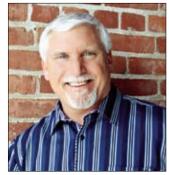
Carmichael Times

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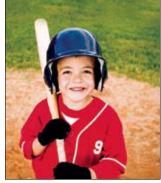
Serving Carmichael and Sacramento County since 1981

March 20, 2013

Dr. Bob Graykowski A Winning Solution for Indigestion



Aspiranet Unlocks the Door to Lasting **Family Connections** for Foster Youth



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River Cats to Open Season



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direct link to our online edition!

Rescued from the Streets, Advocate Now on a Mission

By Julie Parker

CARMICHAEL, CA-(MPG) "I see one fellow in a rowboat who's tired of rowing and wants a free ride, and another fellow who's drowning. Who would you expect me to rescue? ... Any ten year old child will give you the answer to that."

Gary Cooper as Longfellow Deeds "Mr. Deed Goes to Town"

The tale of Sacramento resident Mike Williams is Frank Capra-esque – an underdog rising up out of the ashes (or in his case a dumpster), and helping others struggling in similar circumstances.

Growing up poor in Pollock Pines, Williams worked two jobs during high school, and later joined the Navy Medical Corps (testing second in his class). After a stint in Vietnam, he moved to the Bay Area, and set up a private practice as a consultant for medical companies, ie., clinical trials, product testing.

In 1982, he produced the first of his twenty inventions - the intraoral camera (allowing dental patients to see inside their mouths).

The successful, prodigious inventor sold his Bay Area home for \$3.5 million, sold a company, cashed in stock, and moved his family (wife and three children) to his childhood hometown, where he built a horse ranch on ten acres near Jenkinson Lake.

He was living the good life. Urologist Dr. Jong Chen

immigrated to this country from Taiwan in 1970 to further his medical education. Recalls Chen, "Some of the

doctors wouldn't see some patients, saying, 'I don't see those patients.' But, I see everyone." Grinning, he adds, "I like the challenge of working on something new."

Seven years later, he moved his practice to Sacramento. An advocate for those less fortunate, he ensures that even those without insurance receive medical attention. He also reaches out to the country of his childhood and family, such as joining the Formosan Association for Public Affairs (FAPA) which provides international support for the people of Taiwan.

Meanwhile, Williams' paradigm dramatically shifted. The real estate market shook his finances, resulting in a home foreclosure, and he found himself the victim of a \$2.5 million



Mike Williams and Dr. Jong Chen, on a mission to resolve homeless issues in Sacramento. Photo by Julie Parker.

scam. The dominos continued to fall. His 28-year marriage ended, as did sleeping in his car when he couldn't keep up his payments.

Living in dumpsters became the safest place to sleep. The mind of an inventor never rests, however, even in the midst of survival. As he improvised box shelving within a dumpster, he pondered the idea of a housing

And, then, he was severely beaten while resting in a park. His injuries were such that surgery was required for a torn prostrate.

His surgeon? Dr. Jong Chen.

Williams shared his story with the doctor, along with his creative idea for housing the displaced - a 6x8 pre-assembled pod. Chen was intrigued.

Just a few of the pod's features

include its relatively lightweight 500 pounds, poly-resin fiberglass, chemical toilet, LED lights, solar battery radio, and battery operated heaters and fans.

Chen recognized a fellow humanitarian, and four months ago, co-signed a studio apartment for Williams, bought him some clothing, and the two began their business venture -"Steps Housing Systems Inc.

 Disaster/Homeless Shelter Technologies," which now holds non-profit status.

A strong believer in supporting local businesses, they hired D&T Fiberglass, Inc. in Sacramento to manufacture the prototype, which should be completed within three weeks. Williams would like future production to remain in the United States, and is hopeful sales volume will be such that

that can be accomplished.

Although Williams was rescued from the streets, he continues to be an advocate for those still struggling.

His bone of contention is the \$15 million grant Sacramento received from HUD homeless. Sacramento Steps Forward (SSF), according to its website, was incorporated in 2011 as a non-profit, "with the goal of managing homeless housing and services in Sacramento." It also became the lead agency for the county's Continuum of Care program.

"Over the next year," continues its website, "SSF is building its capacity to take over the \$15 million in federal Homeless Continuum of Care grants and other homeless contracts from the Sacramento County."

Continued on Page 10

Public Invited to Join **Army of Angels**

Kick-off to National Child Abuse **Prevention Month**

By Elise Spleiss

SACRAMENTO REGION, CA- (MPG) An Army of Angels will descend upon the Sacramento area on Saturday and Sunday, March 30 and 31 to kick-off their 50-state campaign to promote abuse prevention awareness and action as part of National Child Abuse Prevention Month (NCAPM).

Centered at the Sunrise Event Center, 11167 Trade Center Drive, Rancho Cordova, the weekend marks the 20th anniversary of this campaign. A VIP reception for partners and volunteers will take place at the Center from 6 p.m. to 9 p.m. with appetizers, wine and a silent auction.

A fun family event follows on Saturday from 11:00 a.m. to 3:00 p.m., complete with a big red fire engine, bounce house, sheriff's cars for kids to explore, and Harley-Davidson motorcycles they can sit and have their picture taken on. The Citrus Heights Police Department, among other local police forces will be out in force to meet and greet participants. Over 1,000 people are expected to turn out for the day.

In 1983 Congress designated April as National Child Abuse Prevention Month. Four activities are planned for the kick-off to this month which focuses on finding new ways continue to build a society whose priority is to protect its children.

The stories of children lost to domestic violence, neglect, and exploitation and violent crimes against children are sad but they have left the survivors with an unrelenting resolve to do whatever they can to prevent this from happening to another child.

Army of Angels, an international coalition of child advocates that work together to eliminate crimes again children, is the producer of the event. AOA was founded by Kathleen Moore, a former social worker who jumped into non-traditional marketing, spreading the message that the fight to protect our children will never end. Moore is mom to four birth children, and six adopted children, ages 6 to 29 years. She home schools the six still at home. An abuse survivor herself, she knew she could better use her experience and talents to help those who have been touched by tragedy, and help keep others safe from predators of all kinds.

Continued on Page 10

El Camino High Student Wins Youth Soloist Award

By Billie Jean Seekins

CARMICHAEL, CA (MPG) The annual Youth Soloist Award, presented through the Sacramento Valley Symphonic Band Association (SVSBA), has been awarded to Audrey Shepherd, a bassoon player in her sophomore year at El Camino High School, in the San Juan Unified School District.

Audrey will perform as a guest soloist on Friday, May 3rd with the Roseville Concert Band, conducted by Stephanie Sugano, and again on Monday, May 6th with

the Sacramento Concert Band, conducted by Grant Parker. Her chosen performance piece will be a Bassoon Concerto, composed in 2002 by Eric Ewazen. Audrey will also receive a \$1,000 scholarship from SVSBA towards her musical endeavors

Audrey started her musical career in 2006 as an alto saxophone player. As an Arcade Middle School band student, she was selected in the 6th and 8th grade to perform with the California Music Educators -Capitol Section Honor Band. In her 8th grade year, Audrey made

love for the bassoon was influenced by her grandmother, Karen Hung, who began playing the instrument after a 42 years hiatus. Karen offered to pay for half her reed costs, and Audrey has not put her bassoon down since!

Audrey is currently a member of the El Camino High School Honors Concert Band, Pep Band and Jazz Ensemble. Audrey is also a member of the Sacramento Youth Band, and the Premier Orchestra of the Sacramento Youth Symphony Association.

Audrey stays busy practicing

the switch to the bassoon. Her her regular band and orchestra music and still makes time to work up concertos for opportunities such as the SVSB Youth Soloist Award. Karen Gale, her private teacher, recognizes Audrey's incredible potential and continues to broaden her horizons and push her to be the best she can be.

Audrey is very excited that she has the opportunity to share her passion for music with so many people in the community and plans to pursue music for the rest of her life.



Audrey Shepherd. is currently a member of the El Camino High School **Honors Concert Band, Pep Band** and Jazz Ensemble. Photo credit El Camino High School

Carmichael Times Page 2 March 20, 2013

Memory Care Program with Quality Time in Mind

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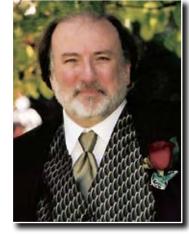
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Carmichael Times

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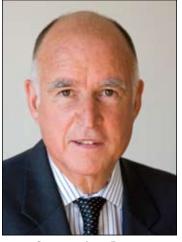
Amanda Morello • Susan Skinner

Governor Brown Announces Wells Appointment

SACRAMENTO, CA - (MPG) Governor Edmund G. Brown Jr. announced Michael Wells, 54, of Sacramento, has been appointed undersecretary at the California Department of Veterans Affairs.

Wells has served in multiple positions at the California Military Department since 1991, including deputy commander of the Youth and Community Programs Task Force, director of manpower and personnel, chief of logistics, legislative liaison to the director of governmental and international affairs, plans officer and chief of environmental programs.

He has also served as commander of the 223rd Infantry Regiment and Camp, San Luis Obispo since 2011. Wells was chief



Governor Jerry Brown

of intelligence at the joint force headquarters of the California Military Department from 2009 to 2011 and chief of intelligence operations at NATO headquarters in Sarajevo from 2008 to 2009.

He served as assistant chief of intelligence for the 40th Infantry Division at the Joint Training Base in Los Alamitos from 2006 to 2008 and commander of the 250th Military Intelligence Battalion at Camp Victory from 2004 to 2006. Wells served in the U.S. Naval Reserve from 1983 to 1991. He earned a Juris Doctorate degree from the University of the Pacific, McGeorge School of Law and a Master of Science degree in strategic studies from the U.S. Army War College.

This position does not require Senate confirmation and the compensation is \$158,484. Wells is a Democrat.

Gems, Jewelry, Fossils, Minerals and More

SACRAMENTO, CA -(MPG) Northern California's largest Gem and Mineral Show is coming to the area. This fun family event, with educational activities for kids and scouts, is a full day of something intriguing for everyone!

The event is newly expanded this year, with over 45 vendors in four buildings, plus outside vendors and activities, featuring: crystals, beads, gemstones, and gold panning where you can take home real gold! There will be meteorites, fossils, and for the kids, an "Education Station" expanded by popular demand, and an interactive educational area.

This Gem Show brings the museum to you, with over 35 unique exhibits. The show also features polished stones, jade, opal, world-class mineral specimens, tourmaline, gold, and petrified wood. You will find everything you need to assemble your own jewelry. Attendees can watch demonstrations in the arts. You can also bid on silent auction items.

This is a high energy, diverse show that will have you busy the entire day. It serves as a great introductory experience to the world of collecting rocks, crystals, and more, while enjoying the great outdoors.

General Admission \$6.00, Seniors 60+ \$5.00, Kids - 12 and under Free. Grab a discount coupon on their website: http:// www.rockrollers.com/show. html. There event has free parking available. Fabulous food is available.

RockRollers is a non-profit (501C). This is their annual fundraising show that supports our education center. Event Dates: 3/23 & 24/2013. Location: Roseville (Placer County) Fairgrounds, 800 All America City Blvd (off Washington), Roseville. Event Time: Saturday - March 23 - 10am-5pm / Sunday -*March* 24 – 10am-4pm



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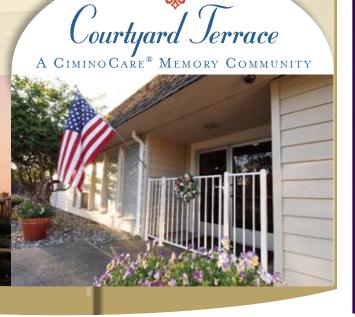


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Greater Sacramento Area:

Auburn Oaks Senior Living, Citrus Heights Citrus Heights Terrace, Citrus Heights **Courtyard Terrace, Sacramento** Fair Oaks Villas, Fair Oaks

Senior care, or the Cimino family, first began in 1973 when Wilma Cimino served her first In-Home Care Client. Today, Mark Cimno, CEO & son of Wilma continue to serve the needs of seniors across Northern California and have broadened their support for seniors in a variety of ways. Call or eamil TODAY to see how they can meet your senior care needs.







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Carmichael Times Page 4 March 20, 2013

American River Community Church

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Invites You to a Special Showing:



Gibson's PASSION OF THE CHRIST

Thursday

March 28th 6:45 PM

Holy Communion Time for Questions Child Care

(The movie is rated"R" due to graphic violence.)

www.arcconline.org



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You are invited to join the Northminster family of faith as we remember and celebrate this Holy Week with services for all, led by Pastor Jack McNary and our wonderful music ministry.



MARCH 24TH 9:55AM

Celebrate the events of Jesus' entry into Jerusalem with hymns, songs, and a parade of palms.

MAUNDY THURSDAY

MARCH 28TH 6:30PM Remember Jesus' last hours through scripture, hymns, and the Sacrament of the Lord's Supper.

MARCH 29TH 7:00PM

GOOD FRIDAY

The seven last words of Jesus are remembered with scripture, music and silent reflection.

EASTER SUNDAY

MARCH 31ST

Early Son-Rise Service

7:00AM Our youth lead us in scripture and joyous music as we gather to proclaim, "He is Risen!"

Resurrection Celebration

9:55AM

Join our family of faith as our choirs lead us in both contemporary and traditional music for this joyful celebration that our Lord and Savior, Jesus Christ, has risen from the grave.



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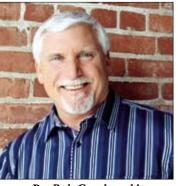
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Indigestion, or dyspepsia, is a frequent complaint among people of all ages. However, indigestion should not be tolerated simply because it is common. Many people with indigestion report that chiropractic care alleviates problems. stomach Scientific evidence also supports these reports if there is a spinal alignment found during an examination. Chiropractors use gentle, effective and safe maneuvers called chiropractic adjustments to remove nerve interference, allowing your body to function at optimal capacity. The upper neck and middle back areas of the spine are the most common areas that produce nerve irritation to the digestive tract.

Look to the Cause

Many traditional doctors may overlook links between symptoms like these, but the links are often the key to alleviating your discomfort. This unique and powerful outlook on patient care helps chiropractic patients achieve optimal health. As such, you can speed your recovery by examining your lifestyle for possible sources of digestive distress. Once you identify any aggravating factors, commit to eliminating them.

Common Causes of Indigestion

Many drugs – including some promoted as stomach soothers provoke indigestion. In addition, popping antacids containing sodium, magnesium or calcium

A Winning Solution for Indigestion

may upset the mineral balance in your body. Even seemingly benign over-the-counter pain relievers like aspirin and acetaminophen are notorious promoters of stomach upset.

Diet often plays a role in the onset of indigestion. For some, specific foods bring can bring on an attack. The most common offenders include spicy foods, meat, soy products, dairy products, fried foods, "junk" foods, alcohol and caffeine. For others, a lack of high-fiber foods may aggravate their condition. Smoking cigarettes not only harms your heart and lungs, but may also damage your digestive tract.

All-Natural Relief

There are many natural alternatives which traditional health-care practitioners may not be familiar with and are not only safer, but may be more effective than drugs. Below are some examples of the natural remedies that we suggest to our patients:

(However, before trying any natural alternative, make sure to first check with your doctor of chiropractic.)

1) Peppermint is a time-tested remedy for stomach troubles. This fragrant herb may be taken in caplet or tea form. In one study, 39 patients took either placebo pills or caplets containing peppermint oil and caraway oil. After four weeks, 94.5% of the patients taking the peppermint oil/caraway oil combination experienced significant relief. 2) Relaxation techniques, including biofeedback, medita-tion,

can provide the stress relief you need to combat indigestion. 3) Chamomile tea is a folk remedy for digestive distress that

breathing exercises and yoga,

many people swear by. 4) Deglycyrrhizinated licorice (DGL) is a licorice extract recommended for stomach upset. Experts speculate that DGL prompts the body to produce mucus, which coats the digestive tract and averts indigestion.

5) The enzyme bromelain prevents indigestion in some individuals. Bromelain is abundant in pineapple and papaya and is available in supplement form.

6) Other herbs, including aloe vera, anise and parsley may provide relief from indigestion, although additional research is needed.

7) You may have noticed that walking after meals prevents indigestion. This is because physical activity makes the body more productive and better equipped to process food.

Take Charge of Your Health

Although all-natural remedies are safer – and possibly more effective - than drugs for indigestion, they still address the symptoms, not the cause, of digestive problems. Chiropractors work to identify the source of your condition to help end your complaint for good. So, use natural remedies to relieve your symptoms, and work with your chiropractor to prevent the symptoms from occurring in the first place. Don't wait to take charge of your well being; empower yourself by joining us for our monthly community

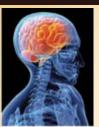
To find out more information or set up an appointment please call (916) 973-1661. For more wellness information visit our website at chiropractic-usa.com. Learn more about our community office and FAN us on Facebook! For weekly health tips go to www.applestozen.blogspot.com.

Creating a Healthy Community Dr. Bob Graykowski Chiropractic-usa.com (916) 973-1661

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Dodgeball Sign Ups Now! Spring Season: April 12th—May 17th

Men's League and Women's League 6 players on the court at one time per team

All games are played at the La Sierra Community Center Gymnasiums Register your Team: March 5th—April 5th

Team Registration Fee: \$70 Resident • \$75 Non-Resident

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



TAX HELP

from a Tax Pro

Dean Alexander Sr.

What is **Taxable Income?**

People always wonder about That money was supposed to be what is taxable and what not taxable income is. The IRS has issued one tip among a series of tips they typically issue every season. That tax tip is designated as taxable and nontaxable income. May be we should start with items that are not taxable. That it is an optimistic note to start with.

Is Child Support Taxable?

Child support has two parties. The part that gives and the part that takes. For the part that takes or the recipient of child support it is a non-taxable transaction. That means if the mother receives child support for her children she does not have to claim this as taxable income. The payer of the child support or the father in this case cannot claim a tax benefit either. So the government stands neutral on child support as far as collecting or paying money to taxpayers.

Is Inheritance Taxable?

Generally speaking inheritance is not taxable. If you inherit money above certain amounts the amount may be subject to estate tax, not income tax. For the difference between estate and income tax discuss this with your CPA or your tax attorney.

Sometimes you may inherit money from a 401k for example.

taxed when the deceased cashed it. The person who inherits this money would step in the shoes of the original owner and pay the tax on the 401 k. The rest of the

money in the inheritance is tax

Are Damage Awards Physical Injury or Sickness Taxable?

Damage awards for physical injury or sickness is not taxable. Damage for mental anguish is taxable. Your CPA or tax attorney must read the contract awarding the damage in order to treat the amount you receive properly.

Are Gifts Received Taxable to Recipient?

They are not. The gift donor however is the one that should pay the tax on the gift. So before you give gifts to your children and someone else you need to consider the tax ramifications of doing so. One mistake I see often for self-employed who have more latitude for tax planning and income shifting opportunities (legally of course) is that they may give gifts that are not tax deductible to them but rather generate tax liability when in fact they can hire their children in the operation and pay them compensation that is tax deductible. So not only will they have a tax deductible cash outlay but

they also reduce the tax liability on this amount since the children are assumed to be in a lower tax bracket.

What About Proceeds From Life Insurance?

Typically an amount you collect from life insurance is not taxable. Most people think otherwise. So if you are the beneficiary of a life insurance policy and you receive the cash you don't have to report that cash as income. The only time life insurance proceeds are taxable is if it had a redeemable cash value that you redeem. Any amount beyond the cost in the policy is taxable.

Other Non-Taxable Income

There are other non-taxable income items such as welfare benefits, cash rebates from dealers and reimbursement for qualified addition expenses.

Summary: Child support, damages awards, inheritance, gifts and life insurance proceeds are examples of non-taxable

Dean has 30 years experience as a CPA and tax consultant and he is currently on two radio shows. He is the managing director of National Financial Advisors (NFA Tax Help), a national firm headquartered in Houston. He is also a Chartered Financial Consultant and Chartered Life Underwriter. He consults exclusively on tax matters particularly tax audits and tax collections at both the federal and the state levels.

Sacramento County DA Reports

Recent cases of interest

CASE: Jesus Gallegos (03/15/12)

PROSECUTOR: Deputy District Attorney Eric Kindall

District Attorney Jan Scully announced today that the Honorable Steve White sentenced Jesus Gallegos to 26 years to life in prison. Gallegos was convicted by jury for the first degree murder of 23-year-old Triston Salladay. The jury also found true that he personally used a knife in the commission of the offense.

On February 14, 2010, officers responded to the 3500 block of 53rd Street and found Tristan Salladay with critical stab wounds. He was transported to a hospital where he later died from his injuries.

CASE: Belisa Serna-Mayorga (03/11/12)

PROSECUTOR: Assistant District Attorney Albert Locher, 874-6150

District Attorney Jan Scully announced today that 40-year-old Belisa Serna-Mayorga pled guilty to felony misappropriation of public funds. Serna-Mayorga was formerly the council operations manager for the Office of the Mayor of the City of Sacramento.

Serna-Mayorga was entrusted with a Sacramento City bank purchasing card to be used solely for City business. From July 2009 to June 2012, Serna-Mayorga used the card for personal items totaling over \$19,000. Among the illegal charges were two Disneyland trips for her and her family in December of 2010 and June of 2012; hotels in Bodega Bay and Monterey; clothing; makeup; restaurants; grocery bills; and numerous iTunes games, music, movies, and entertainment applications.

In June of 2012, when an internal audit revealed Serna-Mayorga had not been submitting the required paperwork documenting her purchases, she admitted that numerous charges were personal. She wrote checks to the City of Sacramento for reimbursement; however, she stopped payment on those checks before the City could submit them for deposit. The investigation found that for some of the accounting documents she had submitted to justify her purchases, the signature of the mayor's chief of staff, Kunal Merchant, was forged.

Serna-Mayorga was sentenced to nine months in the county jail, and five years of probation. She can apply to the Sheriff's Department for a work-release program. She was ordered to pay \$19,043.29 to the City of Sacramento in restitution. This conviction cannot be reduced to a misdemeanor and disqualifies her for life from holding any public office in this state.

CASE: Jorge Cabrales (03/08/13)

PROSECUTOR: Deputy District Attorney Matt Chisholm

District Attorney Jan Scully announced today that the Honorable Cheryl Meegan sentenced Jorge Cabrales to 22 years in prison. Cabrales was convicted by jury of felony domestic violence causing great bodily injury, witness intimidation, and criminal threats.

Cabrales assaulted his girlfriend, breaking her nose. He knew that the victim reported the case to the police. The next day, he called her several times to threaten her, to dissuade her from cooperating with law enforcement.

CASE: Maria Guadalupe Soto (03/07/13)

PROSECUTOR: Deputy District Attorney Dean Archibald

District Attorney Jan Scully announced today that 42-year-old Maria Soto pled no contest to three felony counts of grand theft for a stipulated term of 16 months in county jail prison and agreed to pay \$49,925 in victim restitution.

Between July 2010 and November 2010, Soto operated the business Sacramento Equity Solutions, which offered mortgage loan modification services. Soto demanded and accepted illegal advance fees. The victims were lured in with promises of help in obtaining loan modifications from lenders. However, the loan modifications never came through and their money was spent on fraudulent purposes.

Sentencing will be held on March 21, 2013 in Department 62 of the Sacramento Superior Court.

This matter was investigated and prosecuted by the Sacramento County District Attorney's Office Real Estate Fraud Unit.

CASE: Jonathan Hudson & Jermaine Campbell (03/05/13) PROSECUTOR: Deputy District Attorney Kevin Greene

District Attorney Jan Scully announced that Jonathan Hudson was convicted by jury of first degree murder, first degree robbery and was found to have been armed with a gun. Jermaine Campbell was convicted by a separate jury of first degree murder, first degree robbery, the personal use of a firearm and the special circumstance of committing a murder during the commission of robbery.

In October 2010, Hudson and Campbell shot and killed 54-year-old James Walker while robbing him. Sheriff's deputies found Mr. Walker sitting in the driver's seat of his taxi cab and he was pronounced dead

Campbell's sentencing is set for April 2, 2013 and Hudson's sentencing is set for April 26, 2013 in Department 18 of the Sacramento Superior Court.

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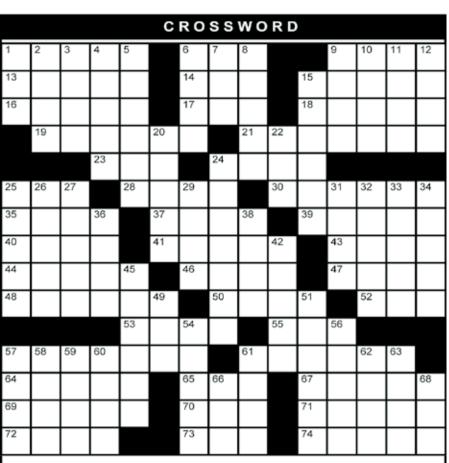
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41. Skedaddle

44. REM picture

currency in world

52. OB-GYN test

47. Second-most traded

50. One who speaks a Slavic

55. *These sox train in spring

57. *Precedes May flowers

61. Okinawa martial arts

46. Fuzzy fruit

43. Profit

48. Kinda

language

53. Boor

C StatePoint Media

CLUES

ACROSS 1. Father of Hector, Paris and

- Cassandra 6. Young newt
- 9. Perching place
- 13. Fungal skin infection 14. Tap order
- 15. Less than right angle
- 16. On pins and needles
- 17. Bottom line
- 18. Isabel Allende's "Portrait
- 19. *Say to winter and hello to spring
- 21. *Celebrated saint
- 23. One of peeps
- 24. Cobbler's concern 25. Mudbath site
- 28. Cellist great
- 30. *The_ Spring, led by Alexander Dubcek
- 35. Snaky swimmers
- 39. Yuletides
- 40. Competitive advantage

- 37. *Daffodil or tulip, originally

- 64. Great reviews 65. Lawyer group 67. She turned to stone
- 69. Amber_
- 70. "Family
- 71. Ar, atomic number 18
- 72. Homework to a student 73. a.k.a. Tokyo
- 74. City on Rhone River

- **DOWN** 1. "Harper Valley _
 - 2. Sign of engagement
- 3. A fan of
- 4. Famous for his fables 5. *Dance-around-the-pole
- holiday _ button from Staples
- 7. 1918 pandemic, e.g.
- Dancer's beat
- 9. Maple, to a botanist 10. Brazilian indigenous
- people
- 11. Relating to the ear 12. Reach a high
- 15. Rearward
- 20. Splotches
- 22. European peak 24. Lonely musician?
- 25. *Garden's beginnings 26. Peter in Spain
- 27. Tattered Tom's creator
- 31. First rate
- 32. "Faster!" to a horse

- 29. Exclamation of disgust

- 33. U in UV 34. To impede
- 36. The Vatican to Catholics,
- 38. B in BCS
- 42. Miss America's topper
- 45. Harass 49. Either ___ or against
- 51. *Occurring now 54. Utilization or employment
- 56. Farm type
- 57. 32-card game
- 58. Maui dance 59. Lyric poem, pl.
- 60. W in W=Fd
- 61. Boxer's last blow
- 62. Not for here
- 63. Jet black 66. *Spring Growth
- 68. European Nuclear Society

For Solution See Page 7

Dave Ramsey 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.

Can I Motivate My Parents?

Dear Dave,

My parents are close to retirement and very heavily leveraged. Do you have any advice on how I can help motivate them to succeed financially?

- Jack

Dear Jack,

I appreciate your concern for your mom and dad, but I'm not sure you can motivate anyone to do something. Sometimes people don't have motivation because they've lost hope. In turn, it's that sense of hopelessness that keeps them from moving forward. I think in these situations the best you can do is to show them hope. And one of the best ways to do that is to share your own story. You can also examine the numbers with them to show that the light at the end of the tunnel isn't always an oncoming train.

I do this a lot with callers on my radio show. After we look at the pieces of the puzzle together, I might show them how they can pay off \$50,000 of debt in a year's time. Most of these people aren't bankrupt; they're just plain scared. So there's a lot of power in that little word "hope." Sit down with your parents

and let them know how much

Dave Says

you love them and want them to enjoy their retirement. See if you can find out how much income they have versus the amount of debt they've piled up, then begin to formulate a step-by-step plan. Show them how they can begin to get traction and free up their money by living on a budget and getting out of debt. You can even offer to be their counselor or accountability partner.

You want them to be safe and secure in their retirement, and they deserve some dignity after working hard all their lives. So, in my mind, hope is the best thing you can offer. Motivation is a different story. That has to come from within. You can't really motivate the unmotivated. - Dave

No On Rent-To-Own!

Dear Dave,

What do you think about rentto-own housing? I'm not sure we're financially ready to buy yet, but we don't like giving money to landlords. Is rent-toown a wise compromise?

- Mike

Dear Mike I wouldn't recommend get-

ting mixed up in a rent-to-own

situation. I don't think it's a wise compromise, and it's also the kind of deal that works out well for the landlord, not the buyer.

If you're not financially ready to purchase a house, then you need to get your life in order before you take on a major commitment like becoming a homeowner. Get your debts paid off, get an emergency fund of three to six months of expenses in place, and save up for a down payment of 20 percent. I know it'll take some time and it might be difficult, but that's what I'd recommend.

Buying a home when you're broke, or trying to trick the system with a rent-to-own deal, usually doesn't work. I spent a lot of time in the real estate business, and I still own several properties. I don't do these deals because statistically the majority of people who rent to own never end up owning the property.

Take my advice and go slow, Mike. When you buy a home, you want it to be a blessing, not a burden!

- Dave

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



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Solution

See

Page 7.

Come

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Carmichael, CA 95608 (MPG 1-31-13) **District Administrator** Carmichael Recreation & Park District

Salary to \$93,156 DOQ iling Deadline: 03/08/13 Submit a District Applica-tion, cover letter and resume with current salary and four work-related ref erences. Resume should reflect size of budget and staff you manage and both years and months of beginning/ending dates of positions held. Forward your materials to:

Stuart Satow
CPS HR Consulting 241 Lathrop
Way, Sacramento, CA 95815
Ph: 916.263.1401
Fx: 916.561.7205

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Suduko Puzzle on Page 6 1168514271319

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\$355 to \$669-Foothill Farms, a newly built affordable senior apartment community in Sacramento has 1 and 2 bedroom apartments available for seniors age 55 and up. AEK, elevators, and swimming pool. Applications will be available and accepted beginning at 10:00 am on Monday, June 18th. Leasing office will not be open prior to June 18th. Temporary leasing office is located at 5415 Palm Avenue (off of Auburn Blvd), Income, age and other restrictions apply. Section 8 is welcome. Applications will be processed on a first qualified, first offered basis. For 24 hour application information, please call 916.484.4007. EHO. (MPG 07-31-12)

Taxi Service **COMPASS CAB** Convenient, Local 24/7 Taxi Service. Shopping, Doctor's Office, Clubs, Airport. 24-hr Special Dispatch Service. Low Rates. 15% Discount for the Military. 916-807-0091. (MPG 08-31-12)

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Sheldon's Veterinary House Calls Veterihousecalls service. narv Limited areas served hours and services. Home euthanasia and hospice care. Call for a complete description of services.

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Volunteers Needed

Bristol Hospice is looking for volunteers to provide companionship with our hospice patients and families. We provide the training and match you with a family in your area. Please call volunteer services for more information at (916) 782-5511. (MPG 11-30-12)

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

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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Must be proficient in various programs including Adobe CS3-Photoshop, InDesign, etc. Newspaper or magazine publishing experience preferred.

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Have you ever wanted to write for your local newspaper? We are looking for people who would love to cover events and issues in your home town. Contracted/ payment per each submitted story. If you have strong writing skills you could earn this extra

Delivery Home delivery and single copy newsstand routes available in Citrus Heights, Fair Oaks, Rancho Cordova, Carmichael Arden-Arcade. No collecting. Delivery is weekly on Tuesday and Wednesday. Deliver close to home. Must have good running

vehicle, current DMV, auto insurance, CA driver's license. Web Advertising Sales We are seeking an outside sales agent to focus on sales for our many websites. If you have a strong sales background and are "net savvy"-you can work from your home office and make

a good steady income helping

small businesses succeed. **Event Ambassadors**

We are seeking people to represent our company as abassadors at fairs, days-in-the-park, local events, etc. Will require set-up, take-down and handing out our products. Must have excellent communication skills. Schedule is flexible, depending on event dates. Payment is on a per event basis. Professional attire required at some events.

Advertising Sales

If you can sell advertising, we have a great plan, great products and very competitive compensation. As an independent sales agent you create your own schedule and work from your own home office to manage your own success. Create a solid group of clients and build the work you will love. Serious and dedicated sales agents could earn \$75,000 year.

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positions, contact: Paul V. Scholl, Publisher

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LEGAL ADVERTISING

Adjudicated For and By the County of Sacramento, Adjudication No. 317294–February 7, 1984

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

FICTITIOUS BUSINESS NAME #FBNF2013-01253. Sacramento, CA 95834 is doing business under the Fictitious Business Name "OB 2000" at 1603 Filed with the Clerk of Sacramento County on February 15, 2013. Publish: February 27, March 6, 13, 130204 3-20-13 OB2000

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01192 Arden Raymond Crandall. 2411 Saint Francis Dr., Sacramento, CA 95821 is doing business under the Fictitious Business Names "MetroCity Legal: Metro City Legal" at 9411 Saint Francis Dr., Sacramento, CA 95821. Filed with the Clerk of Sacramento County on Feb. 13, 2013. Publish: February 27, March 6, 13, 130204 3-20-13 METROC

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01429 Jacqueline H. Oros-Bush. 8033 Northern Oak Cr., Sacramento, CA 95828 is doing business under the Fictitious Business Name "Jackie's Delights" at 8033 Northern Oak Sacramento, CA 95828. Filed with the Clerk of Sacramento County on Feb. 20, 2013. Publish: February 27, March 6, 13, 20, 2013. **JACKIE** 130204 3-20-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01307. Larry Klein and Judy Klein, both of 2250 Cardiff Circle, El Dorado Hills, CA 95762 are doing business under the Fictitious Business Name "Greer Earth Trading Company" at 9341 Greenback Lane #AQ, Orangevale, CA 95662. Filed with the Clerk of Sacramento County on Feb. 19, 2013. Publish: February 27, March 6, 13, **GREENE** 130204 3-20-13

FICTITIOUS BUSINESS NAME #FBNF2013-01309 Gabriel Garcia, 5450 Jacinto Ave. Sacramento, CA 95823 and Jose Hernandez, 59 Lochmoor Circle, Sacramento, CA 95823 are doing business under the Fictitious Business Name "NorCal Wireless" at 7224 55th St., Sacramento, CA 95823. Filed with the Clerk of Sacramento County on Feb. 19, 2013. Publish: February 27, March 6, 13, NORCAL 130204 3-20-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01460. Allison L. Camacho, 865 Golden Heights Dr., Galt, CA 95632 is doing business under the Fictitious Business Name "Galt Piano Lessons' at 865 Golden Heights Dr., Galt. CA 95632. Filed with the Clerk of Sacramento County on Feb. 21, 2013. Publish: February 27, March 6, 13, 20, 2013. 3-20-13

BUSINESS NAME **FICTITIOUS** STATEMENT #FBNF2013-01464. Atal Enterprises, Inc., 4025 Manzanita Ave. #46, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Wireless 4 Life" at 3100 "O" St., Sacramento, CA 95816. Filed with the Clerk of Sacramento County on Feb. 21, 2013. Publish: February 27, March 6, 13, 20, 2013. 130204 WIRELE

FICTITIOUS BUSINESS NAME STATEMENT #FRNE2013-00624 IN Communications, 3341 Edgar Lane, Carmichael, CA 95608 is doing Name "IN Real Estate" at 3341 Edgar Lane, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on January 23, 2013. Publish: February 27, March 6, 13, 20, 2013. 130204

SUPERIOR COURT OF COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00139415 Jennifer Diano WHEREAS. Berry and Kim A. Berry have

filed a petition with this court for a decree changing name of Jems Jems Diano Berry. ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 9, 2013 in Department 54, located at 800 9th Street, 3rd 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: February 20, 2013 Raymond M. Cadei Judge of the Superior Court Publish: February 27, March 6, 13,

> SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00139093 Cao QiJi has

3-20-13

20. 2013.

WHEREAS.

filed a petition with this court a decree changing name Cao QiJi to Ricky Tsao. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 5, 2013 in Department 53, located at 800 9th Street, 3rd 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: February 13, 2013 David I. Brown

Judge of the Superior Court Publish: February 27, March 6, 13, TSAO 130204 3-20-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE #34-2013-00139120 WHEREAS, Eduard Rospotnyuk

has filed a petition with this court for a decree changing name of Eduard Rospotnyuk to Edward Ross. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 5, 2013

in Department 54, located at 800 9th Street, 3rd 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: February 13, 2013 Raymond M. Cadei Judge of the Superior Court Publish: February 27, March 6, 13,

130204 3-20-13 ROSS NOTICE OF PETITION TO

ADMINISTER ESTATE OF THOMAS WILLIAM LIGGONS ESTATE NO. 34-2013-00137299

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate or both of THOMAS WILLIAM LIGGONS aka THOMAS LIGGONS THOMAS W. LIGGONS:

A Petition for Probate has been filed by Gregory Liggons in the Superior Court of California, County of Sacramento, requesting that Teresa Allingham be appointed as personal representative to administer the estate of the decedent.

The petition requests authority to administer the estate under the Independent 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, Sacramento, CA 95826 on March 27, 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: Emilie M. Calhoun, Esq., 1109 Vicente St. #104. San Francisco. 759-8755. 94116; (415) Publish: March 6, 13, 20, 2013. CALHOU 130301 3-20-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01529. Liza Lorraine Grable. 5212 Ravine View Lane, Fair Oaks, CA 95628 and Julie Frences Westerhoff, 1601 Verde Drive, El Dorado Hills, CA are doing business under the Fictitious Business Name "Savvy Hair Studio" at Studio 55 Salon Suites, 1725 Iron Point Road #10-0-Studio #112, Folsom, CA 95630. Filed with the Clerk of Sacramento County on February 25, 2013. Publish: March 6, 13, 20, 27, 2013. 3-27-13 130301

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01715. Jason Naenel, 57 Rossignol Circle, Sacramento, CA 95833 is doing business under the Fictitious Business Name "Barrel Couture" at 57 Rossignol Circle, Sacramento, CA 95833. Filed with the Clerk of Sacramento County on March 1,2013. Publish: March 6, 13, 20, 27, 2013. BARREL 130301

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01712. Eugson Wong, 352 Deer River Way, Sacramento. CA 95831 is doing business under the Fictitious Business Name "Joe Sun & Company" at 352 Deer River Way, Sacramento, CA 95831. Filed with the Clerk of Sacramento County on March 1,2013. Publish: March 6, 13, 20, 27, 2013. JOESUN 130301 3-27-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01389. Tollefson & Associates Inc., 8025 Greenback Lane, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "Batteries Plus Bulbs" at 8239 Laguna Blvd. #140, Elk Grove, CA 95758. Filed with the Clerk of Sacramento County on February 20, 2013. Publish: March 6, 13, 20, 27, 2013. 3-27-13 BATTER 130301

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01693. Rachid Abadli, 5601 44th St., Sacramento. CA 95824 is doing business under the Fictitious Business Name "Laaziza Motors" at 5601 44th St., Sacramento, CA 95824. Filed with the Clerk of Sacramento County on February 28, 2013. Publish: March 6, 13, 20, 27, 2013. LAAZIZ 130301 3-27-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01701. Cardog Eric Anderton, 9137 Vancouver Dr., Sacramento, CA 95826 is doing business under the Fictitious Business Name "ABC Group" at 9137 Vancouver Dr., Sacramento, CA 95826. Filed with the Clerk of Sacramento County on February 28, 2013. Publish: March 6, 13, 20, 27, 2013. 3-27-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01627. Voices of Inspiration & Golden Ages Ministries, 3427 Rio Linda Blvd., Sacramento, CA 95838 is doing business under the Fictitious Business Names "Voices of Inspiration North Representative Payee Services; Voices of Inspiration Social Services Agency; VOI North RPS" at 3427 Rio Linda Blvd., Sacramento, CA 95838. Filed with the Clerk of Sacramento County on February 26, 2013. Publish: March 6, 13, 20, 27, 2013. VOICES 130301 3-27-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01626. Daryl Collins, 820 Vilvano St., Sacramento, CA 95831 is doing business under the Fictitious Rusiness Name "Collins Resource Center" at 3427 Rio Linda Blvd. Sacramento, CA 95838. Filed with the Clerk of Sacramento County on February 26, 2013. Publish: March 6, 13, 20, 27, 2013. COLLIN 130301

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00980. Heather Cromartie, 4216 Jump Court, Sacramento. CA 95826 is doing business under the Fictitious Business Name "Juice Appeal" at 4216 Jump Court. Sacramento. CA 95826. Filed with the Clerk of Sacramento County on February 5, 2015. Publish: March 6, 13, 20, 27, 2013. JUICEA 130301 3-27-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01710. John L. Keasev, 5727 Cal Ct., Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "The R&F Company" at 5727 Cal Ct., Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on March 1, 2013. Publish: March 6, 13, 20, 27, 2013. 130301 3-27-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-09485. Cecilia H. Nguyen, 2501 Rotterdam Dr., Elverta, CA 95626 is doing business under the Fictitious Business Name "Flowers by Cecilia" at 2501 Rotterdam Dr., Elverta, CA 95626. Filed with the Clerk of Sacramento County on Nov. 29, 2012. Publish: March 6, 13, 20, 27, 2013. 130301 FLOWER

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01560. Julia Acosta, 312 "B" St., Roseville, CA 95678 is doing business under the Fictitious Business Name "SDN Technologies" at 4360 Gibraltar St., Sacramento, CA 95834. Filed with the Clerk of Sacramento County on February 25, 2013. Publish: March 6, 13, 20, 27, 2013. SDNTEC 130301 3-27-13 FICTITIOUS BUSINESS NAME

STATEMENT #FBNF2013-01612. Bob Ibrahim, 2121 Nokofa Dr., Fairfield, CA 94534 is doing business the Fictitious Business Tailpipes, Name "Howe Ave. Detail & Smog" at 2411 Howe Sacramento, CA 95825. Filed with the Clerk of Sacramento County on February 26, 2013. Publish: March 6, 13, 20, 27, 2013. 130301 HOWEAV

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01514. C TSUI LLC, 4261 Truxel Road, Sacramento, CA 95834 is doing business under the Fictitious Business Name "Pork Belly Grub Shack" at 4261 Truxel Road, Sacramento, CA 95834. Filed with the Clerk of Sacramento County on February 22, 2013. Publish: March 6, 13, 20, 27, 2013. PORKBE 130301 3-27-13

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE #FBNF2012-01071

The following person abandoned the use of the FICTITIOUS BUSINESS NAME of ITC Modeling & Production Company, located at 545 Industrial Drive #103, Galt, CA: Kathy Olague, 367 North 18th St., San Jose, CA 95912.

The Fictitious Business Name Statement was filed on February 6, 2012 in the County of Sacramento. Filed with the Clerk of Sacramento County on February 21, 2013. Publish: March 6, 13, 20, 27, 2013. ITCMOD 130301 3-27-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00139765 WHEREAS, Jose Felipe Massa

& Virginia Massa have filed a petition with this court for a decree changing names of Wendy Stephanie Araiza-Ortega to Wendy Stephanie Massa; and Cindy Melinda Araiza-Ortega to Cindy Melinda Massa.

IT IS ORDERED that all

persons interested in the above entitled matter appear before this court at 9 a.m. on April 17, 2013 in Department 54, located at 800 Ninth Street, 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: February 27, 2013 Raymond M. Cadei

Judge of the Superior Court Publish: March 6, 13, 20, 27, 2013. MASSA 130301 3-27-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00139067

WHEREAS, Catena Bowen on behalf of Christain Michael Bowe has filed a petition with this court for a decree changing names of Christain Michael to Cristi Michelle Bowen.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on April 4, 2013 in Department 54, located at 800 Ninth Street 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: February 13, 2013 Raymond M. Cadei

Judge of the Superior Court Publish: March 6, 13, 20, 27, 2013. 130301 SUPERIOR COURT OF

CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00139751 WHEREAS, James

Lloyd Bearman has filed a petition with this court for a decree changing name of Savana Jeanette Marshall Savanna Hope Bearman. IT IS ORDERED that all persons interested in the above entitled

matter appear before this court

at 2:00 p.m. on April 16, 2013 in

Department 53, located at 800 9th 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: February 27, 2013 David I. Brown

Judge of the Superior Court Publish: March 6, 13, 20, 27, 2013. BEARMA 130301 3-27-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01873. Aimee Hendrie. 1661 La Plava Way, Sacramento, CA 95864 is doing business under the Fictitious Business Name "Branching Out" at 1661 La Playa Way, Sacramento, CA 95864. Filed with the Clerk of Sacramento County on March 6, 2013. Publish: March 13, 20, 27, April 3, 2013. **BRANCH** 130302 4-3-13

BUSINESS NAME **FICTITIOUS** STATEMENT #FBNF2013-01753. DSP Equities, LLC, 10186 Canadeo Circle, Elk Grove, CA 95757 is doing business under the Fictitious Business Name "DSP Equities, LLC" at 10186 Canadeo Circle, Elk Grove, CA 95757. Filed with the Clerk of Sacramento County on March 4, 2013. Publish: March 13, 20, 27, April 3, 2013.

DSPEQU 130302 4-3-13 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01272. Andrew Patton, 9452 Little Rapids Way, Elk Grove, CA 95758 is doing business under the Fictitious Business Name "Premier Property Services" at 9452 Little Rapids Way, Elk Grove, CA 95758. Filed with the Clerk of Sacramento County on February 15. 2013. Publish: March 13, 20, 27, April 3,

PREMIE 130302 4-3-13 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01769. Vicki R. Greene, 2011 Robin Road, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Save Them All Horse Rescue" at 7011 Robin Road, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on March 4, 2013. Publish: March 13, 20, 27, April 3,

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01518. Jonathan Wheeler, 2900 Muir Way, Sacramento, CA 95818 is doing business under the Fictitious Business Name "River Oaks Bistro" at 8350 Lotz Parkway, Elk Grove, CA 95757. Filed with the Clerk of Sacramento County on February 22, 2013. Publish: March 13, 20, 27, April 3, 2013. RIVERO 130302

BUSINESS FICTITIOUS NAME STATEMENT #FBNF2013-00937 Russell L. Cornett, 7116 Delhaven Way, North Highlands, CA 95660 is doing business under the Fictitious Business Name "Sacramento Mufflers & Fabrications" at 6735 32nd St. #A, North Highlands, CA 95660. Filed with the Clerk of Sacramento County on February 4, 2013. Publish: March 13, 20, 27, April 3,

2013. SACMUF 130302

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FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01827. Lucy Shen, 1890 Donner Road, West Sacramento, CA 95691 is doing husiness under the Fictitious Business Name "Golden Valley Realty" at 1890 Donner Road, West Sacramento, CA 95691. Filed with the Clerk of Sacramento County on March 6, 2013. Publish: March 13, 20, 27, April 3,

GOLDEN 130302 BUSINESS **FICTITIOUS** NAME STATEMENT #FRNE2013-01720 Hue K. Dang. 9324 Willow Pond Circle, Elk Grove, CA is doing business under the Fictitious Business Name "Boba Tea House" at 8139 Elk Grove Blvd., Elk Grove, CA 95758. Filed with the Clerk of Sacramento County on March 1, 2013. Publish: March 13, 20, 27, April 3,

2013. 130302 4-3-13 FICTITIOUS BUSINESS NAME

STATEMENT #FBNF2013-01803. Michael E. Berbena, 6123 Chestnut Ave., Orangevale, CA 95662 is doing business under the Fictitious Business Name "Tools Will Travel at 6123 Chestnut Ave., Orangevale, CA 95662. Filed with the Clerk of Sacramento County on March 5, 2013. Publish: March 13, 20, 27, April 3, 2013.

TOOLSW 130302 4-3-13 FICTITIOUS BUSINESS NAME STATEMENT #FRNE2013-01902 Kelly A. Holden, 9104 High Oak Court, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Two Rivers Publishing Company" at 9104 High Oak Court, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on March 6, 2013. Publish: March 13, 20, 27, April 3, TWORIV 130302 4-3-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00139454

WHEREAS, Tazia Anadanae

James has filed a petition with this court for a decree changing name of Tazia Anadanae James Tonio Alexander IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 11, 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: February 20, 2013 Raymond M. Cadei

Judge of the Superior Court Publish: March 13, 20, 27, April 3, JAMES 130302

SUPERIOR COURT OF COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00140032 WHEREAS, Kyle Kristopher Edwards has filed a petition

with this court for a changing name of Kyle Kristopher Edwards to Kyleie Love Edwards. IT IS ORDERED that all persons interested in the above entitled

matter appear before this court at 9:00 a.m. on April 24, 2013 in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause he

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 March 6, 2013 Raymond M. Cadei Judge of the Superior Court Publish: March 13, 20, 27, April 3,

130302 **EDWAR** SUPERIOR COURT OF

CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00140003 WHEREAS, Paul anthony Gunn

has filed a petition with this court for a decree changing name of Paul AnthonyGunntoHeatherNicoleGunn. IT IS ORDERED that all persons interested in the above entitled

matter appear before this court at 2:00 p.m. on April 23, 2013 in Department 53, located at 720 Ninth

Street, Room 102, 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 6, 2013

Judge of the Superior Court Publish: March 13, 20, 27, April 3,

GUNN 130302 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01832. John Royball, 9278 Calamus Court, Elk Grove, CA 95758 is doing business under the Fictitious Business Name "Open Door Realty Group" at 9278 Calamus Court, Elk Grove CA 95758. Filed with the Clerk of Sacramento County on March 5, 2013. Publish: March 20, 27, April 3, 10,

130303

OPENDO

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02086. Anthony Sepahmansour, 11031 Woodring Dr., Mather, CA 95655 is doing business under the Fictitious Business Name "Sepah Real Estate" at Woodring Dr., Mather, CA 95655. Filed with the Clerk of Sacramento County on March 12, 2013. Publish: March 20, 27, April 3, 10, 2013. SEPAHR 130303

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02053. Jeremy Robert Sadler, 8425 Villaview Dr., Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "Cannonball Pool and Spa Care" at 8425 Villaview Dr., Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on March 11, 2013. Publish: March 20, 27, April 3, 10, CANNON 130303 4-10-13

FICTITIOUS BUSINESS STATEMENT #FBNF2013-01452. Jose Filadelfo Martinez Romero. 7729 Sweetbrier Way, Sacramento, CA 95832 is doing business under the Fictitious Business Name "Inter Landscaping And Gardens Services' at 7729 Sweetbrier Way, Sacramento, CA 95832. Filed with the Clerk of Sacramento County on Feb. 21, 2013 Publish: March 20, 27, April 3, 10, INTERL 130303 4-10-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01457. Stan T. Chan and Janet Owyang Chan, both of 8907 Haflinger Way, Elk Grove, CA 95757 are doing business under the Fictitious Business Name "Kim Hei" at 8760 La Riviera Dr. #B, Sacramento, CA 95826. Filed with the Clerk of Sacramento County on February 21, 2013. Publish: March 20, 27, April 3, 10, 4-10-13 **KIMHEI** 130303 FICTITIOUS BUSINESS NAME

STATEMENT #FBNF2013-01507. Nicole Delura and Christopher Limpin both of 10341 Beckley Way, are doing business under the Fictitious Business Name "Luxury Detail" at 2551 Trade Wind Ave., Sacramento, CA 95825. Filed with the Clerk of Sacramento County on February 22, 2013. Publish: March 20, 27, April 3, 10, 130303 4-10-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02150. Sergey I. Struk, 8400 Twin Trails Dr. Antelope, CA 95843 is doing business under the Fictitious Business Name "Deluxe Design: at 7291 32nd St. #4, North Highlands, CA 95660. Filed with the Clerk of Sacramento County on March 14, 2013. Publish: March 20, 27, April 3, 10, 130303 DELUXE

FICTITIOUS BUSINESS STATEMENT #FBNF2013-01366. Anthony David Paglialunga and Davina Diane Paglialunga, both of 7340 Del Prado Court, Sacramento, CA 95828 are doing business under the Fictitious Business Name "Anthony's Carpet Care" at 7340 Del Prado Court, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on February 19, 2013. Publish: March 20, 27, April 3, 10, 2013. ANTHON 130303

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02058. Kirsten David, 7537 Kreth Road, Fair Oaks, CA 95628 and Leslie Harris, 2101 Campton Circle, Gold River, CA 95670 are doing business under the Fictitious Business Name "Blooming Love Floral Design" at 7537 Kreth Road, Fair Oaks, CA 95628. Filed

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with the Clerk of Sacramento County on March 11, Publish: March 20, 27, April 3, 10, 2013

BLOOMI 130303 4-10-13 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01708 Bertin A. Sabillon, 8590 Montpelier Way, Sacramento, CA 95823 is doing business under the Fictitious Business Name "GreenCali Janitorial Services" at 8590 Montpelier

Filed with the Clerk of Sacramento County on March 1, 2013. Publish: March 20, 27, April 3, 10, GREENC 130303 4-10-13

Sacramento,

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01260. Desiree Bertolani, 5350 Dunlav Dr. #3311, Sacramento, CA 95835; and Dawn Bertolani and Dean Smith, both of 5350 Dunlay Dr. #2712, are doing business under the Fictitious Business Names "DS3 Sports and Entertainment; Sacramento Corporate Challenge" at 5350 Dunlay Dr. #3311, Sacramento, CA 95835 Filed with the Clerk of Sacramento County on February 15, 2013. Publish: March 20, 27, April 3, 10,

DS3SPO 130303 4-10-13 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02157 Richard John Rocchetti, 8907 Fair Oaks Blvd. #E. Fair Oaks. CA 95628 is doing business under the Fictitious Business Name "ArcFormz" at 8030 Sacramento Street. Fair Oaks. CA 95628. Filed with the Clerk of Sacramento County on March Publish: March 20, 27, April 3, 10,

2013. **ARCFOR** 130303 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02191. Michael B. Knudsen 12380 Overland Way, Wilton, CA 95693 is doing business under the Fictitious Business Name "Knudsen & Associates" at 1127 1st Street #550, Sacramento, CA 95814. Filed with the Clerk of Sacramento County on March 15, Publish: March 20, 27, April 3, 10 130303

SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00139978 WHEREAS, Timothy W. Rodgers has filed a petition with this court for

a decree changing name of Timothy W. Rodgers to Timothy W. O'Bryan. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 19, 2013 in Department 53, located at 720 Ninth

Street. Room 102. 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 6, 2013 David I. Brown Judge of the Superior Court Publish: March 20, 27, April 3, 10,

OBRYAN 130303 4-10-13

SUPERIOR COURT OF COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00140390

WHEREAS, Mario Mohsen

Sabry Hanna has filed a petition with this court for a decree changing name of Mario Mohsen Sabry Hanna to Kebb Seff Amond. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 30, 2013 in

Department 54, located at 800 9th 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 13, 2013 Raymond M. Cadei Judge of the Superior Court Publish: March 20, 27, April 3, 10,

AMOND 130303



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fridge, microwave and a dining set table, seats 4 people. Vacant effective 3-1-2013.

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Contact Cora Allison

The Little You

Black Belt Book Day at the Carmichael Library is Saturday, March 23rd

CARMICHAEL, CA (MPG) To inspire children to excel requires a good education and reading is the foundation. To encourage kids to pick up a book and discover what's inside, the martial arts instructors from Robinson's Taekwondo are leading the way. When Black Belts talk, kids listen.

Parents and children are invited to come to the Carmichael Library Community Meeting Room for an inspiring hour of Black Belts and books, as the martial arts masters talk with kids about books that inspire them.

Black Belt Book Day takes place Saturday, March 23, 10AM-1130 AM at the



Carmichael Library, 5605 Marconi Ave.

Reading can open doors, inspire new ideas, build vocabulary and take readers places they might think they could never go. Academic improvement is one of the goals in pursuing a Black Belt in martial arts.

When a Black Belt instructor talks to the kids they listen. For parents this reinforces their desire to have a child succeed in school. While martial arts builds physical strength it also requires a student to think through, practice and perform in achieving a belt level. This translates into better grades that lead to a greater opportunity for success

Reading is fundamental to developing the mind in concert with learning to punch and kick, as Taekwondo seeks to improve the whole person in their journey as a student.

For more information call Robinson's Taekwondo Carmichael at 916-979-9155.



By Karen Anderson

Once again there is that voice, telling me what to do and what not to do. I want to say, "Mind your own business! Get out of my way and let me work on my goals and dreams." Does this happen to you? Do you have a little person inside you that stops you from achieving your heart's desire? I do, and she comes up at the worst times. This is your conscience talking to you. She

stay on the right course, but she can be a burden as well. When I really want to do something important in my life, she stands there with her hands on her hips saying NO. I have found a way to keep her quiet. This is when I need God's help and direction to find out if her stubbornness is for His direction and purpose for my daily life. Recently, I have realized that God uses my conscience to talk to me and help me stay on the straight and narrow. I also know that Satan can use

leading you away from God. "Finally, be strong in the Lord and in His mighty power. Put on the full armor of God so that you can take your stand

it against you and trap you into

bondage. Sometimes his sugges-

tions seem perfectly acceptable,

but they are wrong and he is

This is where you need to pray for discernment in every decision of your life, whether it is something like getting out of bed to spend time with God, or sleeping that extra 30 minutes. Remember that whatever time you share with God, He will give back to you. That means you don't have to worry about your busy day. Spend the time with God...it is worth it, and the 'little you' will also be working with you instead of against you.

PASSAGE: Ephesians 6:10-11

Karen Anderson is an accomplished speaker, author, and chaplain. Latest books, "Nikki's Tail-Waggin' Lessons" and "The Little Book of BIG Thoughts Series." Leave a message for Karen through her website www.doablesteps.com/contact.





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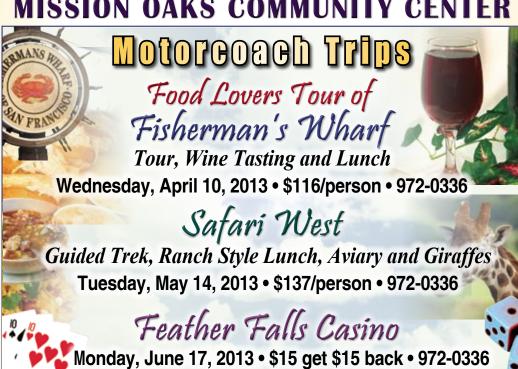


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PRODUCED BY FAHN & COMPANY PRESENTS

Carmichael Times Page 10 March 20, 2013

Continued from Page 1

Entertainment planned for

the Saturday Rally includes a

DJ, Old Time Fiddlers, a local

Rap & Hip Hop enthusiast, Rae

Rock Concert, the Sheldon High

School cheerleaders, and Daunte

Burks, a local comedian. There

will even be a belly dancer dem-

onstrating a fun way to stay

Kids of all ages can create

For your shopping pleasure,

there will be over 80 vendors of

all kinds indoors and outdoors.

A wealth of resources will be

available to help promote aware-

ness to parents and caregivers in

protecting their children from

harm in today's world, includ-

ing fingerprinting, a sketch artist

and DNA kits. There will also be

Over 140 volunteers includ-

ing youth from the Kiwanis Key

Club program for high school

students, Granite Bay High

School students, and the Boy

Scouts will be easy to spot in

their bright orange t-shirts, as

they help with all phases of the

event to earn their community

Drewski's Hot Rod Kitchen,

a gourmet food truck, will pro-

vide food for purchase. Kelli's

Cookies out of Roseville has

created a special Blue Ribbon

cookie for this event. Free sam-

ples and cookies for sale will be

At 1 p.m. a highlight of the

day will be the dramatic unveil-

ing of the nine-panel, Mobilizing

America Quilt Project, which

will be carried by the Caravan

of Hope (see below) on Sunday

morning. The nine 6X6 foot

panel display will be mounted

on separate walls and unveiled

one by one by parents of chil-

dren claimed by violent deaths.

The quilt, featuring the faces

of these children, including the

young victims of Sandy Hook,

reminds us that these victims

have faces and deserve to be

remembered forever. Enhanced

by a virtual version on line on

Later that evening more than

500 guests from all 50 states and

nine countries will gather for the

annual 'Heroes with Heart' gala

recognizing those who work on

Special guests receiving life-

ime achievement awards are

Roger Chiang, Marc Klaas, and

via Skype, John Walsh, all who

have experienced first hard the

heart break of the loss of a loved

one to a violent crime. Chiang's

28-year-old sister, Joyce, was

kidnapped and murdered in

the frontlines for kids.

Facebook.

available at the rally Saturday.

face painting.

service hours.

treasures at the arts and crafts

flexible and healthy.

Advocate Now on a Mission

Continued from Page 1

Williams adamantly asserts that, contrary to claims of SSF that the numbers of homeless in the Sacramento area are decreasing, they are actually much higher. He says that the numbers have been manipulated in order to receive additional grant monies.

"When counting the number of homeless, they do not count those who have applied with Health and Human Resources. I wasn't counted.

"I even see dead people in the streets. I'm one of the guys that calls 911.

"I want to know where is the grant money going? I've been asking the City Council to audit the \$15 million, and to perform a proper count of the homeless, including those who apply for aid at Health and Human Resources."

Like Longfellow Deeds, Williams is "every man." He knows firsthand how the homeless are ignored or disrespected. and partnering with Chen in



Prototype of the Steps Housing POD. Photo courtesy Steps Housing Systems.

producing the pods will allow the displaced some dignity with their shelter.

"My mother always said that everyone is important," says

Williams' vision of a community of transitional pod housing - a compound which would include a common shower, kitchen, and wi-fi hot spot to mail resumés - has struck a chord with SafeGround in Sacramento. They have discussed collaborating in obtaining land

outside the city limits (zoning) to achieve this goal.

There are additional potential uses for the pods, such as travelers stuck in airports due to extended layovers. They have approached the offices at Sacramento International Airport, who expressed an interest.

Natural disasters often produce displaced persons, and the pre-assembled pods can be easily transported to affected areas.

Even those looking for a backyard "mother-in-law" structure might find the pod a practical choice.

A documentary/short film is being developed about Williams' and Chen's story, and Anonymous Content has indicated an interest in packaging and selling the film to the big studios.

To learn more about Steps Housing, and how you can donate and/or sponsor a pod for a homeless person, visit their website at http://stepshousing.org/



Founder Kathleen Moore and Marc Klaas with program participants. Photo by Rob Larson, courtesy Army of Angels

1999. He is now Executive in Charge at Walsh Production, LLC. Klaas founded KlaasKids Foundation after his 12-yearold daughter, Polly Klaas was murdered in Petaluma, CA in 1993. John Walsh, whose seven year old son, Adam was murdered in 1981, woke the nation up to the reality of child abduction with his long running show, "America's Most Wanted'. Local and state law enforcement will also be present, and local organizations working for the children will be recognized with special

Public Invited to Join Army of Angels

Proceeds from a raffle and silent auction will benefit Klass Kids and WynSpring. KlaasKids Foundation aids in the prevention of child abduction as well as exploitation and assist in finding missing children.

WynSpring Family Resource Center in Sacramento works with young victims of abuse who are in protective custody to help them overcome the trauma they have suffered and come out on the other side of their trauma able to cope and reach their full potential.

Do you ride a motorcycle? If so, you are invited to join the second annual Kross Kountry-4-Kids-A Journey-4 Justice ride on Easter morning. Breakfast and escort are open to the public. This is a two-week Caravan of Hope traveling from California's capitol city to our nations capitol and back. The caravan of over 150 riders, motorcycles, cars, trucks and RV's will set out from the Center at 8 a.m. Easter morning. Some will ride and drive for a portion of the trek, others for the entire journey. Stops will be made in five states to pick up additional participants during this 14 day,

7,000 mile adventure, ending in Washington D.C. on April 7. There they will become part of an informal, peaceful demonstration on behalf of children around the world. This is just one of over 25,000 annual charitable motorcycle rides to support children's causes.

The public is also invited to the caravan's Welcome Back Bash at Folsom Harley-Davidson, 115 Woodmere Road, Folsom, California, upon their return on April 14 from noon to 2 p.m.

Other events open to from youth through college are the Alicia Project: "What Safe Looks Like" poster and essay contests. Project co-founder, Alicia Kozakiewicz was abducted by an Internet predator in 2001 at age 13, but was rescued by the FBI. She and her mother, Mary, created this program to help raise awareness of this problem, and help teach youth how to protect themselves by establishing boundaries on the Internet and in their lives. The deadline for the contests is March 26, 2013. For more information, go to www.facebook. com/aliciaproject. Winners will

be announced at the Rally. If an individual or organization would like to help with the donation of items to fill Easter baskets being created to go to these children after the event on Saturday night, contact Carol Spiker at 723-2314. Items needed include candy, small stuffed animals, card games and crayon, along with door prizes for the silent auction.

For information on any of the above contact Katherine Moore at 916-583-1322 or go to her website at ArmyofAngels.biz.



Chen (left) and Williams being interviewed by KTSF

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Ask Mister Fit

There are many ways to

become healthy and fit that

don't involve a martial art.



Jonathan Peschke, Robinson's TKD Carmichael

There are many ways to become healthy and fit that don't involve a martial art.

However, many of the issues that people often cite in not exercising, or giving up on their latest routine, rarely are heard from martial artists. The training may look routine as regular forms practice is necessary to develop muscle memory, but those who participate know every day is different, as individuals work toward their specific goal. Too often repetition leads to boredom and not too much later they quit.

For Taekwondo students every training day presents a new challenge, unlike some forms that require a rigid adherence to style like Tai Chi. Our students lift weights, run, stretch and utilize many of the other aspects of exercise in pursuing the next belt while also working toward their personal goal.

be less than thrilling after that first mile, but martial arts offers an array of ongoing challenges with each new belt achieved. We often have students remain with us from Tiny Tiger to adult Black Belt and Silver Tiger in their later years. Working through new techniques requires exercise of both body and mind. That is why we refer to martial arts training as a 'journey' rather than a 'day at the gym', or a simple workout.

We also encourage academic success and community service in our programs. *Please bring the* kids to join us at the Carmichael Library on Sat March 23rd for Black Belt Book Day as our instructors talk with visitors about literature that inspired them as children to excel and become martial arts masters. We hope to see you and your family from 10 AM to 11:30 AM in the Community Meeting room. Everyone who attends Black Belt Book Day will also receive a 5-day VIP pass to try TKD.

Our email question comes from a Carmichael empty nester:

Walking the stair master would Hey Mr Fit, What can an older active 50+ mom do to keep fit after chasing children for 20 years? I don't want to hike, ride bikes or do a boring regular class but need a group to help encourage me. What can you suggest that won't cause me too much pain or injury at my place in life?

Our Silver Tigers program is a non-contact self-defense and fitness program for active adults. Meets once a week. You might also consider ballroom dancing, adult swim, archery or look into groups that provide walking tours. Movement is the key to remaining healthy, fit and able to enjoy life!

Email your questions to AskMisterFit@robinsonstkd.com and look for your answer on-line, or in the pages of this newspaper.



Growing Plug-in Market Helps ARC Students Turn Green

By Mark Ahling

SACRAMENTO REGION, CA – (MPG) Don't be fuelish! If you haven't seen the phrase yet you will, because it may be the message American River College is sending its students. The sales of electric vehicles are on the rise and the availability of vehicle charging spaces is growing. However the new electric vehicle charging spaces at ARC have seen very little usage since the structure's dedication on Feb 19, 2013.

Creating these charging stations was just half the battle, filling the 15 spots, which are considered prime real estate in the garage, will be the task at hand.

Rebates issued to those who drive electric vehicles are on the rise, according to the State of California. Car manufacturers predict sales numbers this year to more than double those



Electric charging stations such as this one at the new American River College parking structure sit empty most of the day.

Photo by Mark Ahling

of 2012. The average cost of an electric vehicle is around \$30,000 and the Chevrolet Volt was by far the most popular version of the plug-in model selling over 23,000 vehicles last year, as reported by CNN Money.com.

Students driving gas powered



A sign leads drivers safely under a pedestrian walkway where the electric charging stations are waiting in the ARC parking structure, which mostly remain empty. Photo by Mark Ahling

vehicles are happily parking a bit further away in the other empty 1,700 spots available in the new garage. Meanwhile, most of the front-row electric vehicle spots remained empty.

According to an ARC administration representative, the 15 electric vehicle designated stalls are open to all people who drive any type of electric vehicle, some of which are also marked as handicapped. Parking your gas powered vehicle in an electric vehicle or handicapped designated spot would carry a \$33 fine much like parking in a red zone. A representative of the Los Rios Police Department confirmed this and stated that no citations have been issued for any such infractions yet, which are listed on their website.

There is no additional fee for electric vehicle owners to park in these spots, which means owners of these energy efficient vehicles can virtually fill up for free.

Plug-in and Hybrid car charging stations are becoming more and more common these days. Due to incentives through the Federal and State Governments, sales of electric and Hybrid vehicles tripled in 2012, according to a report by CNN Money.com. You may notice them up front in stores like IKEA, Best Buy and Walgreen's who are all currently testing them in certain markets.

Tax breaks, rebates and front

row parking spots still are not enough to drive masses of people into dealerships to buy these potentially eco-friendly vehicles, which may be why some of the spots remain empty.

Some online sources and car manufacturers are still unsure of the emerging markets, such as the chief executive officer of Jaguar Land Rover." it would be better to wait until the technology improves and there is a greater benefit to the environment", he said in an interview by the Guardian at last weeks auto show in Geneva. Although electric vehicles produce no emissions themselves, the generation of the power used to charge these vehicles does. Studies are available online that can pinpoint areas of the US where electric vehicles are most effective environmentally.

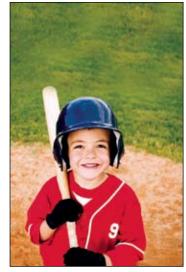
So students and the surrounding community have the opportunity to charge their electric vehicles in easily accessible front-row spaces. The question remains how many people will take advantage of the open spaces? Most students polled had little to say about the subject except that if the cars were a little cheaper to buy, they probably would. This thought seems to be the resonating factor throughout the community and is a direct reflection as to why you may see so many of these charging stations sitting empty for now.

Aspiranet Unlocks the Door to Lasting Family Connections for Foster Youth

SACRAMENTO REGION, CA – (MPG) Although National Foster Care Month isn't until May, Aspiranet, one of California's largest nonprofit social service agencies, cannot wait to shine a light on the great need for more foster families in Sacramento County.

"Each year we place hundreds of children and teens with safe and loving foster families but we know that on any given day there are thousands more young people in California waiting for a foster family to call their own," said Vernon Brown, Aspiranet CEO.

Aspiranet's inventive approach requires that all foster children are thoughtfully placed with a family that best suits their individual needs. Foster parents receive comprehensive training, educational programs,



Aspiranet highlights the need for permanency for thousands of California foster children and teens. Photo courtesy of Aspiranet.

one-on-one counseling and ongoing 24/7 support and guidance. The social services agency that is a recent recipient of the highly coveted Joint Commission Gold Seal of Approval®, finds it more difficult to find foster homes for older children and teens and asks that foster parents open their hearts to the idea of caring for an adolescent in need of a home, love and support.

"Older children and teens need just as much love and guidance as younger children do," Brown said.

"One of Aspiranet's fundamental goals is to provide a lasting connection for each and every foster child, regardless of their age."

For more information about becoming a foster parent through Aspiranet and upcoming training classes in Sacramento on March 23 and May 18, visit www.aspiranetheroes.org or call 1-877-380-HERO.

We are seeking loving homes for foster children in need.

Could you be one of these families?

Don't miss our next training session Saturday, March 23

Time: 9 am

Location: Sacramento

Space is limited. Please call to register today.

(877) 380-HERO



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Contact us today to learn more and register for our training session:

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Current and Upcoming Events



"Poppy Glow", by Maria Porter,
Best of Show 2012 "Awash With Color"

"Awash With Color", WASH Inc., or Watercolor Artists of Sacramento Horizons, presents an annual members' watercolor show.

April 2-20, 2013. Juried by Patricia Osborne.

"Awash With Color" will be a display of members watercolor paintings.

Over 100 watercolors are expected to be displayed. Special 2nd

Over 100 watercolors are expected to be displayed. Special 2nd Saturday Reception with live music, April 13, 2013, 5:30-8:30 pm.

Abstracts Watercolor Workshop Sandy Delahanty

Incorporating "Negative Painting" with an emphasis on the Principles of Design

A weekend workshop at the Sacramento Fine Art Center. Saturday & Sunday, March 23 & 24 10am - 4pm

Learn to create a well designed abstract painting using fun techniques including pouring, spraying, and "Negative Painting". Details are on www.sandydelehanty.com. To enroll call 916-652-4624.

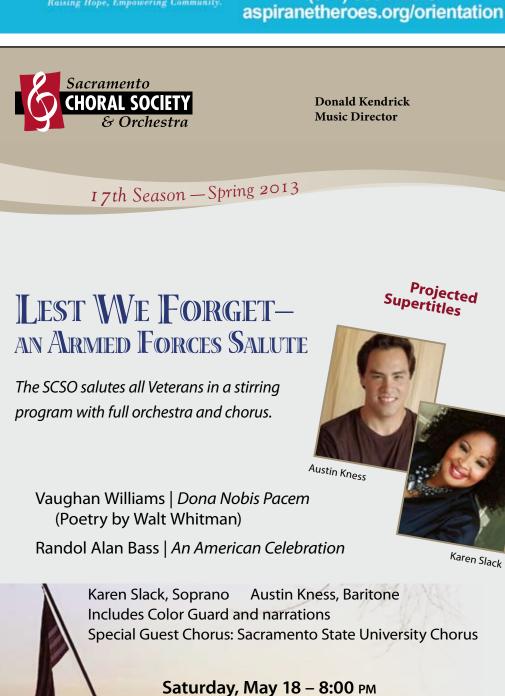
"Impressionist Painting in the Studio" with artist Kristen Olson
2 workshops: Limited to 12 students each • Saturday, Sunday, Monday, 9:00am - 6:00pm
March 30th-April 1st June 22nd-24th • Cost: \$290.00, \$100.00 deposit to hold each space.

Cost: \$290.00, \$100.00 deposit to hold each space.

Contact Kristen at: Kristen@KristenOlson.net http://www.kristenolson.net or phone: (650) 427-0591 If you've ever wanted more individual attention during a workshop, then this one's for you.

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SACRAMENTO REGION, CA – The complete River Cats promotional schedule for the 2013 season was unveiled recently, with twice as many fireworks shows, a nine-part bobblehead giveaway, and a pair of new recurring promotions—Throwback Mondays presented by Cache Creek and Free Parking Wednesedays presented by Jiffy Lube—featured as highlights to what was already one of the best promo schedules in all of baseball.

For the first time, Raley Field will be the backdrop for postgame fireworks after every Friday home game in addition to the return of the popular Sutter Health Fireworks

Saturdays. With a fireworks extravaganza planned for the Independence Day Celebration on July 3 as well, there will be 22 fireworks shows after River Cats games this season.

Recurring promotions - a promotion for every day of the week, all season long—will return this season with a pair of unique additions. Throwback Mondays presented by Cache Creek will feature the River Cats donning Sacramento Solons jerseys and hats, as well as "throwback" prices on popcorn and peanuts, available for just 50 cents each. Also, Free Parking Wednesdays presented by Jiffy Lube will debut this season,

with free parking at Wednesday home games throughout the season (excludes July 3).

The River Cats also will celebrate a pair of ballpark milestones this season: the 1,000th game at Raley Field will be commemorated with "A Grand Celebration" on Saturday, June 22, and the 10-millionth fan at Raley Field will be honored with a once-in-a-lifetime prize package, expected sometime early in the season.

The complete 2013 promotional schedule can be found online at the River Cats brand new website, rivercats.com.



CREATING CHEMISTRY

Can you create chemistry with anyone? Leil Lowndes thinks you can. She is one of today's most sought-after speakers on communication techniques and is author of the international bestsellers "Goodbye to Shy," "How to Make Anyone Fall in Love with You," and "How to Talk with Anyone." So my curiosity got the best of me, and I had her on my radio show POPPOFF to talk about her seventy-five ways to spark it fast and make it last book "How to Create Chemistry with Anyone." I honestly thought this was a stretch, because there are some people that...well you know...no way in Hades you can have a relationship. It just doesn't come together. But Leil says never fear, she has plenty of ways to cope. I've got to admit, so many books promise ways to keep passion alive forever. I wondered if that's even possible? Leil gave some no-nonsense practical info in her book. She said that on the average, intense passion only lasts from eighteen months to two years because, no matter how exciting or beloved someone is, sex with the same person doesn't produce the same hormonal and dopamine rush. Additionally, pregnancy causes very different chemicals. Tragically, many couples feel when the passion diminishes, it means loving is diminishing too. Absolutely not! Often it means

POPPOFF!

with Mary Jane Popp

just the opposite because bonding chemicals—which mean long-term contentment—are in conflict with testosterone. So I asked Leil to give me her top ten ways to encourage lasting chemistry for couples:

1) Keep doing dopamine-producing fun and active things together. You'll spend a lot more on divorce or marriage counseling than you will for babysitters and movie tickets now.

2) Touch a lot, especially the non-sexy kind. Accidental or intended, fleeting or abiding, touch stimulates the trust chemical and reinforces togetherness.
3) Encourage him to hold his newborn infant. This stimulates

newborn infant. This stimulates vasopressin, another bonding chemical in males, which has the effect of making him more protective of his family.

4) Laugh a lot together. When your body is laughing, you're brain thinks you're happy and, of course, you're mate thinks you're the reason for the joy.

5) Support each other's goals and aspirations. Encourage your partner to talk about them.

6) Understand your partner's very different way of thinking due to brain structure. (Example: He is not neuroanatomically capable to easily talk about his feelings even if he'd like to. She can't stop making interconnections and assumptions about everything.

7) Men, become sensitive to her "micro-expressions." Women respect his silent times. It's easier when you realize the different ways your partner's brain is wired

8) Ladies, give him lots of quickies, even when you don't feel like it. He'll interpret it as loving him. If he gets turned down too often, he won't start the slow lovemaking you like for fear of being rejected.

9) Gentlemen, think "slow seduction," not "sex." Remember turnabout is fair foreplay. Make time to give her lots of slow-ies.

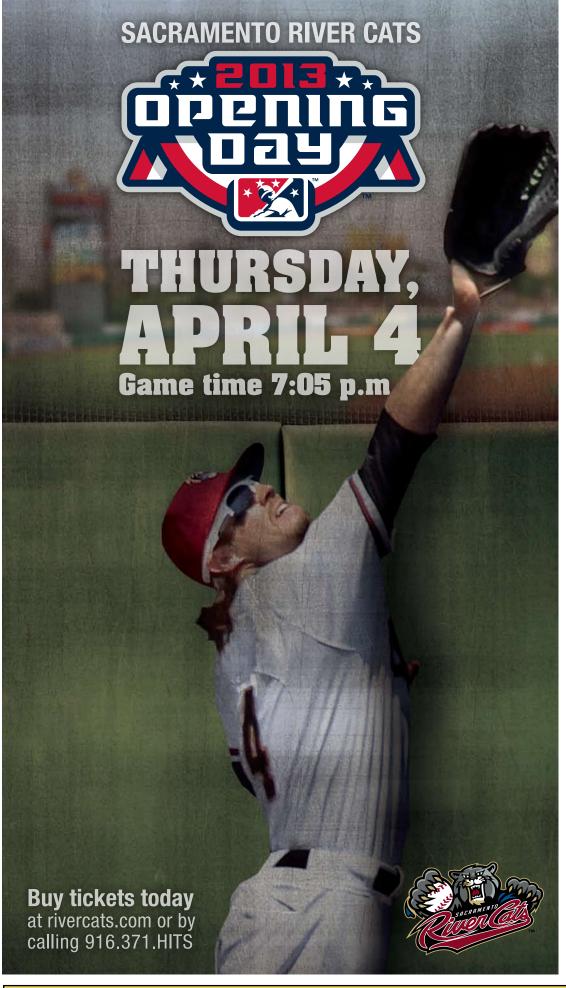
March 20, 2013

10) Words work wonders. Keep saying what your partner craves hearing. Gentlemen, tell her you love her—once a day minimum. Women, find ways to let him know you actually need him (whether you actually do for certain things or not.)

I absolutely love how Leil describes the distinction between being in love and lasting love. For this, she quotes the English author, Louis de Bernieres.

" Love is a temporary madness. It erupts like a volcano and then subsides. And when it subsides, you have to make a decision. You have to work out whether your roots have become so entwined together that it is inconceivable that you should ever part. Because this is what love is: Love is not breathless, it is not excitement, it is not the promulgation of promises of eternal passion...That is just the being "in love" which any fool can do. Love itself is what is left over when "being in love" has burned away, and that is both an art and a fortunate accident." This should be mandatory reading before a marriage license is granted. But I realize few will read and most will ignore the wisdom behind this statement. After forty-two years of marriage, I can truthfully say that these are true words of wisdom. For more info on Leil Lowndes and her latest book "How To Create Chemistry with Anyone" go to www.peoplemagnit.com. And my hope is that love remains in your life always!

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







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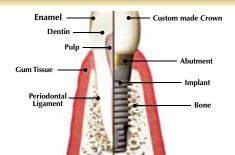
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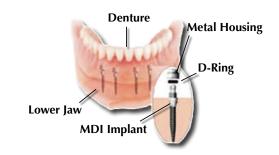
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