

## **Pastoral Painters** Sacramento Fine Art Painters Event Supports Fundraising for the Park

### **PLUS:**

Sacramento Music Festival Celebrates 40 Years of World-Class Music

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# Carmichael Times

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Serving Carmichael and Sacramento County since 1981

May 22, 2013

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direct link to our online edition!

# The "Why" Behind the IRS Scandal



Many conservative political groups are still waiting for the IRS to approve their non-profit status.

Commentary by Dr. Daniel S. Brown

Let's begin with a premise. Challenging, delaying, questioning, or bullying organizations about their non-profit, educational purposes chills both free speech and a free press. The current ruckus involving Internal Revenue Service policies aimed at conservative political groups supports that notion to be sure.

What we are learning now is that non-profit political organizations connected to the network of tea party groups were not the only organizations targeted by IRS administrators. In the past few days, the Billy Graham Evangelistic Association sent an open letter to President Obama outlining its contention that it was subjected to discrimination because IRS agents

investigated, audited and threatened them with the loss of their tax-exempt status. To the current administration the man who has appeared in Gallup's Top-10 Most Admired Men in the World for 56 years needed to be investigated. So, too, did his son Franklin Graham's nonprofit charity, Samaritan's Purse. The BGEA letter to the President states, "This is morally wrong and unethical - indeed some would call it 'un-American.'"

Then, of course, there is the case of Z STREET, the rightleaning, pro-Israel, supporter of a one-state solution to the Middle East tensions. When this educational non-profit organization, headed by the courageous Lori Lowenthal Marcus, found out that the IRS was delaying and might deny their 501(c)(3) status because their viewpoint differed from the current administration's policy on the Middle East, they sued. After two years, their case is now slated for its first hearing in federal district court in early July.

Many Americans are rightly appalled and confused about the scandal that continues to unfold. News media including The New York Times, MSNBC, CBS News, and even The Daily Show with John Stewart, are pressing for answers. They are not, however, pressing on the most important question. While the current voices denounce "What" has happened, while they wonder "How" it happened, while they demand to know "Who" was behind the decisions, we have yet to consider "Why" the IRS pursued what appears to some to be the aggressive pursuit of certain categories of non-profits.

The IRS itself explained in legal documents related to the Z STREET case precisely "Why" it believes it can proceed and do what it is doing. It's time for everyone to know.

The U.S. Supreme Court issued a landmark ruling in 1983 in a tax-exemption case. In that case, the 8-1 majority held that: Entitlement to tax exemption depends on meeting certain common law standards of charity - namely, that an institution seeking tax-exempt status must serve a public purpose and not be contrary to established public policy. Thus, to warrant exemption under § 501(c)(3), an institution must fall within a category specified in that section, and must demonstrably serve and be in harmony with the public interest.

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### Railroad Museum Gets in the Jazzy Spirit For Sacramento Music Festival

SACRAMENTO, CA -(MPG) - Coinciding with the 40th Anniversary Sacramento Music Festival happening over Memorial Day weekend in Old Sacramento, California State Parks and the California State Railroad Museum will celebrate the holiday by offering jazz musicians performing inside the Railroad Museum, aboard popular weekend excursion train rides and even complimentary admission to event badge holders. With several music venues located in close proximity and a special free Children's Stage and activity area just outside, a visit to the Railroad Museum extends the weekend enjoyment for all ages.

Inside the Museum, visitors will be treated to live entertainment in the Roundhouse performed by various banjo musicians all four days as follows: Friday from 1 p.m. to 4 p.m. and Saturday through Monday from 11 a.m. to 4 p.m. In addition, live musical performances will be available in the Museum Theater on Saturday and Sunday at 1 p.m. and 2:30 p.m. each day.

Guests who choose to take a lovely six-mile, 45-minute round trip excursion train ride along the levees of the Sacramento River will also be entertained on board by talented banjo performers from the Sacramento Banjo Band.

Weekend excursion train rides will be offered on Saturday, Sunday and Monday of the holiday weekend (May 25-27). Trains depart hourly from 11 a.m. to 5 p.m. all three days from the Central Pacific Railroad Freight Depot in Old Sacramento (located on Front Street between J and K Streets). The train features a combination of vintage closed coaches with comfortable seats, and openair gondolas with bench style seating.

Regular Museum admission applies all weekend except is complimentary for Sacramento Music Festival badge holders. Excursion train ride tickets cost \$10 for adults, \$5 for youths (ages 6-17), are free for ages 5 and under and are available in-person on a first-come, firstserved basis starting at 10:30 a.m. the day of the train ride at the Sacramento Southern Railroad ticket office.

For passengers desiring a ride aboard the first-class car El Dorado -- a beautifully restored 1920s lounge observation car which offers large picture windows, plush seating and air conditioning -- tickets are \$15 per person and free for children 5 and under. Tickets to ride the El Dorado are available to book online in advance at www. californiastaterailroadmuseum.org

## Tug O' Fun Starts New Park Program If anyone doubted modern kids



Carmichael children revel in a tug o' war during a recent "Sunday Funday" event hosted by the Carmichael Park District. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

CARMICHAEL,

(MPG) Crafts, piñatas, ball games and an old fashioned tug o' war were recent retro treats for Carmichael kids. activities kicked off

a summer series of "Sunday Fundays" hosted by the Carmichael Recreation and Park District. Carmichael has Sacramento's highest concentration of apartment dwellers and the free program addresses leisure needs for families with modest means.

The aim, said a park spokesperson "Is to get people out enjoying our park instead of watching TV or playing computer games."

FutureFundayswilloccurevery few weeks (see schedule below) and are centered on lawns near the VFO hall at 5750 Grant Ave.

might like low-tech activities Funday equipment ranges from chalk to bubble rings and kick balls - over 300 children dispelled that doubt. Childhood innocence seemed regained as an old-fashioned tug o' war caused squeals and laughter to be heard all the way to Fair Oaks Blvd.

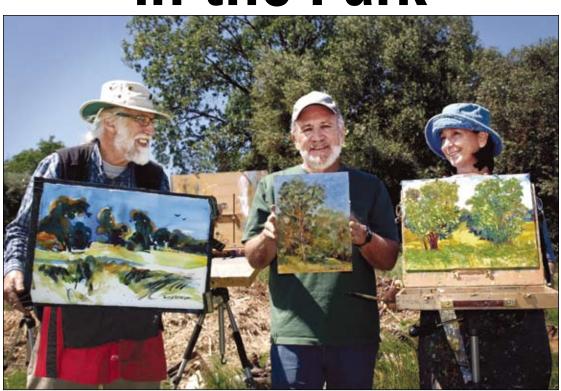
Summer weather and a cushion of mown grass are supplied free; costs are further minimized with volunteer supervision by park district interns. "The program costs very little and it's great to see children having old-fashioned fun," said a park worker. "We promoted the program through local schools and were amazed that swarms of kids showed up. With this response, it might be possible to have a Funday every Sunday."

Future Sunday Funday dates are: June 9, 23; July 7, 21; August 4, 18. Activities run 10 a.m. to 1 p.m. For more information, call (916) 485-5322.



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## **Pastoral Painters** in the Park



Sacramento Fine Art Center painters David Peterson (left) Bruce Hancock and Mary Teabo joined a recent "paint-out" in the Sutter-Jensen Community Park. The event supported fundraising for park development. A trail will next year link Jensen Gardens (Fair Oaks Blvd) to park land at Sutter Ave. Half of the cost – in cash or services – will be contributed by neighbors and project supporters. Their fundraising has so far realized \$43,000. Learn about Sacramento Fine Art Center exhibitions at www. sacfinearts.org Photo By Susan Maxwell Skinner

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## A New Energy Has Come to Carmichael!

CARMICHAEL, CA-(MPG) A top talent in the world of physical fitness and cardio-kick boxing is bringing her skills to Carmichael. Known for boundless energy well-known fitness expert Angela Clark is raising the bar on hi-energy workouts as a new instructor with Robinson's

Clark will lead the Carmichael school's Cardio-Kickboxing classes.

The fast paced, fat burning Cardio-Kickboxing classes are scheduled for Tuesday and Thursday at 6 p.m. & Saturday mornings at 10 a.m.

The bouncy, energetic fourteen year veteran of teaching healthy fitness will lead the new class being offered by the martial arts school and fitness center. With a huge new two story building, Robinson's Taekwondo is expanding the types of workouts and martial arts offered on the corner of Fair Oaks Blvd and Marconi Ave in the heart of Carmichael.

The school now located at 5733 Marconi, next to Jack in the Box,





Angela Clark will be raising the bar on hi-energy workouts as a new instructor with Robinson's Taekwondo. Photo courtesy of Robinson's Taekwondo

has been helping students reach maximum potential skill levels in the Korean self-defense style since 1998, at its previous location across the intersection at Fair Oaks and Marconi.

Well known for his history of athletics in the area, a multi-sport coach and 5th Dan Black Belt TKD Master instructor Jonathan Peschke has been featured as a fitness expert in the popular "Ask Mister Fitness" columns appearing

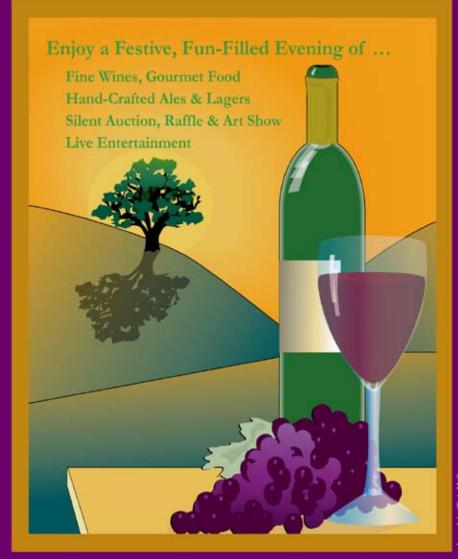
in local newspapers.

The Carmichael Robinson's Taekwondo also offers additional selected martial arts and fitness classes including Kyu Muy Thai, Cardio-Kickboxing, Zumba, the Caribbean dance martial art called Capoeira, Hapkido, Submission wrestling and other specialized weapons training.

Learn more at 979-9155 or askmisterfit@robinsonstkd.com.



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6pm - 9:30pm Pre-Event Tickets: \$40 Tickets at the Door: \$45

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Must be 21 or over to attend.



Publisher, Paul V. Scholl

## Carmichael Times

and Monday

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Publisher's Statement: It is the intent of the Carmichael Times to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

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## Celebrate 40 Years of World-Class Music Musical Event Scheduled for May 24-27



Photo courtesy of Sacramento Music Festival



SACRAMENTO, CA -(MPG) Mark your calendar to spend Memorial Day Weekend celebrating four decades of amazing world-class musical entertainment during the 40th Anniversary of the Sacramento Music Festival happening May 24-27, 2013. Plus, a special advance pricing offer for the four-day event badge is being offered at a reduced \$99 price and extended through April 30. Complete with a high-energy

Friday night kick-off and a vibrant Saturday morning parade, the musical celebration will take place on 24 venues throughout Sacramento with headliners that include Los Lobos, The Blasters, John Lee Hooker Jr., The James Hunter Six, Dan Hicks & The Hot Licks, and Wanda Jackson, Ben Taylor, the Beer Dawgs and Mick Martin and the Blues Rockers. In addition to lively street entertainment, the annual event offers a variety of musical venues that range from cozy club settings and inside luxury hotels to large-scale outdoor stages and even aboard the picturesque Delta King river boat. In fact, four of Sacramento's luxury hotels will offer musical entertainment

including the Holiday Inn, Embassy Suites, Sheraton Grand and Hyatt Regency. And, new this year, the main stage will be positioned on the iconic and sprawling grassy area officially known as the "1849 Scene" in front of the California State Railroad Museum located in Old Sacramento State Historic Park.

Originally known as the Old Sacramento Dixieland Jazz Jubilee, the event has evolved over the years to embrace and offer a wide variety of musical styles in addition to classic jazz and swing. In fact, this 40th anniversary community celebration will showcase Rockabilly, soulful blues, rockin' blues, country, zydeco, rock, bluegrass, ragtime, jazz, swing, street beat, cajun, Latin music, big band, orchestras, dance bands and more. Plus, a high-energy "Next Generation Band" performance site will feature talented youth jazz bands from near and far that always draw a young and spirited crowd.

On Friday through Sunday, Sacramento Music Festival activities are scheduled from 11 a.m. until midnight and on Monday from 10 a.m. to 4 p.m. With lower ticket prices this year, regular event prices vary from \$10 to \$110 for a four-day event badge. And, along with a variety of public transit options, ample parking is available and free shuttle buses run between venues all weekend long on a first-come, first-served basis.

The 40th Anniversary Sacramento Music Festival is proudly presented by the Sacramento Traditional Jazz Society with support from the Sacramento Convention & Visitors Bureau. Proceeds from the event support the preservation of traditional jazz through STJS Jazz Education Programs. To purchase tickets or for more information about the 40th Anniversary Sacramento Music Festival, call 916-444-2004 or visit www.sacmusicfest.com.

## The "Why" Behind the IRS Scandal

Continued from Page 1

The phrases "established public policy" and "public interest" are the phrases that the Court embraced in this case, Bob Jones University v. U.S. Because the appellee in this case, BJU, the private, Christian college in South Carolina, based student policies and decisions on race, it was "contrary to established public policy" and lost its tax-exempt status.

In court documents arguing for the dismissal of Z STREET's case, the IRS cited Bob Jones University v. U.S. no fewer than seven times. Court documents filed by Z STREET argue that the IRS agent assigned to their case stated directly that, "These cases are being sent to a special unit in the D.C. office to determine whether the organization's activities contradict the administration's public policies." Some will conclude that this special unit within the IRS

that tea party organizations believe is handling their cases.

The IRS agent claimed there was a special unit and that unit was in D.C. Why? It is simply because the organization engaged in "activities [that] contradict the administration's public policies." The IRS cited case law to support their actions. The link to Bob Jones is explicit in court documents.

The Agency's decisions to pursue individual organizations that oppose the administration's public policies, is legally, morally, politically and ethically unacceptable. Perhaps more simply, however, it is linguistically unacceptable. Where Bob Jones lost its tax exemption for running afoul of "established public policy," the IRS is targeting groups that disagree with the "administration's public policies." "Public policy" and "administration policy" are different worlds legally and linguistically.

is likely the same special unit Either Congress or the courts, perhaps both, will ultimately provide the grammar lesson that the IRS so badly needs.

> Daniel S. Brown, Jr. is a professor in the Department of Communication Studies at Grove City College (Pa.) where he teaches media law and ethics as well as communication theory. His recent books include "Interfaith Dialogue in Practice: Christian, Muslim, Jew," available through Oxford University Press. He is also a contributing scholar with The Center for Vision and Values and holds advanced degrees from Miami University (Ohio) and Louisiana State University.

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VisionaAndValues.org

## County Fair Presents Metal Mania **Demolition Derby**

SACRAMENTO, CA (MPG) - Derby cars are going full throttle at the Sacramento County Fair at Cal Expo on May 24, 2013. Gates open at 7 p.m. and the crashing, smashing and the roar of engines start at 7:30

the consolation heat. Those that place \$1,200, second \$600, third \$350, fourth \$200, and fifth is \$100.

the winnings, entry forms and general rules for 80's full size derby cars, full size derby trucks, and compact derby cars can visit http://sacfair.com/demoderby.

Pre-sale tickets can be found Fair

More than 80,000 guests "Eat, Have Fun & Celebrate the Red, White, & Blue" at the Sacramento County Fair on the grounds of Cal Expo. Approximately 10,000 school children enjoy free educational school tours, and more than 5,000 4-H, FFA and Sacramento County residents compete in various competitions. Children under 12 enjoy free admission every day at the fair for safe wholesome fun. For more information visit www.sacfair.com.



## **FAIR OAKS CEMETERY MEMORIAL DAY** AND AVENUE OF FLAGS **CEREMONY**

The Fifteenth Annual Memorial Day and Avenue of Flags Ceremony will be held Saturday, May 25, at the Fair Oaks Cemetery, located at

This year's theme is to honor "Our National Cemeteries", with the emphasis on Hawaii's Punch Bowl. The Punch Bowl is a cemetery located in Honolulu, Hawaii that serves as a memorial to those men and women who served in the U.S. Armed Forces.

Vietnam veterans and their dependents have been interred. It is administered by the National Cemetery Administration of the U.S. Department of the Veteran Affairs and is listed on the National Register of Historic Places.

The Fair Oaks Cemetery will be decorated with hundreds of flags lining its roadways as "The Avenue of Flags." They will be adding more names to the Veterans Memorial Wall. The Honored Main speaker will be Allen Hearl,

A formal Color Guard and Rifle Salute Team will provide military honors and assist with the laying of the wreath at the memorial in honor of over seventeen hundred veterans who are buried in the cemetery.

Tom Askins will be the Master of Ceremonies. The musical program will be provided by the American Veterans Band, conducted by Warren "Bud" Turner.



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For those who still want to compete, a detailed list of

html. For specific questions contact West Coast Racing at wsracing88@gmail.com.

Source: Sacramento County



## The Fair Oaks Cemetery District and the Memorial Day Ceremony Committee are finalizing plans for one of the most popular and inspiring Memorial Day ceremonies in the area.

7780 Olive Street, Fair Oaks. The formal ceremonies start at 10 AM.

Dedicated on Sept 2, 1949, approximately 53,000 WWI, WWII, Korea,

Retired Navy Chaplin.

Chairman of the Fair Oaks Cemetery District Memorial Day Committee,



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## Kick Start for Soccer Fans



A "British Soccer Camp" at Mission Ave Open School (2925 Mission Ave) begins on July 22. Coaches from England, Ireland, Wales and Scotland aim to boot up football skills among Sacramento youth at the one-week camp. The program is one of 3500 clinics scheduled in North America by British-based Challenger Sports. Local co-host is the Carmichael Soccer Club. To learn more about the program call (916) 275-1524 or E mail pioanidis@gmail.com Photo by Susan Maxwell Skinner

## Rep. Bera comments on ACA repeal vote

On May 16th Congressman Bera voted against repealing the Affordable Care Act (ACA). offered the following comment:

"Americans want Congress to focus on jobs, not waste time and taxpayer money voting 37 times to take away patient protections from middle class families. The Supreme Court has ruled, and ACA is now law. It's not perfect, and it's not the law I would have proposed because it doesn't do enough to address the cost of care, but we don't want to go back to a time when children faced discrimination due to pre-existing conditions, when students and young adults were kicked off their parents' insurance, and when women had to pay more for insurance than men just because of their



Congressman Ami Bera voted against repealing the Affordable Care Act (ACA). Bera states; "The Supreme Court has ruled, and ACA in now law."

gender. Now we need to move past partisan bickering and start working on ways we can

drive healthcare costs down. For years, we've been paying more and more for healthcare, and getting less and less. As a doctor and former Chief Medical Officer for Sacramento County, I know there are many places we can find savings."

Congressman Ami Bera, M.D. represents Sacramento County. Born and raised in California, Bera is a physician and the only Indian American currently serving in Congress. For more updates on Rep. Bera http://www.bera.house.





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## Sacramento County DA Reports

## Recent cases of interest

CASE: Tresa Bales-Sterba (05/14/13)

PROSECUTOR: Deputy District Attorney Kimberly Macy, DUI Vertical Prosecution Unit

District Attorney Jan Scully announced today that Tresa Bales-Sterba pled no contest to gross vehicular manslaughter while intoxicated, felony driving under the influence of alcohol or drugs with injury, and all allegations of personally inflicting great bodily injury and causing bodily injury.

On October 5, 2012, Bales-Sterba was driving near Mariposa and Greenback Lane in Citrus Heights when she sped through a red light causing a crash that critically injured a 6-year-old boy, who died from his injuries three months later. His then 8-year-old brother was also injured, but later released from the hospital. The brothers were walking to school with their mother when the crash occurred.

Bales-Sterba faces a maximum possible sentence of 15 years in prison. Sentencing is set for July 15, 2013 at 8:30 a.m. in Department 8 of the Sacramento Superior Court.

This case was prosecuted by the DUI Vertical Prosecution Unit. Funding for this program is provided by a grant from the California Office of Traffic Safety (OTS), through the National Highway Traffic Safety Administration.

CASE: Steven Thompson (05/03/13)

PROSECUTOR: Deputy District Attorney Michelle Becker, Prison Prosecution Unit

District Attorney Jan Scully announced today that the Honorable Maryanne Gilliard sentenced Steven Thompson to 28 years to life in prison. Last month, Thompson was convicted by jury of assault on another inmate, personally inflicting great bodily injury and possession of a weapon at California State Prison, Sacramento.

Thompson is currently serving time in prison for first degree murder and attempted murder. In 1981, he shot at two unarmed high school students from his car after an altercation. Both victims were hit and one died at the scene. Before he was apprehended, Thompson plotted to kill the other victim so he would not be able to identify him.

While incarcerated, Thompson stabbed another inmate on the yard with an inmate manufactured knife. The victim suffered a punctured lung as a result of the assault.

Deputy District Attorney Michelle Becker stated, "The outcome of this case demonstrates how the Three Strikes Law is keeping violent recidivist criminals off the streets."

CASE: Michael Lynn Love (05/03/13)

CONTACT: Assistant Chief Deputy District Attorney Mary Stern, 916.874.6612

District Attorney Jan Scully announced today that her office appeared at the Board of Prison Terms hearing where parole was again denied for 51-year-old Michael Lynn Love for a threeyear period.

On August 10, 1979, in a crime that shocked the community, then 17-year-old Love went to his neighbor's house in Rio Linda armed with a baseball bat and a knife. He encountered 62-year-old Faye Alexander outside the home, beat her over the head with the bat, and stabbed her repeatedly, killing her. He then went inside the home and found 63-year-old Charlie Alexander, an invalid, lying on the couch. He also killed Mr. Alexander by beating him with the bat and repeatedly stabbing him. Love also strangled, stabbed, and killed the Alexander's three dogs.

Love then dragged Mrs. Alexander's body into the house. He poured cigarette lighter fluid over her body and elsewhere around the house, and set the house on fire. After his arrest, Love claimed that he had only gone over to the house to commit a robbery, but snapped when Mrs. Alexander started to yell

Love was convicted of two counts of murder in 1981 and is currently housed at the California Men's Colony in San Luis Obispo. Assistant Chief Deputy District Attorney Marv Stern appeared at the hearing and later stated, "Our obligation to public safety does not end with the conviction. This office will continue to represent the People of Sacramento County whenever dangerous criminals come up for parole. Love committed a terribly heinous crime, and should never be free again."

CASE: Marcus Jamal Beavers (05/03/13)

PROSECUTOR: Deputy District Attorney Darren Goodman,

**Career Criminal Prosecution Unit** 

District Attorney Jan Scully announced today that the Honorable Maryanne Gilliard sentenced Marcus Jamal Beavers to 16 years and 4 months in prison. Last month, Beavers was convicted by jury of robbery and assault with a firearm.

On May 30, 2012, Beavers was a parolee-at-large with an active arrest warrant when he robbed and pistol-whipped Jeremy Anderson. A coordinated effort by the Sacramento Sheriff's Department Special Enforcement Detail and the State Parole Apprehension Team led to the capture of Beavers and his eventual conviction.

## Bierra Bunrise Senior Apartments

The Waiting List for the one bedroom apartments will be open on June 15th, 2013. Any application received prior to this date will be rejected.

Applications faxed or emailed to the Management Office will not be accepted. Applications can be mailed or brought in person to the address below.





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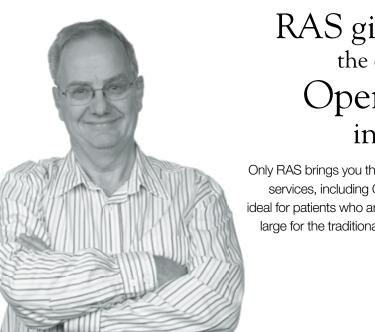


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## **PUBLIC NOTICE**

#### **SMUD INVITES PUBLIC INPUT ON** PROPOSED RATE ACTIONS

The Sacramento Municipal Utility District (SMUD) is holding two public workshops and a public hearing to discuss proposed rate changes to begin in January 2014.

The General Manager's Report and Recommendations (Report) includes a proposed two-step rate increase of 2.5 percent in both 2014 and 2015 to meet projected shortfalls resulting from higher costs of renewable power required by the state, the increase in the number of participants in the low-income energy assistance program, and debt service obligations. Even with the proposed rate increase, SMUD rates remain among the lowest in California and would be approximately 24 percent below PG&E.

The Report also recommends a restructuring of the residential rates that will be phased in gradually over four years to better align rates with SMUD's cost to serve customers. This restructure will help residential customers make better informed choices about their energy consumption and utilizes new smart technology. SMUD's goal is to transition from tiered pricing to time-based pricing by 2018.

During the residential rate transition, SMUD proposes a new approach to the Energy Assistance Program Rate (EAPR) for low-income customers to help neutralize bill impacts.

The Report also addresses the following items:

- Modifications to street lighting rates making efficient LED lighting more cost
- New Combined Heat and Power (CHP) rate for non-renewable generators.
- Revised late fees for public entity commercial customers.
- Reduce bill impacts to small commercial customers by combining demand and energy criteria for the small commercial rate.
- Revisions and modifications to the Rates, Rules and Regulations to enhance clarity and consistency.

**Public Workshop** Tuesday, May 28 - 6 p.m. **Public Workshop** 

Public Hearing Tuesday, June 18 - 10 a.m. Thursday, July 18 - 9 a.m.

All three meetings will be held at: SMUD Headquarters, 6201 S Street, Sacramento, 95817

are also available at all Sacramento County Public Libraries.

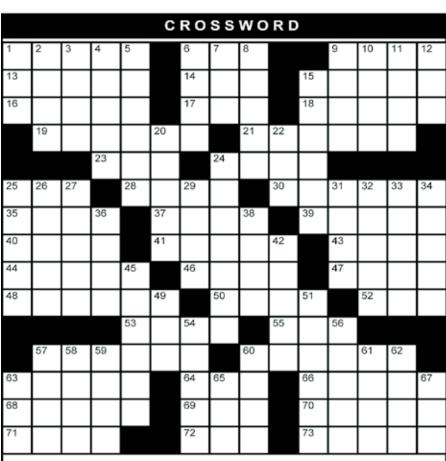
Information on the proposed rate action and a copy of the General Manager's Report and Recommendation can be found on smud.org/rates. Copies of the report

Accommodations are available for the disabled individuals. If you need a hearing assistance device or other aid, or have specific rates questions, contact SMUD's Rates Administrator at (916) 732-6222. Written comments can be sent to rates@smud.org or MS A451, SMUD, P.O. Box 15830, Sacramento, CA 95852-0830.





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#### **CLUES**

#### **ACROSS**

- 1. Done with a knife
- 6. Pendulum's path 9. Pompous talk or writing
- 13. Salk's conquest
- 14. Gunk
- 15. \*Given name of "Dog the Bounty Hunter"
- 16. Tree in Latin
- 17. Hold title to 18. Knightly suit
- 19. \*Nickelodeon's conjoined
- brothers (1998-2005)
- 21. Dig further 23. Deadeye's forte
- 24. Good earth 25. Young woman making
- her debut
- 28. Le Corbusier's art 30. \*The Cat in the Hat wore
- a striped one
- 35. Like decorated cake
- 37. Slime
- 39. Nary a soul
- 40. Musical mark 41. Elephant trainer's prod

roads 44. Mirths 46. \*A dog relies on it to

43. Byproduct of muddy

- interpret the world 47. Speed on water 48. "There Will Be Blood"
- contraption 50. Mail agency
- 52. Double helix 53. Well-mannered Emily
- 55. "High" drink \_ Noir" cabaret
- 60. \*Most famous collie? 63. Best not mentioned
- 64. Poetic "before"
- 66. Bridal path
- 69. Poetic "even"
- 70. Imposing house
- 71. One of the Ivies
- 72. Banned insecticide
- 73. Larger key on the right
- 68. Open disrespect

2. Rigid necklace 3. Actress Jessica

\*Offer subject to change based on premium channel availability

1. R&R hot spot

romotional

- 4. Plants and animals
- 5. Like a dirty affair 6. Bug-eyed
- 7. Column's counterpart
- 8. Type of dwelling unit 9. In some cultures, this is a
- compliment 10. Not cool
- 11. In a little while, old-
- fashioned
- 12. \_\_\_ Royal Highness 15. \*Cerberus, e.g.
- 20. Opposite of alpha 22. \*"Dog \_\_\_ dog"
- 24. Observation post
- 25. \*It "ate my baby" 26. Food safety threat
- 27. Asian pepper
- 29. a.k.a. CT
- 32. \*Baskerville's scare
- 33. Author Chekhov
- 31. Politician's barrelful

34. Seed coat 36. Whitetail, e.g.

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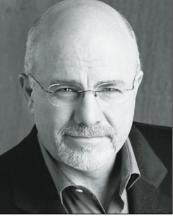
S∏OWTIME.

dish

- 38. \*Boot-wearing cat
- 42. Anatomical dividers 45. Used to drain gas tank
- 49. India's smallest state
- 51. PBS street
- 54. Knight's mount 56. Of the Orient
- 57. Pretty undergarment
- fabric 58. Very dark black
- 59. Succotash ingredient
- 60. Fast time 61. "\_\_\_\_ that the truth?!"
- 62. Besides
- 63. Recipe amount
- 65. \*Color of some setters 67. Poetic "always"

See Page 7

For Solution



Dave Ramsev is America's most 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 5,000,000 listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

#### She Wants to Work

Dear Dave.

I'm a stay-at-home mom now, and my husband brings home \$2,600 a month. We're trying to get out of debt, but we need more money coming in. I want to go back to work, but emotionally part of me feels like I should stay home with our 2-year-old daughter. What do you think?

### - Kayla

Dear Kayla,

I understand the feelings involved, especially if you've spent all of your time home with your child. But don't make the mistake of blaming the debt if you simply want to go back to work. You're not a bad person if you have kids and you work outside the home.

I have several ladies on my team who have young children, and they work 40 hours a week. Guess what? They're excellent mothers! Anyone who says a woman can't be a great mom because she works outside the home is full of crap. On the other hand, if anyone says you're not fulfilling yourself as a person or you're stunting your intellectual development because you're a stay-at-home mom, they're full of it too!

I'd advise you and your husband to sit down, talk about this a lot, and pray about the situation. Don't worry about what

# Dave Says

anyone else thinks, because it's none of their business. You guys are in charge of your lives and your family. That makes it your job to decide what's best.

If you want to stay at home, and you guys can make it happen financially, that's a great thing. If you can't right now, or you simply want to go back into the workforce, that's fine too. It'll help solve your debt problem. Then after you've got your money under control, you might find you want to come home again. The option will be there.

For now, I think you should go back to work. Why? Because you want to!

- Dave

#### Financing the College Experience

Dear Dave,

We live in New Jersey, and my wife and I can afford the \$10,000 to send our son to a state college. However, we have a younger child who is heading to college in a couple of years, and I'm having a hard time justifying room and board when he can commute. My wife doesn't have a problem paying for it, even though it would mean taking out a loan. What do you think?

- Andy

Dear Andy,

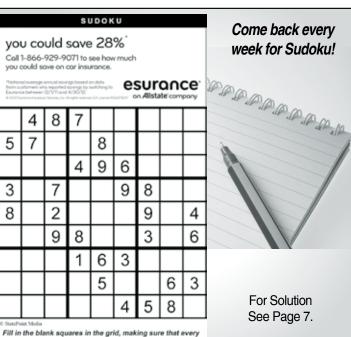
I'm with you on this one. If you had an extra \$40,000 lying around, this wouldn't be an issue. But if you're talking about borrowing money just for him to live in a dorm,

my answer is a resounding no! If your son, or your wife, wants the "college experience" to be part of the equation, then Junior can get a job to pay for the added expense. Anyone can make \$10,000 a year delivering pizza while in school, and it would be a great life experience. You might spot him a little something to get him in there and get things going, but I'd make it contingent on him working to pay the remainder.

There's no reason to take out loans for something like this. It sounds like you guys can cash flow the important stuff, but make sure this kid learns what work is and why it's important. I worked full time while I was in college and still graduated in four years.

Besides, most college dorm rooms look a lot like prison cells; they're tiny, with concrete block walls and maybe a window, if you're lucky. Does this really sound like an "experience" worth going into debt for? I don't think so!

\*For more financial help, please visit daveramsey.com.



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Volunteers Needed: Community For Peace, formerly the Domestic Violence Intervention Center, offers ongoing opportunity for volunteers. Call 728-5613 or visit our office at:6060 Sunrise Vista Dr, Suite 2340, Citrus Heights, CA 95610. (MPG 4-30-13)

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FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-03271. Stephen Runkle and Samuel Runkle, both of 7729 Guenivere Way, Citrus Heights, CA 95610 are doing business under the Fictitious Business Name "Master Care Property Maintenance" at 7729 Guenivere Way, Citrus Heights CA 95610. Filed with the Clerk of Sacramento County on April 18, 2013. Publish: May 1, 8, 15, 22, 2013. 130501

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-03414. Otilia Mehedinti, 8223 Twin Oaks Ave., Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "Grandma's House" at 8223 Twin Oaks Ave., Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on April 24, 2013. Publish: May 1, 8, 15, 22, 2013. GRANDM 130501 5-22-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-03323. Armando Sacalxot, 1875 Calloway Circle, Auburn, CA 95603 is doing business under the Fictitious Business Name "Immigration Options" at 8880 Cal Center Drive #400. Sacramento CA 95826. Filed with the Clerk of Sacramento County on April 22, 2013. Publish: May 1, 8, 15, 22, 2013. 130501 IMMIGR

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02089. Karen B. Saetes and Nicholas M. Saetes, both of 4020 Hillscrest Way, Sacramento, CA 95821 are doing business under the Fictitious Business Name "Saetes & Saetes" at 914 29th Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County on March 12, 2013. Publish: May 1, 8, 15, 22, 2013. 5-22-13 SAETES 130501

FICTITIOUS BUSINESS NAME #FBNF2013-02369 Nicole Sengsouvanh, 12998 W Stockton Blvd., Galt. CA 95632 doing business under the Fictitious Business Name "Avanté Salon" at 9477 Greenback Lane #506. Folsom. CA 95630. Filed the Clerk of Sacramento on March 21, 2013. Publish: May 1, 8, 15, 22, 2013. AVANTE 130501

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02917. Pawel Pachniewski, 4200 Manzanita Ave. #49, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Imaginini" at 4200 Manzanita Ave. #49, Carmichael CA 95608. Filed with the Clerk of Sacramento County on April 8, 2013. Publish: May 1, 8, 15, 22, 2013. 130501

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00142094 WHEREAS, Danice Marie

Garrison has filed a petition

with this court for a decree changing name of Danice Marie Garrison to Danice Marie Radich. IT IS ORDERED that all persons interested in the above entitled matter appear before this court

at 9:00 a.m. on June 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: April 17, 2013 Raymond M. Cadei Judge of the Superior Court Publish: May 1, 8, 15, 22, 2013. 130501 RADICH

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

#34-2014-00142445 WHEREAS, Alonzo Jerome Maxwell Sr. and Elvira Garcia have filed a petition with this court for a decree changing name of Keana Alexis Garcia to Keana Alexis Maxwell.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on June 6, 2013 in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if

any, why the petition for Change

of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 24, 2013 David I. Brown Judge of the Superior Court Publish: May 1, 8, 15, 22, 2013. 130501 5-22-13

> SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00142178

WHEREAS.LeahJ.Kraushasfiled a petition with this court for a decree changing name of Nakao Naeem Odums to Nakao Harrison Kraus. IT IS ORDERED that all persons

interested in the above entitled matter appear before this court at 9:00 a.m. on June 4, 2013 in Department 54. located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that

a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: March 21, 2013 Raymond M. Cadei Judge of the Superior Court Publish: May 1, 8, 15, 22, 2013. 130501 5-22-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE #34-2014-00142337

WHEREAS, April Marie Kretchman has filed a petition with this court for a decree changing name of April Marie Kretchman to April Marie Molinelli. IT IS ORDERED that all persons

interested in the above entitled matter appear before this court at 2:00 p.m. on June 4, 2013 in Department 53, located at 800 Ninth 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: March 22, 2013 David I. Brown Judge of the Superior Court Publish: May 1, 8, 15, 22, 2013. MOLINE 130501 5-22-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00142465

WHEREAS, David Vollstedt has filed a petition with this court for a decree changing name of David Alan Vollstedt to Heather Alaine Vollstedt. IT IS ORDERED that all persons

interested in the above entitled matter appear before this court at 2:00 p.m. on June 10, 2013 in Department 53, located at 800 Ninth 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: April 24, 2013 David I. Brown

Judge of the Superior Court Publish: May 1, 8, 15, 22, 2013. VOLLST 130501

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-03266. Evelin Oprea and Dumitru Onoe, both of 7759 Reno Lane, Citrus Heights, CA 95610 are doing business under the Fictitious Business Name "Bee Line Construction" at 7759 Reno Lane, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on April 18, 2013. Publish: May 8, 15, 22, 29, 2013. 130502

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-03679. Brian K. Isenogle and Megan E. Isenogle, both of 825 Fieldstone Court, Folsom, CA 95630 are doing business under the Fictitious Business Name "MMBC Investments" at 825 Fieldstone Court, Folsom, CA 95630. Filed with the Clerk of Sacramento County on May 3, 2013. Publish: May 8, 15, 22, 29, 2013. 130502

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02658. Bryan Carpenter and Carpenter, both of 115 Cruickshank Drive, Folsom, CA 95630 are doing business under the Fictitious Business Name "PartyPicx" at 115 Cruickshank Drive, Folsom, CA 95630. Filed with the Clerk of Sacramento on March Publish: May 8, 15, 22, 29, 2013. PARTYP 130502 5-29-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-03367. Ronald Metzinger, 7473 Walnut Road, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Metzinger & Associates" at 3838 Watt Ave. #400-D, Sacramento, CA 95821. Filed with the Clerk of Sacramento County on April 23, 2013. Publish: May 8, 15, 22, 29, 2013. METZIN 130502 5-29

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00142744

WHEREAS, Jennifer Elizabeth Abbott has filed a petition with this court for a decree changing name of Jennifer Elizabeth Abbott to Jennifer Elizabeth Abbott-Grasso. IT IS ORDERED that all persons

interested in the above entitled matter appear before this court at 9:00 a.m. on June 12, 2013 in Department 54, located at 800 9th St., 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: May 1, 2013. Raymond M. Cadei Judge of the Superior Court Publish: May 8, 15, 22, 29, 2013.

SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00142421 WHEREAS. Christine Chase has

filedapetitionwiththiscourtforadecree

130502

changing name of Jason Anothy Malmgren to Jason Anthony Chase. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on June 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

Dated: April 24, 2013 David I. Brown Judge of the Superior Court Publish: May 8, 15, 22, 29, 2013. 130502

NOTICE OF PETITION TO ADMINISTER FSTATE OF ROSIE MAE HOLLINS ESTATE NO. 34-2013-142630

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of ROSIE MAE HOLLINS: A Petition for Probate has been filed by Darlene D. Hollins in the Superior Court of California, County

of Sacramento, requesting that Darlene D. Hollins be appointed

as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Administration of Estates Act. This will avoid the need to obtain court approval for many

actions taken in connection with the estate. However, before taking certain actions, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action. The petition will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

The petition is set for hearing in Dept. No. 129, located at 3341 Power Inn Road #214, Sacramento, CA 95826 on June 26, 2013 at 9 a.m. IF YOU OBJECT to the granting

of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a

contingent creditor of the deceased. you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the date of the hearing noticed above. YOU MAY EXAMINE the

file kept by the court. If you are interested in the estate, you may request special notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Section 1250 of the California Probate Code.

The name and address of petitioner or petitioner's attorney is: Darlene D. Hollins; 3832 Elm St., Sacramento, 916-952-0534 95838: Publish: May 15, 22, 29, 2013. 130503

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-03851. Maita Investments, Inc., 2500 Auburn Blvd., Sacramento, CA 95821 is doing business under the Fictitious Business Name "MAG Advertising" at 2500 Auburn Blvd., Sacramento, CA 95821. Filed with the Clerk of Sacramento County on May 8, 2013. Publish: May 15, 22, 29, June 5,

MAGADV

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-03684. Yoong Tseng, 9416 Danils Court, Elk Grove, CA 95624 is doing business under the Fictitious Business Name "Valley Meter Co." at 4531 Orange Grove Ave., Sacramento, CA 95841. Filed with the Clerk of Sacramento County on May 3, 2013. Publish: May 15, 22, 29, June 5, VALLEY 130503 6-5-13

130503

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-03056. Sarah Jane Holden, 2031 Rossmoor Drive, Rancho Cordova, CA 95670 is doing business under the Fictitious Holistic Massage" at 9712 Fair Oaks Blvd. #C. Fair Oaks. CA 95628. Filed with the Clerk of Sacramento County on April 11, 2013. Publish: May 15, 22, 29, June 5,

SARAHJ 130503 FICTITIOUS BUSINESS NAME #FBNF2013-03767. Alliance Health LLC, 3362 Brix Ct., Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name "Med-Trans" at 3362 Brix Court, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County on May 8, 2013. Publish: May 15, 22, 29, June 5,

MEDTRA 130503 6-5-13 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01892. Emanuel Deorosan, 4200 Custis Ave., Sacramento, CA 95822 is doing business under the Fictitious Business Name "Ben's D Janitorial Service" at 4200 Custis Ave., Sacramento, CA 95822. Filed with the Clerk of Sacramento County on March 8, 2013. Publish: May 15, 22, 29, June 5,

130503

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-03729. Dominic I. Cirincione and Kateena M. Cirincione, both of 5500 Primrose Dr., Citrus Heights, CA 95610 doing business under the Fictitious Business Name "Family Taekwondo Plus" at 7700 Sunrise Blvd. #1950, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on May 6, 2013. Publish: May 15, 22, 29, June 5,

**BENSDJ** 

130503 **FAMTAF** 

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-0Robyn 1804 Beverly Way, Penwell, Sacramento. CA 95818 is doing business under the Fictitious Business "Sacramento Posture; Lunch Bunch Fitness" at 1804 Beverly Way, Sacramento, CA 95818. Filed with the Clerk of Sacramento County on May 7, 2013. Publish: May 15, 22, 29, June 5,

130503 SUPERIOR COURT OF

**CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00143191

WHEREAS, Kathlene Norris has filed a petition with this court for a decree changing name of Kathlene IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on June 21, 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: May 8, 2013

David I. Brown Judge of the Superior Court Publish: May 15, 22, 29, June 5,

**NORRIS** 130503 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE #34-2014-00143167 Irving WHEREAS. Blayne has filed a petition with this court

for a decree changing name of ayne Irving to Alvin Blayne. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on June 20, 2013 in Department 53, located at 800 Ninth 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: May 8, 2013

Judge of the Superior Court Publish: May 15, 22, 29, June 5, 2013. **BLAYNE** 130503

David I. Brown

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-04100. Tina Marie Riordan and Benjamin Lawrence Riordan, both of 9657 Grant Line Road, Elk Grove, CA 95624 are doing business under the Fictitious Business Name "Riordan Ranch" at 9657 Grant Line Road, Elk Grove CA 95624. Filed with the Clerk of Sacramento County on May 17, 2013. Publish: May 22, 29, June 5, 12,

130504 RIORDA FICTITIOUS BUSINESS NAME STATEMENT #FRNE2013-03664 Andrea Rosario, 6720 Oaklawn Fair Oaks, CA 95628 doing business under the Fictitious Business Name "Functional Longevity Institute" at 6735 Fair Oaks Blvd. #12-A, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on May 2, 2013. Publish: May 22, 29, June 5, 12, **FUNCTI** 130504 6-12-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-03888. Valeriy Zhelezoglo, 4925 Kenneth Ave., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Val's Repair Small Appliances" at 5809 Marconi Ave. #C. Carmichael CA 95608. Filed with the Clerk of Sacramento County on May 9, 2013. Publish: May 22, 29, June 5, 12,

VALSRE 130504 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-03979. Chris Dumm, 6532 24th St., Rio Linda, CA 95673 is doing business under the Fictitious Business Name "Lucid Realty" at 6532 24th St., Rio Linda, CA 95673. Filed with the Clerk of Sacramento County on May 14, 2013. Publish: May 22, 29, June 5, 12, 2013.

LUCIDR 130504 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-03598. Ann Hamilton, 4072 Howard St., Fair Oaks, CA 95628 is doing business under the Fictitious Business "Maple Leaf Properties"

at 2822 "S" Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County on May 1, 2013. Publish: May 22, 29, June 5, 12,

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## "Satan, SCAT!"

By Karen Anderson

There is a statement that says, "Accept your path, with its many twists and turns. The adventure is in the journey, not the arriving." Once again, Satan is after me because I want to do God's work, not his.

Since February of this year, life has been exciting watching God work. To keep me balanced and letting "God's Woman" appear, I am planning events for encouragement for your journey. In the past there have been struggles in all aspects of an event. Worries set in and I let the enemy (Satan)

interfere with what God wants. When I was planning the 2014

Women's Retreat, I was shocked how quickly everything came together. In our first planning meeting, all the details, including the facility, were resolved. At first I just couldn't believe it. Then a thought..."God can do whatever He wants." I am proud to say that God is the sponsor of this event so I have nothing to worry about....Right?

As time has gone on, I realize that Satan is working super hard to stop the retreat. He tried to create discouragement in my thoughts and words. Since that didn't work he created symptoms of Bells Palsy (a paralysis on one side of the face). At first this scared me and fear raised its ugly head. The enemy is after me even harder trying to stop me doing God's work. I said, "Satan, you have no place here, so scat!" God is the love of my life, and through my weakness, He will show His power. No matter, whether I can speak perfectly or not, I am His instrument and He will be glorified.

When life hits you in the face (excuse my pun), do you stand up strong with God against the storms in your life and say, "I will not be defeated because I am God's love?" God's word says. "But those who hope in the Lord will renew their strength. They will soar on the wings like eagles, they will run and not grow weary; they will walk and not be faint." Be strong in the hope and power of God and just believe.

PASSAGE: Isaiah 40:31 (NIV)

Karen Anderson is an accomplished speaker, author, and chaplain. Women's Retreat planned for March 2014 at www.renewingyourspiritretreat.com. Karen's website www. doablesteps.com for more encouragement and offerings.



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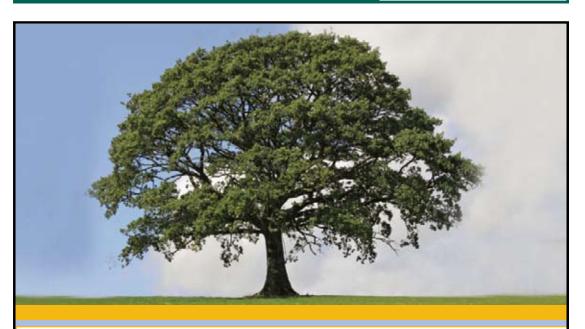
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May 22, 2013

#### **HEAD TRASH**

Do you find yourself pushing hard to succeed, but you just can't get traction? Why? Could it be you're working against yourself? I know it sounds strange, but not after I spoke with Tish Squillaro, who co-authored "Headtrash" with Timothy Thomas, on my POPPOFF Radio Show. They refer to thought patterns and emotional tendencies that hinder our ability to respond to business issues in a productive and professional way. Head trash is the negative voice of your subconscious. With eighteen years of business consulting experience, they have come up with seven traits we need to trash so we can make intelligent, effective decisions in our lives. They are Fear, Arrogance, Insecurity, Control, Anger, Guilt, and Paranoia. But wait just one minute. How do I talk back to my subconscious? I have trouble enough dealing with my conscious self. I think my paranoia is setting in. They call Tish the CEO Whisperer, so I asked her to whisper in my ear some ways to deal with this head trash and turn it into a positive. Here goes. These are the recommendations for:

1) FEAR: Build up the big decisions - if you have been frozen by fear, your decision making muscles have atrophied. Don't push too much strain on them all

## POPPOFF!

with Mary Jane Popp

at once. Start by making smaller decisions that are less frightening. Be consistent. That's the only way real change will take place. Over time you gain confidence you need to make the big decision that probably seemed impossible.

2) ARROGANCE: Cultivate humility - arrogant leaders tend to think of humility as weak. That's a false perception. Humility means being realistic about yourself, your abilities, your ideas. It means being honest enough to accept your limitations and admit that you are not perfect. You acknowledge that you can, and do make mistakes. Humility is about truth, and if you want to move forward, you need to be firmly rooted in the truth.

3) INSECURITY: Truly embrace compliments and Value your Worth - instead of leaping to devaluate yourself. Grab the opportunity to pat yourself on the back after any success. It may be as simple as allowing yourself to accept a compliment without diminishing the praise. Then fan the spark of positive feedback into a small fire that you learn how to feed. If you can't do it for yourself, find a career coach or counselor who can help you.

4) CONTROL: Look at yourself - and ask yourself if you truly need to be involved. Does this really require your attention? Before you dive into a new timeline consuming initiative, see if you can delegate instead. And if you are sincere about wanting to change, ask yourself the hardest question..."am I getting in the way?"

**5) ANGER:** Breathe—when you start to feel yourself boil over, stop, breath, and think before you do or say anything you might regret. Are you so enraged that it might be a good idea to leave the room? Fine! Get up and take yourself out of harm's way. Better than saying or doing something that leaves an indelible. You can always address the issue later, calmer and having thought it through.

6) GUILT: Move on quickly - lingering guilt is the mind's way of trying to rewrite history and change the outcome which. of course, is impossible. What is done is done. No matter how many times you think about it, or try to resolve it differently, nothing will change. Instead, drop the baggage, hit the pedal, and move forward.

7) PARANOIA: Write it out before you blurt it out - before you explode over a perceived slight to your status. Go back to yourself and ask, "why am I feeling this way?" It is remarkable how sitting quietly with your thoughts and a blank piece of paper or computer screen helps you sort out your emotions. Away from the event, you may find that you are misreading the situation through your own interpretations of fear and doubt.

There you have it. Several of these recommendations seem like common sense, but we do let our emotions run away with that common sense. Want to find out just how much of that head trash is stored in there? Check out this website www.headtrash911.com and take the survey. You might really be surprised. The book is called "Headtrash" cleaning out the junk that stands between you and success. Move on! It's all up to you! Now Go get 'em!

Join Mary Jane for the KAHI Noon News Monday–Friday and then again for POPOFF 10 PM – Midnight.

## **Governor Brown Issues Executive Order to Streamline** Approvals for Water Transfers to Protect California's Farms

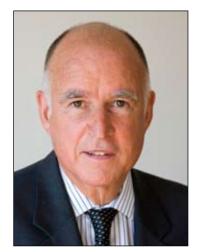
SACRAMENTO. CA (MPG) With near record-low precipitation in California this year, Governor Edmund G. Brown Jr. issued an Executive Order May 20th to streamline approvals for voluntary water transfers to assist California's agricultural industry.

"Agriculture is vital to the health of California's economy, and this order ensures we're doing what's necessary to cope with a very dry year," said Governor Brown.

The Governor's Executive Order directs the State Water Resources Control Board (SWRCB) and the Department of Water Resources (DWR) to expedite the review and processing of voluntary transfers of water and water rights consistent with current law. Under the order, DWR will coordinate State Water Project operations to alleviate critical impacts to San Joaquin Valley agriculture.

The SWRCB and DWR share responsibilities for the transfer of water in California. The SWRCB reviews and processes water transfer petitions, while DWR has the primary functional responsibility for the actual transfer of water. Water transfers in dry years assist those who potentially have excess supplies by allowing them to sell to those who are short of supplies, providing a valuable economic incentive to both the buyer and

DWR's May 2nd snow survey found the Sierra snowpack at 17 percent of normal. State Water



**Governor Jerry Brown** 

Project deliveries this summer will be only 35 percent of requested amounts. The federal Central Valley Project will deliver as little as 20 percent of requested amounts to some customers.

"I am grateful that Governor Brown is taking this early, important action to protect California's agricultural industry," said United States Senator Dianne Feinstein. This Executive Order provides economic benefits across many regions of California. Willing sellers of water will benefit, as will those in the areas of greatest need, while retaining protections for fish, wildlife, and other environmental values."

"With our current water crisis, Governor Brown recognized the need for immediate action and took it," said Rep. Jim Costa (D-Fresno). "His move to ease water transfers will reduce the pain facing farmers, farm workers, and our farming

communities. This is a good step, but it does not solve our real problem: restrictions on pumping in the Delta. These regulations cost us precious water yet again this winter and may prevent critical transfers throughout the summer. The only way to end this cycle of uncertainty is to move forward with the Bay Delta Conservation Plan that will bring more water reliability for all Californians."

"It takes water to sustain the farms that feed our growing population," California Farm Bureau Federation President Paul Wenger said. "In a year like this, voluntary transfers of water from areas that have a surplus give our system more flexibility so that farmers facing water supply cutbacks especially those with permanent crops — may find alternative sources. We thank the governor for moving quickly to streamline California water transfer rules."

"The supply of water available for farmers on the westside of the San Joaquin Valley is lower this year than in 1977, the driest year on record in California, and Valley communities like Mendota, Firebaugh, and San Joaquin are facing an economic disaster," said Tom Birmingham, general manager of Westlands Water District. "The transfers facilitated by this Executive Order will provide critically needed water to sustain farmers, the people they employ, and the communities that depend on irrigated agriculture.'

Source: Office of Gov. Jerry

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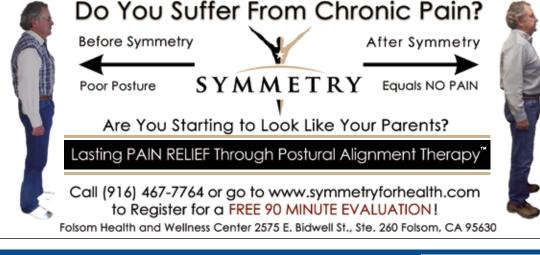
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From Mary Howard

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Tickets are now available through the reunion website at http://delcampo1973.reunionmanager.com/



Carmichael Times Page 12 May 22, 2013

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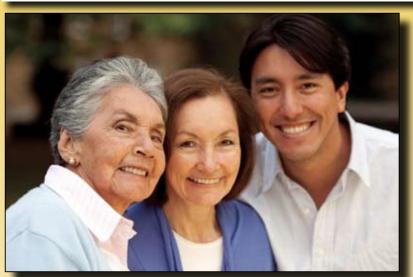
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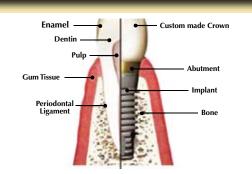
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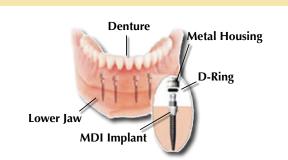
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