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August 7, 2013

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Time to Man Up



This summer is the perfect time to Man Up and find out how rewarding it is to play sports, go on a hike, eat pizza, or share your interests with a child who needs some encouragement.

Across the state of California, Big Brothers Big Sisters agencies are in critical need of men, with boys making up 70% of the waiting list for mentors, and only three out of 10 inquiries to volunteer are men. The goal of the "Man Up California" campaign is to inspire, with humor and emotion, twice as many men to volunteer as the year prior.

SACRAMENTO REGION, CA (MPG) – This year, the Big Brothers Big Sisters Association of California (BBBSAC) is launching its first-ever statewide

initiative centered on the recruitment of male volunteers to become Big Brothers. This inaugural campaign will be the first time all 17 California agencies have worked together to leverage their collective reach, with the goal of significantly reducing the number of boys who are waiting for a Big Brother in California by recruiting twice as many male volunteers as the prior year.

Across the state, Big Brothers Big Sisters (BBBS) is experiencing a critical need for men to volunteer. The waiting list is nearly 70% boys, yet only three

out of 10 inquiries to volunteer are men. Unfortunately, boys are waiting an average of 275 days before receiving a Big Brother.

"It's time for California to Man Up! It is our desire to give men a fun and easy way to help strengthen our communities by providing boys a quality mentoring experience that is proven to help children who face adversity succeed in and out of school," said Tiffany Siart, President of BBBSAC. "This summer is the perfect time to Man Up and find out how rewarding it is to play sports, go on a hike, eat

pizza, or share your interests with a child who needs some encouragement."

Boys served by BBBS are primarily children of single-parent, low-income, or active-duty military homes, or homes with an incarcerated parent. "I am a single mother. My son's father passed away last year, and he needs a male role model in his life now more than ever," explained Jackie, a parent of a child on the waiting list in San Jose.

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CDPH Warns Against Ginger Candy From Vietnam

SACRAMENTO, CA – (MPG) Dr. Ron Chapman, California Department of Public Health (CDPH) director and state health officer, today warned consumers not to eat Ginger Candy imported from Vietnam after tests conducted by CDPH found the products contain levels of lead that exceed the state's standards. Consumers in possession of this candy should discard it immediately.

Recent analysis of this candy by CDPH determined that the Ginger Candy contained as much as 0.12 parts per million (ppm) of lead. This concentration of lead could provide up to 10.21 micrograms of lead per serving. Children under six years of age should not consume more than 6.0 micrograms of lead per day from all dietary sources.

Ginger Candy is imported and distributed by Evershing International Trading, Inc., of San Jose. Evershing International initiated a voluntary recall and CDPH is currently working with the distributor to ensure that the contaminated candies are removed from the marketplace. Ginger Candy is sold in a 12-ounce clear plastic container. A white label with red lettering is on the lid of the container, and the name "Ginger Candy" appears in the center of the label. A drawing of a coconut tree appears at the top of the label. The product is pieces of dehydrated ginger coated in sugar, yellow in color, and visible through the container.

Pregnant women and parents of children who may have eaten this candy should consult their physician or health care provider to determine if medical testing is needed. Consumers who find this candy for sale should call the CDPH Complaint Hotline at 1 800-495-3232. For more information about lead poisoning, contact your county childhood lead poisoning prevention program or public health department. Additional information is available on the CDPH Childhood Lead Poisoning Prevention page at www.cdph.ca.gov.



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Hot Jazz Jubilee Coming Labor Day Weekend

RANCHO CORDOVA, CA (MPG) – Hot Jazz Jubilee is almost here! Your Labor Day weekend will never be the same after you hear the great sounds that originated in the '30s and '40s. Louis Armstrong, Hoagy Carmichael, Pete Fountain, Duke Ellington, Benny Goodman, and many more will be re-created during this four-day music festival. In addition, there will be bands that play American roots Zydeco and Cajun, as well as the Big Band sound you grew up with.

The Marriott Hotel in Rancho Cordova will be home to 16 bands, six guest artists, and lots of



Jason Prof's Firehouse Lot



New-High Sierra

great music. Bring your dancing shoes because three of the largest venues have dance floors. We've also invited West Coast Swing, Lindy Hop, Bebop, and several other club dancers to entertain you. Lots of easy, free parking

at the hotel will encourage more locals to attend.

Our party kicks off at 5 pm on Friday, August 30 with a poolside welcome party. There will be hors d'oeuvres for all of those in attendance, along

with a paid festival badge. Two bands will entertain you as you become re-acquainted with old friends. At 7 pm, five venues will open to the sounds of local favorites Sister Swing and the Hot Flashes.

Also being introduced to the California circuit is Meschiya Lake and the Little Big Horns, direct from New Orleans. Meschiya was named Female Singer of the Year in the Traditional Jazz category for the third year in a row. Her sound is true New Orleans from the '30s.

Big Mama Sue with Eddie Erickson and High Sierra round out the start. Music until midnight will be in abundance, with the night closing out with Bob Draga and Friends in the Formaggio Bar.

The music picks up again on Saturday and Sunday at 9:30 am and closes at midnight. Be sure to catch the Doris Day tribute set for Saturday morning at 11 am. Rumor has it that Doris will be calling in by telephone



Bob Draga and Friends

to welcome the festival goes in attendance.

Several other special attractions will also be provided. Check out HotJazzJubilee.com for details, or call 916-822-2210.

Four-day badges are available at \$95. Rooms are available at the Marriott Hotel, but are going fast. The Hyatt House across the street has rooms starting at \$79 each, and so does the Holiday Inn next door.

Make plans now. Don't miss out on this Inaugural Festival! REAL JAZZ ... REAL FUN.

www.CarmichaelTimes.com

CARMICHAEL COMMUNITY UPDATE



By County Supervisor Susan Peters

Through the generosity of *The Carmichael Times* this column serves to provide an update periodically about matters affecting the unincorporated community of Carmichael.

Assessor Kathleen Kelleher to Speak

Please join me 7:30 a.m. Wednesday, August 21, at my Community Coffee Meeting featuring County Assessor Kathleen Kelleher as the guest speaker. This meeting will be held in

nearby Fair Oaks at the Fair Oaks Water District's conference room, 10326 Fair Oaks Blvd. near Winding Way. Coffee will be provided at the meeting which starts at 7:30 a.m. I will give a brief update on what is going on with Sacramento County then introduce our guest speaker followed by questions and answers.

Fresh Fruits & Veggies

This summer enjoy the delicious fresh fruits and produce grown locally by visiting the Carmichael Farmers Market that operates weekly at Carmichael Park thanks to a collaborative effort between the Carmichael Recreation and Park District and BeMoneySmartUSA, a local non-profit training organization specializing in financial and business education for area youth:

The market is held on Sundays from 9 am to 2 pm. Carmichael Park is near the intersection of Fair Oaks Boulevard and Grant Avenue.

For more information, please call 484-7000 or visit online bemoneysmartusa.org.

Don't Rush to Flush

Many people often stockpile unused medicine in their homes, making these drugs easier for children and teens to access. Prescription drug abuse has skyrocketed in recent years and studies show that many teens get their drugs from the medicine cabinet of family and friends unknowingly.

Flushing unused medications down the toilet or pouring down the sink drain is the wrong thing to do. When medications are disposed through the sewer system, many pass right through the wastewater treatment process because most treatment plants were not designed to specifically remove all drugs from wastewater. Even today's most advanced treatment technologies have a tough time eliminating all of the active chemical compounds in the thousands of different medications in use today. That's why the Environmental Protection Agency recommends household pharmaceuticals be collected and destroyed in hazardous waste incinerators to protect the environment and public health — and

the safest and best way is to dispose medications in designated drop-off take-back bin.

Using a take-back bin ensures unused medications are quickly removed from the home to prevent accidental poisonings and abuse by teens, plus the drugs will be securely collected and properly disposed of. Prescription medicine, over-the-counter drugs, medicated ointments and lotions — and even pet medications — can all be disposed of in a designated take-back bin.

For Carmichael residents there is a convenient "Don't Rush to Flush" collection bin at the Sheriff's Department North Patrol Division Headquarters, 5510 Garfield Avenue near Auburn Boulevard. Telephone 874-1021

Remember meds in the bin mean we all win by reducing the risk of accidental poisoning and drug abuse and protecting our environment. For more information, visit dontrushstoflush.org.

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

Nielsen to Speak at SRWF Luncheon

SACRAMENTO REGION, CA (MPG) – The Sacramento Republican Women Federated will be holding their monthly lunch on September 4th at the Northridge Country Club, 7600 Madison Avenue, Fair Oaks, at 11:30 a.m. Joining SRWF in September is featured speaker Senator Jim Nielsen, representative of the 4th Senatorial District.



Senator Jim Nielsen

Senator Nielsen has developed a reputation of being a strong fiscal conservative, promoting controlled government spending and lower taxes, welfare reform, reduced welfare fraud, toughness on crime, and gun rights for law-abiding citizens. Currently, Senator Nielsen is serving as Senate Republican Whip, Vice-Chairman of the Governmental Organization Committee, and a member of Senate committees on Budget, Health, Insurance, and Veterans Affairs.

In addition, Senator Nielsen is a strong advocate for protecting and strengthening private property rights in California, which entails efforts to curb government's ability to use eminent domain to seize private property.

He is working with farmers and

ranchers in the Klamath Basin to fight efforts by government to steal their historic water rights, resulting in authoring a law to protect 'area-of-origin' water rights in California. In addition, he is diligently monitoring the proposed delta tunnels project.

Luncheon cost is \$26, and reservations should be made by calling 916-733-1623.

Sacramento Republican Women Federated is the largest Republican Women's group in the Sacramento area. Chartered as a National Federation of Republican Women Club in 1932, we educate women on Republican principles, increase the effectiveness of women in the political cause, and are leaders in our community.

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California Cruising Hot Rod Fundraiser Sets New Record



Members of the Challengers Car Club were oblivious to their cherry-red '57 Chevrolet's neatest accessory, strolling Ford fan Anita Zimmerman.

Photos by Susan Maxwell Skinner.

By Susan Maxwell Skinner

SACRAMENTO REGION, CA – (MPG) A century of motoring was reviewed in the California Automobile Museum Car Cruise last weekend. Now in its fifth year, the event is sponsored by the Fulton Ave Association.

Almost 400 vintage-to-newish vehicles traveled in convoy from the CSUS Campus to Arcade's auto zone. The procession surpassed

2012 participants by 100 models. Later, 6000 visitors enjoyed a massive car show on cordoned-off Fulton Avenue. Live music, food trucks and a beer garden added to a carnival atmosphere. "You're around nice people," said Challenger's Car Club (Sacramento) president Ed Pimentel. "If you love cars, you love the opportunity to talk about cars." Registrations and beverage sales raised almost \$20,000 to aid the acclaimed auto

museum on Front St, Sacramento. At the event's culmination, celebrity emcee Paul Robins announced awards. Judged Best of Show was a midnight blue 1934 Cadillac owned by Jim and Dawn Gately of Sacramento. Carmichael owner Brian Devine's 1963 Ford Galaxie took President's Choice. Anyone with a vintage vehicle may join the annual Car Cruise. See details at www.calautomuseum.org



(Left) Complete with a portable hose, a fire truck was among many vehicles that reflected Americana in gleaming paint



(Below) Similar to the model driven by Marilyn Munroe and Arthur Millar, a 1957 Thunderbird was among exhibits admired by thousands of Fulton Avenue visitors.



(Right)

Two for the Road. Vintage and modern Porches were part of the California Automobile Museum's Car Cruise and exhibition.



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SMUD Helps Truckers Plug in Instead of Idling Their Engines

Big rig plug-in program helps reduce harmful truck emissions and air pollution

SACRAMENTO REGION, CA (MPG) – At any truck stop, you'll likely find dozens of noisy diesel big-rig tractor-trailers, parked and idling for hours. Truckers typically leave the engine running while they sleep and rest to power the appliances that provide comfort inside the cab such as heating, air conditioning, and TVs. Truckers are required by law to have a 10-hour rest period for each 12 hours of on-road time.

The Sacramento Municipal Utility District (SMUD) is working with truckers and truck stop operators to achieve a clean-air alternative to truck idling. By providing utility power where big-rig drivers spend their rest period, truckers can plug in their rigs to electrical outlets and avoid idling their engines.

More than 30 electrical "shore power" hookups have been installed at the Sacramento 49er Truck Travel Plaza truck stop on Interstate 80, just west of the Interstate 5 interchange. When truckers turn off their diesel engines and plug into SMUD's grid to power appliances, harmful emissions are reduced and truckers save money.

SMUD has partnered with federal and state agencies to promote this new national effort to accommodate truckers with auxiliary power so they can reduce the idling of polluting engines.

About 10 years ago, SMUD began a pilot program to introduce truckers to plugging in their big rigs by installing 16 electrical "shore power" hookups at the 49er. The current 18-month demonstration project is intended to gather technical data and determine feasibility. If it works, the project will go commercial.

"Last decade, getting truckers to plug in instead of idling was challenging," said Tristen



Sacramento Municipal Utility District (SMUD) Program Manager David Hatfield inspects newly installed "shore power" electric hookups at the Sacramento 49er Travel Plaza, a truck stop near the interchange of Interstates 80 and 5. By providing utility power where big-rig drivers spend their rest periods, truckers can plug in their rigs to electrical outlets and avoid idling their engines. By doing so, truckers save money and harmful emissions are reduced.

Griffith, President, Sacramento 49er Truck Travel Plaza. "A lot has changed since then. We expect to see considerably more truckers plugging in now, and we're very proud to be a leader in this change for the better," said Griffith. "One of SMUD's core values is environmental protection," said David Hatfield, SMUD Project Manager. "SMUD sees projects like these fitting perfectly with our mission to keep the air our community breathes a lot cleaner."

Truckers save money using the new technology. Considering the price of diesel fuel – now at more than \$4 per gallon in California, staying cool and running appliances for 10 hours costs more than \$40, compared to about \$1 in electricity costs.

Engine idling has been standard practice in the trucking industry ever since drivers began lodging in their trucks during long-haul trips. Many trucks have sleeper compartments that resemble small apartments with most of the comforts of home. Idling the

truck engine consumes about a gallon of fuel per hour, producing significant amounts of carbon dioxide (CO2) and air pollutants such as nitrogen oxides (NOx), carbon monoxide, and particulate matter. It also makes a lot of noise that interrupts the restfulness of the rest period.

In the United States, trucks consume more than two billion gallons of fuel annually while idling, resulting in wasted energy and emissions of air pollutants that can be harmful to the environment and public health.

For every truck that eliminates idling, there is a savings of 580 pounds of NOx per year, based on an 8-hour per day reduction in run time. That's equivalent to the emissions from 116 passenger cars. When combined with other gases on hot, sunny days, NOx produces ground-level ozone, which can be harmful to the environment and to our health.

For more information about SMUD and its energy-saving and pollution-reducing programs and efforts, visit smud.org.



Dr. Bob Graykowski



Adults are continually warned about the dangers of becoming "couch potatoes." But the message must also be directed at children: Don't be couch potato sprouts!

At Chiropractic USA, we realize today's society makes it increasingly difficult to pry children away from computers, televisions and video games. As tough as it is, however, we urge parents to do whatever they can to encourage their children's physical activity.

Wellness doctors are concerned about the rampant rise in childhood obesity. The dangers of this epidemic are well-documented – from type II diabetes to impaired bone and proper muscle growth.

Lead by Example

Children learn best by example.

Opt for the stairs – as opposed to the elevator – and youngsters will follow suit. And instead of urging your little ones to go outside to play while you lounge on the couch, initiate family bike rides or walks as often as schedules will allow. After dinner is a particularly good opportunity for this diversion. And hoisting children away from the television is a great pre-workout for parents.

Turn Off the Tube

Over the past two decades, the percentage of overweight children has doubled and sedentary behaviors, such as watching television and playing video or computer games, have

How to Get Your Kids to Exercise

become a part of everyday life.

One study revealed that youngsters spend about 40 hours per week pursuing these electronic diversions, and approximately one in three children between the ages of two to seven have a television in their bedroom.

In another study, researchers found that almost 40 percent of children had a TV set in their bedroom; they were more likely to be overweight and spent more time (4.6 hours per day) watching TV/video than children without a TV in their bedroom.

Cut Calorie-Laden Commercials

Television may be just one of several sedentary behaviors. But it packs a double punch when commercials are added into the mix. Television advertising of food to children is a contributing factor.

Promote Healthy Videos

While experts agree that limiting television is a step in the right direction toward creating an exercise-friendly environment, that doesn't mean parents have to ban television altogether. In fact, one study showed that health promoting videos have a distinctly positive impact on little ones.

Give Youngsters a Sporting Chance

Being involved in sports is a great way for youngsters to get in shape while having fun and sharing time with them. The key here, however, is to encourage – not force – your child's participation in sports. Try exposing your children to several sports and then allowing them to choose those they are most interested in playing.

Get Creative

A little healthy competition can maintain children's interest in exercise: Even when they're merely competing against themselves. Backyard games, nature hikes to see the most wildlife or even going to the local

school playground or basketball court are a great way to just get out and move.

Get Girls Going

Girls, by the age of five or six, already exercise less than boys. It's certainly not a physiological reason. Even at crawling age, they're (parents) allowing boys to be more adventurous than boys.

How Can Parents Help Girls Stay in Shape

It's important not to differentiate between "girl" activities and "boy" activities, especially when it comes to exercise. Girls should be encouraged to toss a baseball, ride bikes and build forts. They should also be assigned traditionally "male" household duties like cleaning out the garage, raking leaves and washing the car.

Each day, toddlers should have at least 30 minutes of structured physical activity and preschoolers should have at least an hour. Examples for toddlers include follow-along songs or chasing a ball and for older children, balancing games or tumbling.

And remember: Physical activity shouldn't be forced or used as punishment, regardless of a child's age. Exercise should be a routine part of daily life and parents should join in, not just sit on the sidelines and watch their children romp.

Take the first step toward changing your child's sedentary lifestyle by scheduling a wellness check up for him or her with our chiropractic office. In addition to a complete physical checkup, the doctor can provide you with nutritional, weight and proper exercise information. Fan us on Facebook! For weekly health tips go to www.applestozen.blogspot.com.

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Sacramento County DA Reports Recent cases of interest

CASE: Angel Michael Rodriguez (08/02/13)

PROSECUTOR: Deputy District Attorney Aaron Miller, Career Criminal Prosecution Unit

District Attorney Jan Scully announced today that the Honorable David De Alba sentenced Angel Michael Rodriguez to 40 years to life in prison. On June 19, 2013, a jury convicted Rodriguez of second degree robbery.

On November 14, 2011, Rodriguez entered the Bank of the West at Loehmann's Plaza wearing a disguise. He approached a teller who was counting cash from a deposit made the night prior, grabbed the cash and announced that he would shoot if anyone tried to stop him from leaving. Rodriguez was identified by two former acquaintances who called the FBI after seeing his image on the news the night of the robbery.

Rodriguez has seven prior robbery convictions from Oregon that span the 1970s through the 1990s. Rodriguez was sentenced under California's Three Strikes Law.

CASE: Uriel Ojeda (08/02/13)

PROSECUTOR: Deputy District Attorney Allison Dunham, Special Assault & Child Abuse Unit

District Attorney Jan Scully announced today that the Honorable Eugene Balonon sentenced Uriel Ojeda to 8 years in prison. On July 5, 2013, Ojeda pled no contest to molesting a 13-year-old child and admitted the allegation of substantial sexual conduct. The remaining charges were dismissed in the interest of justice.

Deputy District Attorney Allison Dunham stated, "This is a fair resolution of the case based upon the facts and circumstances. The victim and her family can move forward with their lives and be proud that they had the courage to report the abuse to the Sacramento Diocese and law enforcement."

CASE: Elvertis June Johnson (08/02/13)

PROSECUTOR: Deputy District Attorney Satnam Rattu, Career Criminal Prosecution Unit

District Attorney Jan Scully announced today that the Honorable Helena Gweon sentenced Elvertis June Johnson to 20 years plus 50 years to life in prison. On May 9, 2013, a jury convicted Johnson of two counts of armed robbery and possession of a firearm by a convicted felon. He was also found sane during the sanity phase of the trial and two prior strikes were found true.

The armed robberies occurred at the Bank of America located on Del Paso Road in January of 2007. Johnson's criminal history dates back to 1981, including felony convictions for burglary; purse snatching; multiple counts of robbery; possession of an illegal weapon; evading a peace officer reckless driving; and multiple parole violations.

CASE: Luis Prudente (08/01/13)

PROSECUTOR: Deputy District Attorney Michael Kane, Gangs & Hate Crimes Unit

District Attorney Jan Scully announced that Luis Prudente was convicted by jury of first degree murder, assault with a firearm and automobile theft. The jury also found true the special circumstances that Prudente committed the murder to further the activities of a criminal street gang and that he committed the murder by shooting from a vehicle as well as firearms and great bodily injury allegations.

The jury was unable to reach a verdict on a second murder alleged against Prudente.

Prudente faces a sentence of life in prison without the possibility of parole. Sentencing is set for August 27, 2013 in Department 16 before the Honorable Marjorie Koller.

CASE: Dupree Pierre Barber (08/01/13)

PROSECUTOR: Deputy District Attorney Rod Norgaard

District Attorney Jan Scully announced today that 49-year-old Dupree Pierre Barber was convicted by jury for the first degree murder of Steve Ebert, who was a maintenance supervisor for the Cordova Recreation and Park District. The jury also found true the special circumstance allegation that Barber was lying in wait.

Barber shot and killed Mr. Ebert out of anger from being laid off from his job as an employee of the park district. On January 23, 2012, he approached his former boss as he was pulling into his work site at Hagan Community Park in Rancho Cordova around 6:00 a.m. and shot him six times with a handgun. Barber's damaged car was recovered close to the park, which contained the murder weapon.

Barber faces life in prison without the possibility of parole. Sentencing is set for August 28, 2013 at 1:30 p.m. in Department 19 before the Honorable Patrick Marlette.

CASE: Humberto Magdaleno Vasquez (07/31/13)

PROSECUTOR: Deputy District Attorney Kevin Jones, Special Assault & Child Abuse Unit

District Attorney Jan Scully announced today that Humberto Magdaleno Vasquez was convicted by jury of six counts of rape and forcible lewd and lascivious acts with a child under the age of 14. The jury also found true an allegation that Vasquez tied and bound the victim during one of the assaults.

Vasquez is a family member of the 12-year-old victim. On two separate occasions between January and June of 2012, Vasquez was alone in a house with the victim when he locked her in a bedroom and sexually assaulted her by force. In one instance, Vasquez interrupted the act to tie the victim's hands and feet before resuming.

Sentencing is scheduled for August 23, 2013 at 10:00 a.m. in Department 10 in front of the Honorable Greta Fall.

Time to Man Up

Continued from Page 1

Due to complex circumstances, boys like Jackie's son are faced with a statistical spike in their likelihood to turn to drugs, alcohol, and violence in an effort to cope with increased stress in their lives. Parents recognize the proven benefits that come from having a caring role model in their lives, and many are reaching out for help. "My son could use a more positive male influence in his life," said Jennifer of her 10-year-old son. Mothers like Jennifer are seeking better outcomes for their sons and are looking to BBBS to partner with them to support their children.

The "Man Up" campaign is harnessing the power of social and broadcast media to reach men where they live most. Through integrated touch points such as an interactive landing page, a social media campaign, and a YouTube series featuring official "Man Up" spokesperson, Bruce - a 13th century Scottish Warrior puppet - "Man Up California" is offering a new approach to recruitment.

To qualify as volunteers, individuals must:

- Be over 18 years of age.
- Have a valid Social Security number with no criminal background.
- Be available to volunteer for at least one year.

Men and Spanish-speaking volunteers, in particular, are in high demand.

Individuals who are not able to volunteer are being asked to consider donating to help sponsor a waiting boy, who will then

be carefully matched with a screened volunteer and receive ongoing support and access to events.

Big Brothers Big Sisters programs are based on a data-proven model focused on creating and sustaining strong and long mentoring matches. Long-standing research by Public Private Ventures - a national nonprofit research and program development organization - found that after 18 months of spending time with their "Bigs," the Little Brothers and Little Sisters - compared to those children not in the program - are: 46% less likely to begin using illegal drugs, 27% less likely to begin using alcohol, 52% less likely to skip school, 37% less likely to skip a class, and 33% less likely to hit someone.

Big Brothers Big Sisters Association of California consists of 17 BBBS affiliate agencies, serving 32 counties across the state of California. In 2011, BBBSAC served nearly 11,000 children facing adversity with strong and enduring, professionally supported one-to-one relationships that change their lives for the better. Most children served by Big Brothers Big Sisters are in single-parent and low-income families, or households where a parent is incarcerated or has a parent deployed. As the nation's largest donor- and volunteer-supported mentoring network, Big Brothers Big Sisters makes meaningful, monitored matches between adult volunteers ("Bigs") and children ("Littles"). Big Brothers

Big Sisters provides a system of ongoing evaluation and support that has been proven by independent studies to help families by improving the odds that "Littles" will perform better in school and avoid violence and illegal activities, and also have stronger relationships with their parents and others.

Learn how you can positively impact a child's life at <http://www.ManUpCalifornia.com>.

Outdoor World

NIGHT BANKING

During daylight hours of summer months, fish usually move further from shore, making it even harder for bank fishermen. That's when you need to think about bank fishing at night.

Try banks at the ends of brightly lit bridges. Bugs are fried by the lights and fall into the water where they are eaten by waiting fish.

Lighted piers can also be productive. Cast first to the edges of the lit areas. Bigger fish usually skirt the edge with smaller fish in the brighter area.

Other areas to try include beaches on lakes that have weedlines near shore, riprap banks, and wadeable slow tapering flats. Anytime any kind of fish has a bad case of lockjaw, switch to lighter line and lures.

Also, wary fish avoid rhythmic presentations so erratic action will trigger more strikes.

Stacey King is a member of the Bass Pro Shops® National Fishing Team

For more tips, log onto basspro.com and click on News & Tips

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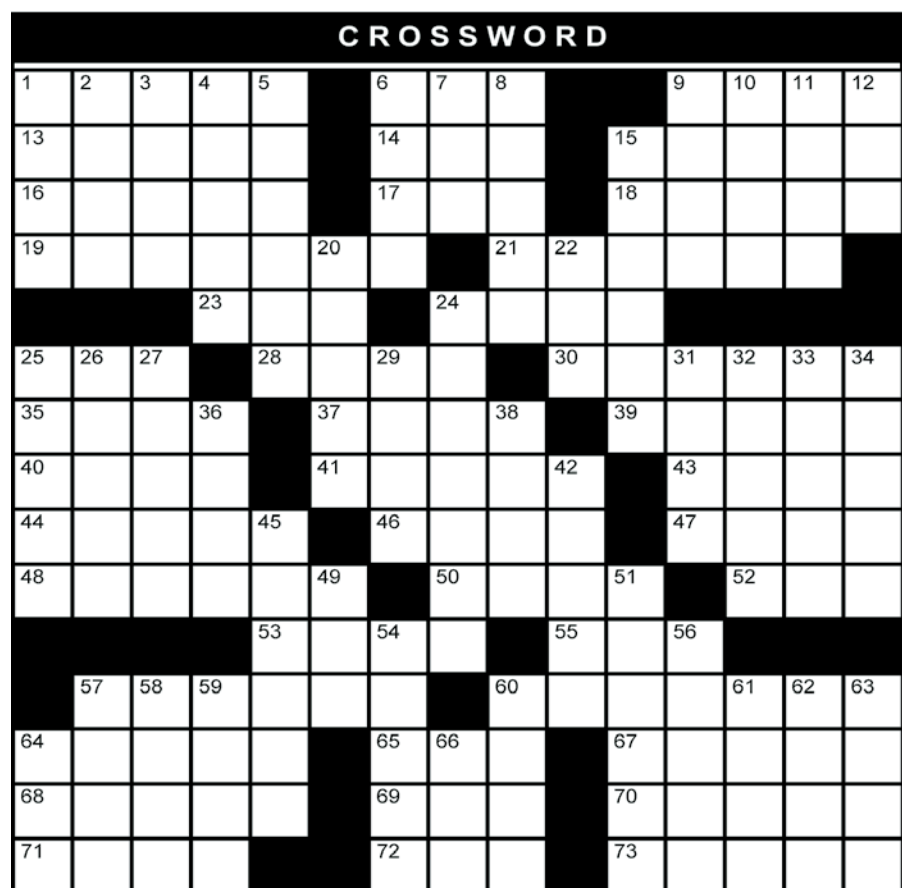
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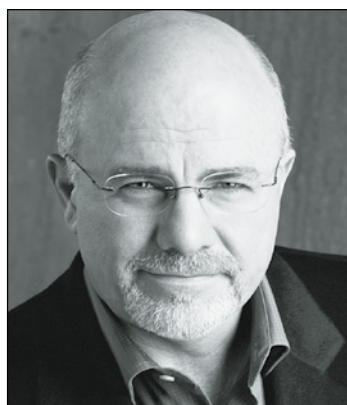
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CROSSWORD

- ACROSS**
- Coffee + chocolate
 - Drunkard's sound?
 - What little piggy did
 - Makes eyes at
 - Under the weather
 - "The Graduate" or "Easy Rider"
 - Un-written exams
 - Downhill equipment
 - Chilled
 - '1960s Activists and agitators
 - State of good health and fitness
 - Miner's bounty
 - "Popular hairstyle"
 - To eat a little at a time, as in hot soup
 - Layer
 - Devoid of reverence
 - Bookkeeping entry
 - "The ___ of the Game" TV series
 - Denotes an accomplishment
- DOWN**
- "Eagle's landing spot"
 - Fairy tale beast
 - Bird's foot
 - "Oscar winner" ____, Dolly!"
 - Declare with confidence
 - Middle Ages subj.
 - Kind of person
 - North face, e.g.
 - Refuses to
 - Bad to the bone
 - Cote d'Azur locale
 - Casual attire
 - "Detroit's soul recorder"
 - Deceive by a mock action
 - "The Sixties, e.g."
 - Large fleets
 - "Greensboro Woolworth's event"
 - Of service
 - Jeopardy
 - Epic poem
 - "Fancy that!"
 - "Who ___?"
- CLUES**
- Loose rocks at base of mountain
 - State of dishonor
 - Extinct flightless birds
 - Therefore
 - "The Playboy of the Western World" author
 - "I Love You More Today" singer Twitty
 - Adams ___ Beckham
 - Related on mother's side
 - Twist before hanging on clothesline
 - Ancient city in Africa
 - Let heads or tails decide
 - "Woodstock's had a dove on a guitar"
 - Electrical resistance units
 - Eight bits
 - Animal den
 - European sea eagle
 - Droops
 - "You damn dirty ___," shouted Heston
 - V

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.

That's why you have health insurance

Dear Dave,
 Do you think having cancer insurance is a good idea?
 Brittany

Dear Brittany,
 No, I don't believe buying cancer insurance is a good idea. However, I do believe everyone needs health insurance. If you have a good health policy in place, it's going to cover you in the event you're diagnosed with cancer.

Lots of insurance companies offer these policies because cancer is such a scary thing. It's a hot-button topic, and many people have lost friends and relatives to cancer. I don't believe in cancer policies though. You need a good emergency fund of three to six months of expenses, long-term disability coverage and a solid health insurance plan.

My favorite health plan, and what I use personally, is the Health Savings Account (HSA). With an HSA you have money sitting there to cover some of the ancillary things. Most cancer policies won't cover alternative treatments and things like that, and lots of them are income policies, meaning they replace a portion of your income, but that's what disability insurance is for.

- Dave

Dave Says

Impulsive May Equal Homeless

Dear Dave,
 I moved to New Orleans four years ago for a job. I was let go and found a government job pretty quickly, but I'm ready for a change of pace. I'm thinking about using my two weeks of vacation to move and find something different in Austin, Texas. I have a little cash saved, but how much savings should I have in place for something like this?
 Montgomery

Dear Montgomery,
 What you're describing may have sounded fun and cool to me when I was 20. But I made lots of really dumb mistakes back then, and it's definitely not the way I would handle things now.

Austin is a fantastic city. It's booming, the people are great and it's only about a day's drive from New Orleans. But going over there cold turkey with nothing but a little money in your pocket isn't a good idea. In other words, I'm not going to give you permission to be impulsive and unwise.

If I were you, I'd take those two weeks of vacation, go to Austin, and see if I could line up a job. In addition to that, use every waking moment you're not at work to scour job listings

in and around Austin. Even if it's an interim kind of thing or two part-time jobs, at least then you wouldn't have to burn through all of your cash. Montgomery, this is the very same advice I'd give my own son if he called me in this situation.

I love that you're taking charge of your life and looking to make things happen. Just make sure you use a little wisdom and some planning in the process. Never jump off the dock before the ship has arrived!
 - Dave

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

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

Come back every week for Sudoku!



For Solution See Page 7.

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Crossword Puzzle on Page 6

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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05239. Stephen P. Larsh, 8701 Algonquin Way, Orangevale, CA 95662-2313 is doing business under the Fictitious Business Name "LarshcoLandscapeConstruction" at 8701 Algonquin Way, Orangevale, CA 95662-2313. Filed with the Clerk of Sacramento County on June 26, 2013. Publish: July 17, 24, 31, August 7, 2013. LARSHC 130703 8-7-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05451. Jose M. Andrade and Angelica Andrade, 8360 Cutler Way, Sacramento, CA 95828 are doing business under the Fictitious Business Name "Star Cleaning Service" at 8360 Cutler Way, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on July 3, 2013. Publish: July 17, 24, 31, August 7, 2013. STARCL 130703 8-7-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05524. Thomas A. Paschal, 8625 Oakbank Way, Sacramento, CA 95828 is doing business under the Fictitious Business Name "4 The Birds" at 8625 Oakbank Way, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on July 9, 2013. Publish: July 17, 24, 31, August 7, 2013. 4THBR 130703 8-7-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05722. Sno Biz Inc., 9129 Plaza Park Drive, Elk Grove, CA 95624 is doing business under the Fictitious Business Name "7 Stars Sno Biz Inc." at 9129 Plaza Park Drive, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County on July 16, 2013. Publish: July 24, 31, August 7, 14, 2013. SNOBIZ 130704 8-14-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05616. John Steven Carrillo, 11779 Beaver Bar Court, Gold River, CA 95670 is doing business under the Fictitious Business Name "Stavee Records" and "Stavee Songs" at 11779 Beaver Bar Court, Gold River, CA 95670. Filed with the Clerk of Sacramento County on July 12, 2013. Publish: July 24, 31, August 7, 14, 2013. STAEVE 130704 8-14-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05727. Richard A. Gordon, 3124 Marlynn St., Carmichael, CA 95608 is doing business under the Fictitious Business Name "R.A. Gordon Co." at 3124 Marlynn St., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on July 17, 2013. Publish: July 24, 31, August 7, 14, 2013. RAGORD 130704 8-14-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05748. G & H Automotive Inc., 3095 Sunrise Blvd., Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name "Maaco Collision Repair & Auto Painting" at 7215 Watt Ave., N. Highlands, CA 95660. Filed with the Clerk of Sacramento County on July 17, 2013. Publish: July 24, 31, August 7, 14, 2013. MAACOC 130704 8-14-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05322. Shannon Mason, 1019 Dornajo Way, No. 163, Sacramento, CA 95825 is doing business under the Fictitious Business Name "Mason Law Office" at 5650 Marconi Ave., Suite 23, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on June 28, 2013. Publish: July 24, 31, August 7, 14, 2013. MASONL 130704 8-14-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05669. Jessica Crowley, 7605 18th Avenue, Sacramento, CA 95820 is doing business under the Fictitious Business Name "Smokin' Pit Chicks BBQ" at 7605 18th Avenue, Sacramento, CA 95820. Filed with the Clerk of Sacramento County on July 15, 2013. Publish: July 24, 31, August 7, 14, 2013. SMOKIN 130704 8-14-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05549. Serenity Spa Palladio, Inc., 3984 Douglas Blvd., #150, Roseville, CA 95661 is doing business under the Fictitious Business Name "Serenity Soul Spa Yoga" at 350 Palladio Parkway, No. 1975, Folsom, CA 95630. Filed with the Clerk of Sacramento County on July 10, 2013. Publish: July 24, 31, August 7, 14, 2013. SERENITY 130704 8-14-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05312. Sol Strength LLC, 8667 Bloomington Ct., Dublin, CA 94568 is doing business under the Fictitious Business Name "Anytime Fitness" at 10530 Twin Cities Rd., Galt, CA 95632. Filed with the Clerk of Sacramento County on June 28, 2013. Publish: July 24, 31, August 7, 14, 2013. ANYTIME 130704 8-14-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-04688. Gloria R. Howe Nycom, 9505 Mira Del Rio Dr., Sacramento, CA 95827; and Kerry M. Shaw, 3572 Rainsong Circle, Rancho Cordova, CA 95670 are doing business under the Fictitious Business Name "Howe It's Done" at 2500 Franklin Blvd. #B, Sacramento, CA 95818. Filed with the Clerk of Sacramento County on June 7, 2013. Publish: July 24, 31, August 7, 14, 2013. HOWEIT 130704 8-14-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-04833. Amy Hin, 6704 Salvaterra Circle, Elk Grove, CA 95757; and Helen Dang, 3517 Delta Queen Ave., Sacramento, CA 95833 are doing business under the Fictitious Business Name "New Genz Health & Beauty Club" at 6880 65th St. No. 55, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on June 12, 2013. Publish: July 31, August 7, 14, 21, 2013. NEWGENZ 130705 8-21-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05961. Christopher Loftin, 3224 Hurlley Way, Sacramento, CA 95864 is doing business under the Fictitious Business Name "Snap Skull" at 2228 J Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County on July 24, 2013. Publish: July 31, August 7, 14, 21, 2013. SNAPSK 130705 8-21-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05977. Community Home Capital, Inc., 3511 Del Paso Rd., Ste. 160, Rm. 240, Sacramento, CA 95835 is doing business under the Fictitious Business Name "Woodcrest Homes, 4674 Duckhorn Dr. Sacramento, CA 95834. Filed with the Clerk of Sacramento County on July 25, 2013. Publish: July 31, August 7, 14, 21, 2013. WOODCR 130705 8-21-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-04652. Cochran Agency of California, Inc., 1551 N. Tustin Avenue, No. 470, Santa Ana, CA 92705 is doing business under the Fictitious Business Name "ProWest Insurance Services" at 950 Glenn Dr., Ste., 270, Folsom, CA 95630. Filed with the Clerk of Sacramento County on June 7, 2013. Publish: August 7, 14, 21, 28, 2013. PROWEST 130801 8-28-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-06028. Iqbal Singh Dhilon, 2210 Wild Plains Cir., Rocklin, CA 95765 is doing business under the Fictitious Business Name "Iqbal Singh Dhilon DBA Subway No. 58823" at 10075 Bruceville Rd., Elk Grove, CA 95757. Filed with the Clerk of Sacramento County on July 29, 2013. Publish: August 7, 14, 21, 28, 2013. IQBALD 130801 8-28-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05985. Daniel Garrett, 1064 Sand Bar Cir., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Green Tec Kitchens" at 1064 Sand Bar Cir., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on July 25, 2013. Publish: August 7, 14, 21, 28, 2013. GREENT 130801 8-28-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05980. Estella Pacheco, 3930 Tarmigan Dr., No. 409, Antelope, CA 95843 and Vanessa Pacheco, 3739 Black Eagle Dr., Antelope, CA 95843 are doing business under the Fictitious Business Name "Crystal Clear Cleaning Service" at 3930 Tarmigan Dr., No. 409, Antelope, CA 95843 and . Filed with the Clerk of Sacramento County on July 25, 2013. Publish: August 7, 14, 21, 28, 2013. CRYSTAL 130801 8-28-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-06024. Abraham Mithandazo Nyoka, 9435 Soaring Oaks Dr., Elk Horn, CA 95758 is doing business under the Fictitious Business Name "ComServe" at 9435 Soaring Oaks Dr., Elk Horn, CA 95758. Filed with the Clerk of Sacramento County on July 29, 2013. Publish: August 7, 14, 21, 28, 2013. COMSER 130801 8-28-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05937. James Roughton, 5900 Oakbrook Dr., Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "Classic Painting and Decorating" at 5900 Oakbrook Dr., Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on July 23, 2013. Publish: August 7, 14, 21, 28, 2013. CLASSIC 130801 8-28-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05956. William Ferrari, 720 30th St., No. 200, Sacramento, CA 95816 is doing business under the Fictitious Business Name "USA Fabrics" at 8200 Berry Ave., Ste. 100, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on July 24, 2013. Publish: August 7, 14, 21, 28, 2013. USAFAB 130801 8-28-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-06035. Carl Rumberger, 3540 William Way, Sacramento, CA 95821 is doing business under the Fictitious Business Name "Performance Dynamics" at 3540 William Way, Sacramento, CA 95821. Filed with the Clerk of Sacramento County on July 29, 2013. Publish: August 7, 14, 21, 28, 2013. PERFOR 130801 8-28-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-06009. Jenny Vassilian, DDS, Professional Corporation, 2831 J St., Sacramento, CA 95816 is doing business under the Fictitious Business Name "Midtown Dental" at 2831 J St., Sacramento, CA 95816. Filed with the Clerk of Sacramento County on July 26, 2013. Publish: August 7, 14, 21, 28, 2013. MDTOWN 130801 8-28-13

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00145780 WHEREAS, Xiaosong Ma and Cai Gao have filed a petition with this court for a decree changing the name of Yang Ma to Ally Yang Gao. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on August 13, 2013, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: June 26, 2013 Raymond M. Cadei Judge of the Superior Court Publish: July 17, 24, 31, August 7, 2013. XIAOSO 130703 8-7-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00146228 WHEREAS, Morgan Buchner has filed a petition with this court for a decree changing the name of Morgan Buchner to Morgan Dodson. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on August 23, 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: July 3, 2013 Raymond M. Cadei Judge of the Superior Court Publish: July 17, 24, 31, August 7, 2013. BUCHNER 130703 8-7-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00146507 WHEREAS, Melissa Ann Freixas has filed a petition with this court for a decree changing the name of Melissa Ann Freixas to Issa Bella Freixas. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on August 29, 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: July 10, 2013 David I. Brown Judge of the Superior Court Publish: July 24, 31, August 7, 14, 2013. FREIXAS 130704 8-14-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00146384 WHEREAS, Leon Brannan Ibus, Jr. has filed a petition with this court for a decree changing the name of Leon Brannan Ibus, Jr. to Joel Charles-David Brannan. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on August 26, 2013, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: June 13, 2013 Raymond M. Cadei Judge of the Superior Court Publish: July 24, 31, August 7, 14, 2013. IBUS 130704 8-14-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00146962 WHEREAS, Amarjit Sangha and Kamajit Kaur Sangha have filed a petition with this court for a decree changing the names of Amarjit Sangha to Amarjit Singh Sangha and Indjot Sangha to Indjot Singh Sangha. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on September 5, 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: July 17, 2013 David I. Brown Judge of the Superior Court Publish: July 24, 31, August 7, 14, 2013. SANGHA 130704 8-14-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00146972 WHEREAS, Ahmed Y. Ahmed has filed a petition with this court for a decree changing the name of Ahmed Y. Ahmed to Ahmed Youssel Nemr. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on September 6, 2013, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 10, 2013 Raymond M. Cadei Judge of the Superior Court Publish: July 31, August 7, 14, 21, 2013. AHMED 130705 8-21-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00146413 WHEREAS, Faustina Keta has filed a petition with this court for a decree changing the name of Faustina Keta to Freedom Keta. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on August 27, 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: July 10, 2013 Raymond M. Cadei Judge of the Superior Court Publish: July 31, August 7, 14, 21, 2013. FAKETA 130705 8-21-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00146692 WHEREAS, Randy James Dittmar has filed a petition with this court for a decree changing the name of Randy James Dittmar to Randi Jamie Dittmar. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on September 3, 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: June 13, 2013 Raymond M. Cadei Judge of the Superior Court Publish: July 31, August 7, 14, 21, 2013. DITTM 130705 8-21-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00147286 WHEREAS, Barbara Anne Perrine has filed a petition with this court for a decree changing the name of Barbara Anne Perrine to Barbara Anne Randal. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on September 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: July 24, 2013 David L. Brown Judge of the Superior Court Publish: July 31, August 7, 14, 21, 2013. PERRINE 130705 8-21-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00147766 WHEREAS, Melinda Anne Ioanidis has filed a petition with this court for a decree changing the name of Melinda Anne Ioanidis to Melinda Anne Livermore Ioanidis. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on September 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: July 31, 2013 Raymond M. Cadei Judge of the Superior Court Publish: July 31, August 7, 14, 21, 2013. IOANID 130705 8-21-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00146413 WHEREAS, Faustina Keta has filed a petition with this court for a decree changing the name of Faustina Keta to Freedom Keta. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on August 27, 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: July 10, 2013 Raymond M. Cadei Judge of the Superior Court Publish: July 31, August 7, 14, 21, 2013. FAKETA 130705 8-21-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00146692 WHEREAS, Randy James Dittmar has filed a petition with this court for a decree changing the name of Randy James Dittmar to Randi Jamie Dittmar. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on September 3, 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: June 13, 2013 Raymond M. Cadei Judge of the Superior Court Publish: July 31, August 7, 14, 21, 2013. DITTM 130705 8-21-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00147761 WHEREAS, Kathleen Marie Partington has filed a petition with this court for a decree changing the name of Kathleen Marie Partington to Jack Partington. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on September 20, 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: July 31, 2013 David I. Brown Judge of the Superior Court Publish: July 31, August 7, 14, 21, 2013. PARTIN 130705 8-21-13

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Closing Reception Sunday August 11th, 12-2 pm.
Best of Show, "Rocky Fortress", by Gary Huber

Foyer Gallery August

Drawings & Paintings by Pat Daly



Show Dates August 13 - 31, 2013



MAGNUM OPUS XXIV

2013 Best of Show, "Cutting Board" by Leslie DuPratt

The Art of Papermaking
A Class by Carol Wittich
August 17, 2013, 9am-4pm

WASH Inc. No meeting in August. Next meeting is 1pm September 9, 2013
NCA Club No meeting in August. Next meeting is 7pm September 11, 2013
Photo Club meets 4th Thursday 7pm
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When They Need You Will You Be There?

A Caregiver's Search For Meaning

SACRAMENTO REGION, CA (MPG) – We will all face a 'dark night of the soul' as life moves through time; loss of a loved one, a terrible disease, natural disaster or crisis will test your body, mind and spirit. For author Coy Cross II his worst nightmare began as a cancer diagnosis. Not for himself, but for the greatest love he found on earth, his wife Carol who discovered in a medical exam she faced Ovarian Cancer and would need immediate treatment or die.

"The Dhance: A Caregiver's Search For Meaning" is real-life experience in becoming a caregiver when crisis threatens in your own life. Find comfort, support and how important spiritual belief is when death knocks on the door.

How can you deal with this? For this Citrus Heights husband it was the beginning of an epiphany, a moment of clarity in a journey he takes readers along on as Carol fights for her life thru surgery, chemotherapy and rehabilitation. When she said, 'I don't know how you can do this.' My response was, and it was a response from my core, 'I have



Coy Cross

come to see it as a privilege.' In one moment two lives change forever. Are you ready?

Coy and Carol found hidden gifts in their challenges, ones they never could have expected to find by eliminating the labels of "good and bad" and focusing on being present for each other," says Scott Burr, KohoPono/Publisher.

Come meet this Citrus Heights resident and former Beale Air Force Base Historian, as he opens his heart after discovering the hard way. "I want to share

what I have learned," Coy states "hopefully, before someone is neck-deep in life's hardest experiences or when they are trying to make sense of it after it is over."

Talk with the author about discovery, education, acceptance, support, scheduling and all the things that your 'dark night of the soul' will change forever in your life. Be prepared and know you are never alone by reading "The Dhance", published by Koho Pono Press, LLC. Library of Congress Control #2012938521, ISBN: 978-0-984524-2-0. Available from Amazon.com, Barnes & Noble or KohoPono.com. Visit www.thedhance.com \$19.95.

Learn more on Facebook. Like us at Coy Cross II, as "The Dhance" and the discussion continues each week...

MEET THE AUTHOR
North Highlands/Antelope Library, 4325 Antelope Road Saturday, August 17, 2013, 1 pm- 2:30 pm
Community Meeting Room

Source:
Rick Reed Public Relations



POPPOFF!

with Mary Jane Popp

pressure and cholesterol, triggers inflammation and promotes blood clots. To better manage stress, try deep breathing meditation, yoga, and regular exercise.

3) **Eat more colorful fruits and vegetables.** Brightly colored fruits and vegetables contain plant pigments, which are rich in antioxidants. These antioxidants offer a number of health benefits. They can help fight free radical damage, support the health of your blood vessels, and reduce inflammation. Aim for 7-10 servings per day, and go for variety.

4) **Add plant sterol-fortified foods to your diet.** Plant sterols are naturally occurring plant compounds in nuts, whole grains, and vegetables that compete with cholesterol for absorption in the body. Research has found that consuming 0.8 grams of plant sterols daily can lower LDL by as much as 15%. It is almost impossible to get this amount from regular foods. You will now see foods fortified with plant sterols in your grocery store such as orange juice, milk, even tortilla chips and cookies, so you don't have to deprive yourself of your favorite foods.

5) **Avoid energy drinks.** These products are loaded with caffeine and sugar, both of which – in excess – can be hard on the heart and can cause racing heart and increased blood pressure. These products can also heighten stress and anxiety, causing sleep issues. Safer ways to boost energy and

combat fatigue include eating small frequent meals with slow-release carbs, drinking green tea, and having drinks/foods fortified with Ribose – a naturally-occurring carb that helps provide sustained energy, without any adverse effects on the heart.

6) **Be cautious about OTC and allergy products.** Some products that are over the counter and available without a prescription can worsen heart conditions. For example, decongestants commonly used for managing cold and allergy symptoms can cause racing heart, increased blood pressure, and insomnia. A safer way to relieve congestion naturally is to use a neti pot or nasal wash with essential oils such as eucalyptus to dissolve mucus and clear your nasal passages.

7) **Laugh more** Laughing relaxes and expands blood vessels, which protects the heart. On the contrary, negative emotions such as anger, hostility, and pessimism are associated with increased heart disease risk.

That should get you started. If you want more information, you can check out her book *Saving Women's Hearts* for more details on how to stay healthy and happy and keep that ticker going strong! She's got a ton of articles on her website that just might give you the extra health info you need at www.sherrytorkos.com.

You are just a heartbeat away from happy AND healthy with POPPOFF!!!

SUMMER SUN & FUN

Summer is a busy time for all of us ... especially moms who seem to be on the go all day and night. So how about some health tips for staying happy and healthy this summer and heading into back to school?

I turned to award-winning pharmacist **Sherry Torkos** for those tips on my POPPOFF Radio Show. Sherry is co-author of *Saving Women's Hearts* and combines both conventional and complementary medicine to achieve better health naturally.

Here are seven tips that just might do the trick for you this summer!

1) **Get another hour sleep.** Lack of sleep has been shown to raise blood pressure, trigger inflammation, and promote clotting and atherosclerosis. All of these factors raise the risk of heart disease. Aim for 7-8 hours of sleep each night. Make sleep a priority for better health.

2) **Stressless.** Stress is a powerful risk factor for heart disease. Stress impacts several risk factors for heart disease: it raises blood

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Defenders of Freedom Care Package Donation Drive

SACRAMENTO REGION, CA (MPG) – It has now been over a decade since U.S. troops first invaded Iraq, yet thousands of our young men and women are still deployed in the Middle East. Unfortunately, those of us who don't have loved ones there ourselves tend to sometimes forget this.

Luckily, however, there are many who are still very active in supporting our overseas troops with care packages and letters. Defenders of Freedom, based in Texas, is one of those groups.

Almost six years ago, Maria Elena Szlachciuk started a local chapter of Defenders of Freedom (DOF), to help support not only our troops, but also their families here in the States. In addition, we help support veterans who are no longer actively serving.

On August 9 and 10, DOF's local chapter is holding a care package donation drive at Cal Expo's main gate, 1600 Exposition Boulevard, Sacramento. Cash donations (to help offset mailing expenses) are always welcome, as well as item donations. Listed below are some of the most-needed items:

- CDs and DVDs
- Hand-held games (with batteries)
- Baby wipes



Theo Povondra, a volunteer member of the local chapter of Defenders of Freedom, helps out at the DOF booth at last year's California State Fair, on "First Responders – Military Appreciation Day."

- Disposable razors
- Hand sanitizers (waterless)
- Foot powder
- Deodorant
- Cushioned socks
- Beef jerky
- Popcorn
- Granola bars
- Cereal
- Instant oatmeal
- Instant coffee

To support our troops with donations, please mark your calendars for:

August 9, 2013 – 11 am to 7 pm

August 10, 2013 – 9 am to 3 pm

Most packages now go to troops in Afghanistan, although some go to troops stationed in other countries as well, including Africa, Japan, Korea, Germany, and even bases here in the United States.

For more information, contact Maria Elena at cadefendersoffreedom@yahoo.com. You can also visit their website at www.DefendersOfFreedom-CA.us.



Dare to Live Without Limits

ACTIONS HAVE CONSEQUENCES



by Bryan Golden

"I believe that we are solely responsible for our choices, and we have to accept the consequences of every deed, word, and thought throughout our lifetime." – Elisabeth Kubler-Ross

All of our actions have consequences. This relationship is as dependable as the ripples created by throwing a pebble into a lake. Consequences can be either good or bad. Problems arise when we don't think about or recognize the consequences of our actions.

When you are not aware of the consequences of your behavior, two things may happen. In the case where the consequences are negative, you run the risk of repeating the same mistake. When you are pleased with the consequences, you may also fail to duplicate the behavior that gave you the desired results. In either case, you will be frustrated.

For example, how far could you get driving a car if you didn't comprehend the consequences of the various controls? Without an understanding of the operation of the steering wheel, gas pedal, and brakes, you wouldn't remain on the road for very long.

Your life works the same way. It's important to understand the consequences of your actions. Many of the consequences you experience are predictable. However, there may be some you didn't anticipate. They

are part of your unending education.

Unexpected consequences provide you with new insights. Invaluable knowledge can be gained by analyzing exactly what happened and why. The discoveries made in this fashion provide you with new information you can use to reach your goals.

Ideally, when assessing various courses of action, an analysis of the corresponding potential consequences enables you to make the best possible decision. This is the basis of the carpenter's adage, "measure twice, cut once." You have probably been told numerous times to think before you act.

Acting impulsively, without thinking, is the same as cutting without measuring at all. This approach is similar to attempting to drive a car by cranking the steering wheel in one direction and then correcting by cranking in the other direction. You will run off the road in short order.

Not every decision you make will be perfect. Your objective is to take the most appropriate action based on the information you have available. If the actual consequences are not what you wanted, you must then take different action and keep going. Don't waste any time lamenting what you should have done differently.

Ignoring or denying the link between your action and the corresponding consequences will often make things worse.

You won't be able to take control of your life unless you see yourself as being responsible for the outcomes you are experiencing.

When faced with undesirable consequences, you want to first identify the cause. Next, determine the action you need to take to mitigate, change, or eliminate them. Then get in gear and do whatever is necessary to correct the situation. Action, not complaining, brings results.

If you fail to take personal responsibility for your actions, you will exacerbate your situation. Those who blame others for their circumstances develop a victim mentality. The result is a belief that they have no power over the direction of their destiny. This type of thinking leads people to accept suffering as normal and unavoidable.

The only way to affect different consequences is to alter your actions. This is accomplished by being proactive in every area of your life. Then when something happens you don't like, your first response will be "what do I have to do to fix this?"

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



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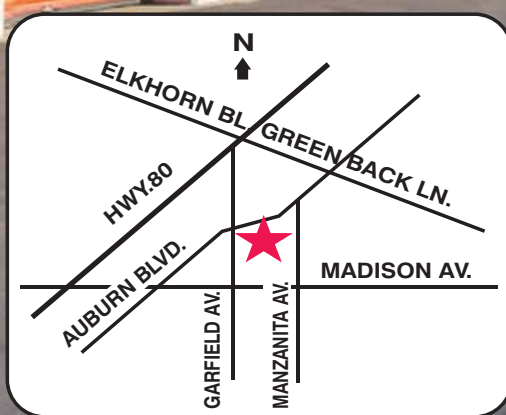
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