unwelcome facts. They believe they need higher taxes to feed and sustain their government class. Democrats are banking on that government class — which they want to expand and unionize — to keep them in power not another four years but another 40 years.

Tax cuts are anathema to our president and progressives. And so is the wisdom of Andrew Mellon.

Dr. Paul G. Kengor is professor of political science at Grove City College, executive director of The Center for Vision & Values, and New York Times best-selling author of the book, "The Communist: Frank Marshall Davis, The Untold Story of Barack Obama's Mentor." ★

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See [www.VisionandValues.org](http://www.VisionandValues.org)  
Editor's note: This column first appeared in the Pittsburgh Tribune-Review.

## California Capital Airshow Ticket Locations

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**SACRAMENTO REGION, CA (MPG)** - The California Capital Airshow (CCA), presented by Sacramento County, is now offering discounted General Admission tickets are now for purchase at 47 different Sacramento area Raley's and Bel Air Markets and all SAFE Credit Union branch locations throughout the region. The Airshow will be held at Mather Airport on October 5-6, 2013.

The CCA will be all things "shiny, fast and loud" for all ages and so much more! Tickets are

also available online (General Admission and Premium Seating options) and can be easily purchased at the Airshow web site [californiacapitalairshow.com](http://californiacapitalairshow.com).

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 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](http://www.californiacapitalairshow.com).

The Airshow thanks the following sponsors for their generous contributions and partnerships: Sacramento County, City of Rancho Cordova, Aerojet Rocketdyne, Budweiser, Sacramento Jet Center, Kaiser Permanente, Pacific Gas and Electric Company, SAFE Credit Union and Fox40. ★

## Sacramento County DA Reports

Recent cases of interest

**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.

**CASE: Dweua Lee (09/19/13)**

**PROSECUTOR: Deputy District Attorney Nancy Cochrane, Special Assault & Child Abuse Unit**

District Attorney Jan Scully announced today that the Honorable Cheryl Meegan sentenced Dweua Lee to 16 years and 4 months to life in prison. On July 19, 2013, a jury convicted Lee of torture, two counts of mayhem, and six counts of beating a child with assorted allegations of use of deadly weapons and the infliction of great bodily injury. The jury also convicted Lee of two additional felony counts of child abuse.

The 12-year-old victim was left in the care and custody of Lee who systematically tortured and abused the child over a three month time period. Lee beat her with electrical cords, put a hot iron on her back, stapled her ear, heated a metal spatula and placed it on the child's buttocks, threw the child down stairs, stomped the child's chest and abdomen and didn't allow her to eat. The child suffered life threatening injuries and has some permanent disfigurement.

With an extraordinary amount of courage, she was able to disclose the abuse to a stranger at the Department of Motor Vehicles when Lee stepped outside. It took an extraordinary amount of courage for that citizen to take action and help the victim.

Deputy District Attorney Nancy Cochrane states, "I'd like to thank the Sacramento Sheriff's Department, especially Detective Tony Saika, for all of their hard work and commitment to this case and District Attorney Victim Advocate Mailyn Chung for her assistance throughout this case."

**CASE: Justice Gaddis (09/16/13)**

**PROSECUTOR: Deputy District Attorney Noah Phillips, Gangs & Hate Crimes Unit**

District Attorney Jan Scully announced that Justice Gaddis was convicted by jury of multiple charges, including assault with a deadly weapon and being a felon in possession of a firearm. The jury also found true allegations of gun use and that Gaddis committed the crimes for the benefit of a criminal street gang.

The assaults stemmed from a dispute between Gaddis and the victim. Gaddis pistol whipped the victim during an argument.

Sentencing is set for October 11, 2013 at 9:00 a.m. in Department 22 before the Honorable Russell Hom.

**CASE: Elijah Goethe (09/13/13)**

**PROSECUTOR: Deputy District Attorney Thomas Asker, Targeting Armed Recidivist Gangsters Enforcement Team (TARGET)**

District Attorney Jan Scully announced today that the Honorable Patrick Marlette sentenced Elijah Goethe to 94 years to life in prison. On June 13, 2013, a jury convicted Goethe of first degree murder, attempted murder, shooting into an occupied motor vehicle, and gang and gun allegations relating to the shooting death of Joseph Washington.

On October 12, 2008, Joseph Washington was shot and killed in the Golf Course Terrace neighborhood southeast of the Sacramento Executive Airport. His friend, D'Andre Lawrence, was shot in the face but survived his injuries.

The murder was motivated by another shooting that took place a few hours earlier at 65th Street and 4th Avenue, in which two members of Goethe's gang were seriously injured. Evidence presented at trial suggested that Goethe and his co-conspirators erroneously believed the perpetrators of the first shooting were members of a south Sacramento gang. In retaliation, Goethe and his unidentified accomplice mistakenly targeted the victims' car. The victims had no involvement in any of the previous shootings, no criminal history, and no gang ties.

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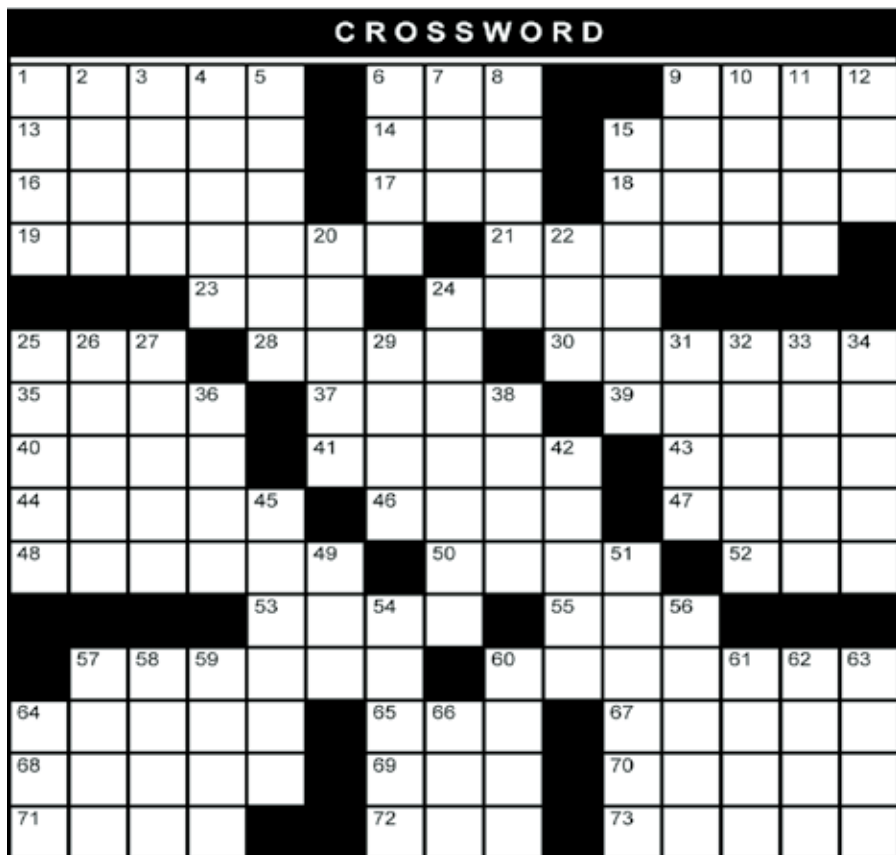
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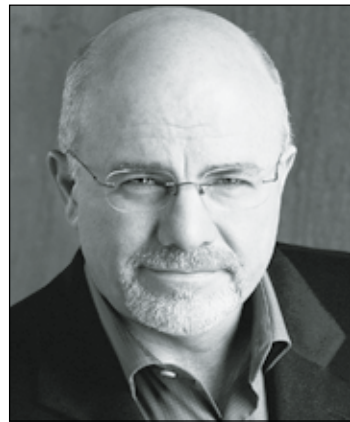
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### CLUES

- ACROSS**
- Promo piece
  - Ruler of prime time
  - Voyeur's glance
  - Film director Sergio \_\_\_\_\_
  - Black gold
  - It's tops at a beauty pageant
  - Multibillion dollar power company
  - "This country's viewers determine winner of "American Idol"
  - Bitter
  - It stars Simon Cowell
  - "Crime-solving novelist
  - Consumes
  - "SNL" segment, e.g.
  - UK prime time giant
  - French "place"
  - Cause to become
  - Commuter line
  - Abounding with elms
  - Red \_\_\_\_\_ of 20th century
  - "\_\_\_\_\_ the Wild," movie
- DOWN**
- Show the guns?
  - Table extension
  - I, to a Greek
  - "\_\_\_\_\_" "Nucky" Thompson
  - Traveler's mode of transportation
  - NCAA's Final \_\_\_\_\_
  - Post-Soviet Union alliance
  - "Car Talk" brother
  - Scot of long ago
  - Between marquess and viscount
  - Buffalo's lake
  - Often found under a mouse
  - Gustatory sensations
  - Twig of willow tree
  - It's hot in some people
  - Court call
  - "Canine on "Family Guy"
  - "Bank" in Venice
  - Commended
  - Twelfth month of Jewish civil year
- 31. \*Mark Harmon/Sasha Alexander show**
- Wainscots
  - Lose ground
  - Chill
  - He ruled the flies
  - Quotable Berra
  - Straight muscles
  - Patient's toilet
  - "Homer's catchword
  - Crazy \_\_\_\_\_ card game
  - Airy spirit
  - Kindle download
  - 2 aspirin, e.g.
  - Carbamide
  - Getting warm
  - Aaron Rodgers pantomimes this
  - Not in favor of
  - Opposite of want
  - Training spots
  - Mary \_\_\_\_\_
  - Texter's u

For Solution See Page 7



Dave Ramsey is America's trusted voice on money and business. He's authored four New York Times best-selling books: *Financial Peace*, *More Than Enough*, *The Total Money Makeover* and *EntreLeadership*. The *Dave Ramsey Show* is heard by more than 6 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

### A Tricky Joint Account

Dear Dave,  
 I'm getting married soon, and we plan to open a joint checking account. Keeping a register accurately will be difficult because I travel two weeks out of every month. Do you have any suggestions for keeping track of things, or should we just rely on online access to the account?  
 - Ed

Dear Ed,  
 I would set up a second checking account, one to which you both have access, that's only for travel. Giving you both access allows you to track what you do and her to see what's going on and act as your backup when it comes time to balance the register.

Here's an example. A few years ago we were remodeling our home. My wife and I opened a separate checking account and put all of our remodeling money in there. It was easier to keep the money separate, but we both had access and were involved in the account.

Understand, this wasn't a "his" and "hers" arrangement. It was merely for the purposes of keeping our everyday activities separate from the remodeling budget. When you get married the preacher proclaims you as one. That means throughout life and everything involved, including your finances!  
 - Dave

# Dave Says

### Don't Use a Land Contract

Dear Dave,  
 What's your opinion on buying a house on a land contract?  
 - Keith

Dear Keith,  
 I would never, under any circumstances, ever buy a property on a land contract.

In some places this kind of thing is called a "contract for deed," but the problem is you don't have the deed. The property is not in your name. You could easily run into a situation where you've paid the balance down for 10 years, then the guy you're paying gets into a car wreck or another kind of financial trouble and someone slaps a \$500,000 lien against the property that's supposed to be yours.

Don't pay for property that isn't in your name, Keith. Land contracts, or contracts for deed, are dangerous for the buyer and just plain stupid!  
 - Dave

### Co-Signer Passed Away

Dear Dave,  
 My father co-signed for my niece's student loans, and recently he passed away. My mom didn't sign for the loans, but would she be held responsible now?  
 - Denise

Dear Denise,  
 I'm really sorry to hear about your dad. But no, your mom is not on the hook for the loans. Your dad's estate could be held responsible though.

When you die, what you own stands good for what you owe. So anything he owned—perhaps his and your mother's home—would have to stand good for it. This means that while your mom isn't liable, the student loan would have to be cleared as if it were a normal debt in order for your mom to keep, free and clear, any of the stuff your dad owned.

There's another possibility also. Federally insured student loans do not count against your estate when you die. If you pass away or become permanently disabled, the loan is forgiven. I believe that's true for co-signers as well, but make sure you check into the situation carefully. We're talking about the federal government, and they don't usually operate in the realm of common sense!  
 - Dave

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	7	5			

For Solution See Page 7.

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**Sudoku Puzzle on Page 6**

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

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2 Desks - \$60.00 each  
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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-06675. Pavlo Radetsky, 6222 Rio Linda Blvd., Rio Linda, CA 95673 is doing business under the Fictitious Business Name "AP Lawn Service & Landscaping" at 6222 Rio Linda Blvd., Rio Linda, CA 95673. Filed with the Clerk of Sacramento County on August 20, 2013. Publish: Sept. 4, 11, 18, 25, 2013. APLAWN 130904 9-25-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-06863. Jason M. Cotter and Justin H. Davis, 7473 Holworthy Way, No. 332 Sacramento, CA 95842 is doing business under the Fictitious Business Name "Arlington Brothers" at 7473 Holworthy Way, No. 332 Sacramento, CA 95842. Filed with the Clerk of Sacramento County on August 27, 2013. Publish: Sept. 4, 11, 18, 25, 2013. ARLING 130904 9-25-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-06846. Angela D. Harris, 9029 El Cajon Way, No. 1, Sacramento, CA 95826 is doing business under the Fictitious Business Name "Change Aim" at 9029 El Cajon Way, No. 1, Sacramento, CA 95826. Filed with the Clerk of Sacramento County on August 26, 2013. Publish: Sept. 4, 11, 18, 25, 2013. NORCAL 130904 9-25-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-06174. Van Thi Thu Nguyen, 7320 14th Ave., Sacramento, CA 95820, is doing business under the Fictitious Business Name "Doris Upholstery" at 7320 14th Ave., Sacramento, CA 95820. Filed with the Clerk of Sacramento County on August 1, 2013. Publish: Sept. 4, 11, 18, 25, 2013. DONSUPH 130904 9-25-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-06411. Sherry Ramos, 8168 Kaula Dr., Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Lucky Wear" at 8168 Kaula Dr., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on August 9, 2013. Publish: Sept. 4, 11, 18, 25, 2013. LUCKYW 130904 9-25-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-06855. David Brink, 102 Ruth Ct., Folsom, CA 95630 is doing business under the Fictitious Business Name "NorCal Millwork" at 102 Ruth Ct., Folsom, CA 95630. Filed with the Clerk of Sacramento County on August 26, 2013. Publish: Sept. 4, 11, 18, 25, 2013. NORCAL 130904 9-25-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-06807. Altahan International Enterprise, Inc., 5711 Florn Perkins Rd., Unit D, Sacramento, CA 95828 is doing business under the Fictitious Business Name "Payless Wireless" at 9655 Elk Grove-Florin Rd., Ste. 4, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County on August 23, 2013. Publish: Sept. 4, 11, 18, 25, 2013. PAYLESS 130904 9-25-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-06386. All American Championship Sports LLC, 1980 Tarbolton Cir., Folsom, CA 95630 is doing business under the Fictitious Business Name "Super Series West" at 1980 Tarbolton Cir., Folsom, CA 95630. Filed with the Clerk of Sacramento County on August 9, 2013. Publish: Sept. 4, 11, 18, 25, 2013. SUPERS 130904 9-25-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-06557. Alan Thrall, 3216 61st, St., Sacramento, CA 95820 is doing business under the Fictitious Business Name "UntamedStrength" at 5859 Rosebud Ln., Sacramento, CA 95841. Filed with the Clerk of Sacramento County on August 15, 2013. Publish: Sept. 4, 11, 18, 25, 2013. UNTAMED 130904 9-25-13

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. GREENH 131001 10-2-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-06508. Mark Perlberger, 5716 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. HALBEAR 131001 10-2-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-06957. Gurrattin S. Ajula, 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. LOVELY 131001 10-2-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-06937. Karen K. Snoko, 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 95655 is 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. STEPHIE 131001 10-2-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-06869. Joshua Kretchman, 2401 U St., Sacramento, CA 95818 is doing business under the Fictitious Business Name "Treetop Real Estate and Treetop 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. TREEPT 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 10-2-13

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. AAAMA 131002 10-9-13

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 10-9-13

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 7142 Auburn Blvd., Citrus Heights, CA 95810. Filed with the Clerk of Sacramento County on August 23, 2013. Publish: Sept. 18, 25, October 2, 9, 2013. AUBURN 131002 10-9-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-06396. Carvell Printing, 1791 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 10-9-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-06885. Cindy Otto, 8194 East Pelletier 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 10-9-13

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 10-9-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-06786. 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. JDBSHA 131002 10-9-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-07052. Rajivinder Mahay, 5504 Lihyview Way, Elk Grove, CA 95757 is doing business under the Fictitious Business Name "MGM Distributor" at 5504 Lihyview Way, Elk Grove, CA 95757. Filed with the Clerk of Sacramento County on September 5, 2013. Publish: Sept. 18, 25, October 2, 9, 2013. MGMTDIS 131002 10-9-13

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 10-9-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-07057. Rajivinder Mahay, 5504 Lihyview 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 10-9-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-07343. Symia J. Stigler, 6310 Conejo, Rancho Murietta, CA 95683 is doing business under the Fictitious Business Name "9 Sixteen" at 6310 Conejo, Rancho Murietta, CA 95683. Filed with the Clerk of Sacramento County on September 16, 2013. Publish: Sept. 25, October 2, 9, 16, 2013. 9SIXTE 131003 10-16-13

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. BESAME 131003 10-16-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-06928. Tony Barbarich, 8720 Woodman Way, Unit F, Sacramento, CA 95826 is doing business under the Fictitious Business Name "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. LITTLE 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. SELECT 131003 10-16-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-06869. Joshua Kretchman, 2401 U St., Sacramento, CA 95818 is doing business under the Fictitious Business Name "Treetop Real Estate and Treetop 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. TREEPT 131003 10-16-13

ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE #FBNF2010-05198. The following person has abandoned the use of the FICTITIOUS BUSINESS NAME OF VF Custom Promos, 3625 Keswick Way, Sacramento, CA 95826: Victor J. Fleck, 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. VFCUST 131001 10-2-13

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. C. OTTO 131002 10-9-13

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE #FBNF2010-09106. 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. FREIGHT 131002 10-9-13

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE #FBNF2010-09106. 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. FREIGHT 131002 10-9-13

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE #FBNF2010-09106. 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. FREIGHT 131002 10-9-13

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE #FBNF2010-09106. 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. FREIGHT 131002 10-9-13

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE #FBNF2010-09106. 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. FREIGHT 131002 10-9-13

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE #FBNF2010-09106. 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. FREIGHT 131002 10-9-13

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO 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 13, 2013. David I. Brown Judge of the Superior Court Publish: Sept. 4, 11, 18, 25, 2013. HUDSON 130904 9-25-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00149738

WHEREAS, Angela Jo Hacker has filed a petition with this court for a decree changing the name of Cassidy Autumn Hacker to Cassidy Allison Medina. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on October 16, 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. Raymond M. Cadei Judge of the Superior Court Publish: Sept. 4, 11, 18, 25, 2013. HACKER 130904 9-25-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00150694

WHEREAS, Sasha Valeska Burton has filed a petition with this court for a decree changing the name of Sasha Valeska Burton to Sasha Valeska Grismore. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on October 17, 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. Raymond M. Cadei Judge of the Superior Court Publish: Sept. 4, 11, 18, 25, 2013. BURTON 131002 10-9-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00149770

WHEREAS, Arienne Joy Bautista Reyes has filed a petition with this court for a decree changing the name of Arienne Joy Bautista Reyes to Arienne 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. ESTARIS 131001 10-2-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-001501721

WHEREAS, Khamsonne Sattanek has filed a petition with this court for a decree changing the name of Khamsonne Sattanek to Khamsonne Onerada. 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 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 M. Cadei Judge of the Superior Court Publish: Sept. 18, 25, October 2, 9, 2013. SATTAN 131002 10-9-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00150686

WHEREAS, Christopher Michael Walas has filed a petition with this court for a decree changing the name of Christopher Michael Walas to Kriss Mathue Walas. 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. 18, 25, October 2, 9, 2013. CWALAS 131002 10-9-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00150197

WHEREAS, Timothy James O'Neill 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. O'Neill. 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. David I. Brown Judge of the Superior Court Publish: Sept. 11, 18, 25, Oct. 2, 2013. ONEILL 131001 10-2-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00150197

WHEREAS, Timothy James O'Neill 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. O'Neill. 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. David I. Brown Judge of the Superior Court Publish: Sept. 11, 18, 25, Oct. 2, 2013. ONEILL 131001 10-2-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00150197

WHEREAS, Timothy James O'Neill 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. O'Neill. 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. David I. Brown Judge of the Superior Court Publish: Sept. 11, 18, 25, Oct. 2, 2013. ONEILL 131001 10-2-13

WHEREAS, Timothy James O'Neill 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. O'Neill. 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. David I. Brown Judge of the Superior Court Publish: Sept. 11, 18, 25, Oct. 2, 2013. ONEILL 131001 10-2-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO 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 28, 2013. Raymond M. Cadei Judge of the Superior Court Publish: Sept. 11, 18, 25, Oct. 2, 2013. VETTER 131001 10-2-13

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 10-2-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00150694

WHEREAS, Sasha Valeska Burton has filed a petition with this court for a decree changing the name of Sasha Valeska Burton to Sasha Valeska Grismore. IT IS ORDERED that all persons interested in 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 M. C



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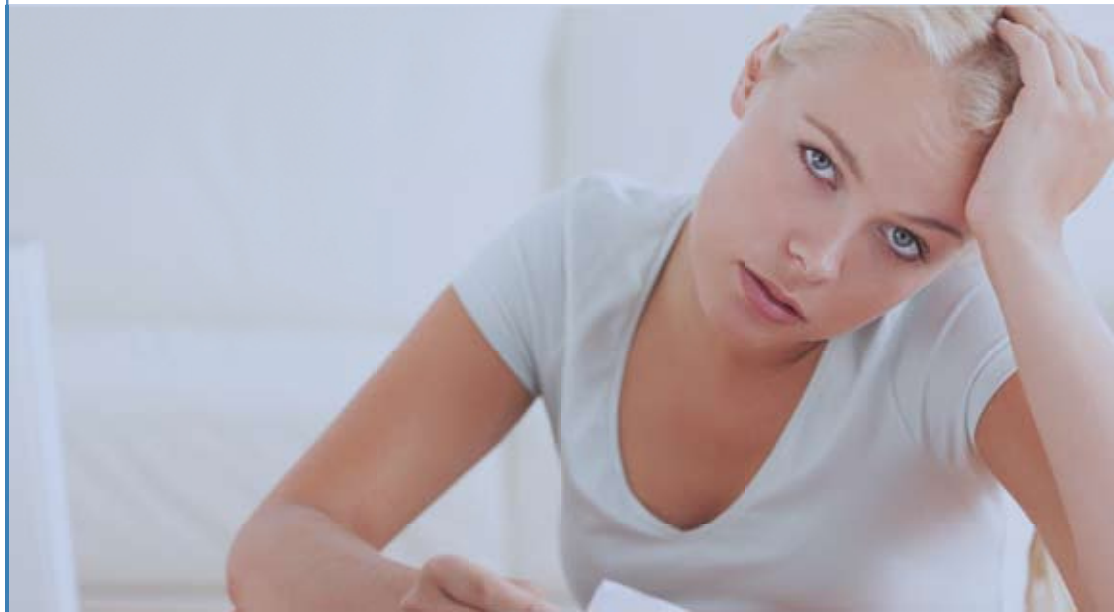
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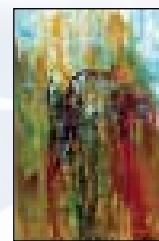
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**POPPOFF!**

with Mary Jane Popp

**THE ACTOR'S JOURNEY**

Do you remember the Douglas family that we grew up with? It's been a while, but the classic TV show "My Three Sons" debuted way back in 1960 and ran through 1972. The series is TV's second longest running situation-comedy, and has been broadcast continuously for 53 years. It's run on Nickelodeon and TV Land, and now you can see it on MeTV. It has become a smash hit with a whole new generation from Japan to Australia and many European countries in between. Just ask Stanley Livingston who played Chip Douglas for the full 12 year run. How popular is this iconic TV series? The city of Los Angeles declared "My three Sons Day" in May of 2012. But Chip, I mean Stanley didn't let the grass grow under his feet with the "oh gee whiz, I'm not a kid star anymore." He has gone on to be not only an actor, but Director and Producer, and is still going strong today. I've had Stanley on my POPPOFF Radio Show

several times, and I love hearing all his stories from those days gone by. But I think of all the projects Stanley has done since "My Three sons," one of his proudest achievements is "The Actor's Journey Project."

Tens of thousands of talented, trained, and eager actors have their resume, headshots, and a reel of their work ready. And they figure they are good to go to conquer the entertainment industry. But Stanley begs to differ. Statistics show that more than 99% of all new talent will fail in their quest to break into the industry and establish a viable career. Why? They have a lack of knowledge about the specific "industry related" non-performance skills needed to open the door to the industry. New actors know a lot about acting, but their business skills are lacking. Stanley founded The Actor's Journey Project to bring a solution to this gap. It is a revolutionary DVD set covering the x-files of breaking into show business. One set is for adults 18 and over, and one is for parents of child and teen actors thru 17. Both programs teach highly specialized skills needed by new talent. And it comes from distinguished industry pros who have more than 25 years of experience under their working belts

from actors to directors and producers etc. Do these names sound familiar...Henry Winkler, Michael York, Melissa Gilbert, Paul Peterson, Dick Van Patten, Margaret O'Brien...some 100 on screen consultants for the project. They are all stars honored with many accolades. They have all traveled the journey for you.

As Stanley put it to me, you now have the choice...spend 5 to 10 years in the industry trenches learning the business skills needed, or choose "The Actor's Journey Project"...a ten hour comprehensive program you can watch and learn from those who have been there, done that, so you don't have to get hit with the hard knocks. If you are aiming for that spotlight, then you need all the pro info you can muster. The competition is keen, but if you have the added skills, you're chances of success can steer you to the head of the pack! Want more information? Go to [www.theactorsjourney.com](http://www.theactorsjourney.com).

I loved it when Stanley said "the name on my tombstone is probably going to be Chip Douglas. That's neither good nor bad. It's just a fact of life." I disagree. I think it will be "Stanley made "The Actor's Journey" an amazing leap forward to success." ★

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# Criminal Tax Evasion Bill Headed to Governor's Desk

## Legislation Could Help Recoup Part of the Approximately \$9 Billion in Tax Evasion Annually

**SACRAMENTO, CA (MPG)** - A bill that will codify a partnership made up of the California State Board of Equalization (BOE), Franchise Tax Board (FTB), Employment Development Department (EDD), and Department of Justice (DOJ) is headed to the Governor's desk. Legislation unanimously supported by the BOE (Assembly Bill 576, V. Manuel Pérez) would strategically target sales, income, and

employment tax evasion using existing resources from the partners' respective departments. "The underground economy costs California billions of dollars every year and makes it even more difficult for legitimate businesses to operate in our state," said Board of Equalization Member George Runner. "This strategic bi-partisan effort will better coordinate state efforts to combat criminals who by avoiding their tax obligations

effectively impose a tax increase on the rest of California." Criminal tax evasion in California's underground economy deprives the state of approximately \$9 billion annually through a spectrum of illegal activities such as selling counterfeit goods like "knock off" designer items, exploiting victims of human trafficking, and smuggling tobacco products and other goods into California without paying the required taxes. A report issued

by the UCLA Labor Center this year pegs this loss at 11 percent of the total tax revenues owed to the state. AB 576 creates the Revenue Recovery and Collaborative Enforcement (RRACE) Team to formalize data sharing and communication among the BOE, FTB, EDD, and DOJ. The legislation enables these agencies to strategically collaborate and criminally prosecute those who evade state sales, use, excise,

income, and employment taxes, with no added cost to state taxpayers. The team's efforts will benefit Californians through its likely recovery of tax dollars which are vital to providing state services, such as public schools, highways, public safety, and health care programs. The five-member California State Board of Equalization (BOE) is a publicly elected tax board. The BOE collects more than \$53.7 billion annually in

taxes and fees supporting state and local government services. It hears business tax appeals, acts as the appellate body for franchise and personal income tax appeals, and serves a significant role in the assessment and administration of property taxes. For more information on other taxes and fees in California, visit [www.taxes.ca.gov](http://www.taxes.ca.gov). Source: BOE Newsroom

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- Mather VA Hospital Farmers Market**  
10535 Hospital Way, Mather  
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