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# Carmichael Times

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# New Structure for Student Success



Mark Ahling Photography/markahling@gmail.com

The \$24.5 million American River College parking structure project, which also includes a new student center and design area, is much praised.

By Mark Ahling

SACRAMENTO REGION, CA – (MPG) On Tuesday February 19, 2013, the new American River College parking structure opened to students. The construction of the \$24.5 million project, which also included a new student center and design area, is complete. It was built in part using taxpayer money provided by Measure M and is the second such structure to be completed in the Los Rios Community College District.

Since its inception in 1955, American River College has had a long standing tradition of teaching excellence but parking nightmares. Members of the surrounding Carmichael community have since dealt with

late and angry drivers, fighting for open curb every morning for decades. But it has been no picnic for students either, some reported driving around for more than 30 minutes to find open parking spots.

The massive pre-cast concrete structure, on the southernmost edge of the ARC campus, will feature four elevators, three staircases, 15 electric vehicle plug-in spots and 26 handicapped stalls. A grand stair on the north side of the structure welcomes students into the campus, as the project was designed primarily for pedestrian safety. Portions of its architectural features were mimicked from various parts of the existing campus, such as the library and fly tower over the Theater Arts

building.

A landscaped driveway leads cars in and out of the structure; a fenced pedestrian bridge passes over the roadway and leads students towards the campus. Several students admiring the pathway compared its likeness to a "theme park" entrance.

Dedication of the new structure took place on February 14 in front of more than 150 students, residents and school administrators. Dr. David Viar, ARC President, spoke to the crowd and dedicated the project to "student success." Also briefly speaking was LRCCD Board President Pamela Haynes and ARC Associated Student Body Vice President Omba Kipuke.

A Super-Charged vehicle, provided by the ARC Automotive

Technologies Department, was officially the first car to break the red ribbon and park in the new garage. A few dignitaries along with driver Ben French gave thumbs-up as the vehicle passed through the entrance and parked on the fifth floor. A reception for all whom attended was set up on the top floor and a tour of the amenities was available directly after the short ceremony.

Parking in the structure is open to the public with either a valid parking permit or a daily pass, available from machines located on each floor.

Students and residents alike praised the college for its beautiful expansion and now ample parking.

## Snow Survey Shows Continuing Dry Conditions

SACRAMENTO Region, CA – (MPG) Snow surveyors have confirmed that water content in the mountain snowpack is well below normal for this date. The snowpack hasn't actually lost much water content since the season's first survey on January 2, when it was 134 percent of normal for that date, but it hasn't continued to build as winter has deepened because of the continuing warm weather that set in after the storms of late November and early December. In other words, the snowpack has not kept pace with the calendar.

As a result, the snowpack water content is only 66 percent of average for this time of year, and only 57 percent of the average April 1 reading, when the snowpack normally is at its peak before beginning to melt into the state's streams, reservoirs and aquifers. The snowpack – often called California's "frozen reservoir" – normally provides about a third of the water for California's farms and communities.



With no precipitation in the forecast, the Northern California region whose storms fill key reservoirs that supply water to farms and millions of Californians is headed toward the driest January-February on record (since 1920).

This is the normally rain-rich, mountainous area from Shasta Lake in the north to the American River basin in the south, where a scant 2.2 inches of rain has fallen since December, 13 percent of average.

The next driest January-February was in 1991, with 4 inches of precipitation. Forecasters note there could be a weather turnaround in March, but it is unlikely late-season storms will make up the water supply deficit.

"Near-record dry weather combined with pumping restrictions to protect Delta smelt are making this a gloomy water supply year," said Department of Water Resources Director Mark Cowin.

"This scenario is exactly why we need an alternative water conveyance system as proposed in the Bay Delta Conservation Plan to both protect fish species and give California a reliable water supply."

Source: DWR

# Jesuit Boys' Soccer Finishes Ranked No. 1 in Country by Maxpreps

The Marauders receive Army National Guard national ranking trophy for rank, state championship

CARMICHAEL, CA – (MPG) Jesuit High School was presented with the Army National Guard national ranking trophy during a spring sports assembly on Friday, March 1st, 2013. The honor is part of the inaugural MaxPreps Tour of Champions for Boys' Soccer presented by the Army National Guard and Jesuit is one of just ten schools being honored.

The Marauders finished ranked No. 1 in the country by MaxPreps, a California-based company that ranks more than 14,000 high school boys' soccer teams.

"MaxPreps is thrilled to work with the Army National Guard to honor America's finest high school boys' soccer teams with the prestigious Army National Guard national ranking trophy," said President and Founder, Andy Beal. "Coach Rose and the Jesuit Marauders have proven on the pitch that they are among the nation's truly elite high school soccer teams. We are happy to add boys' soccer to this year's tour and salute the coach, the young men on the team and Jesuit High School for a job well done."



Jesuit's defense was incredibly strong all season. They did not allow a single goal in 23 of their 29 games. Photo Credit: Precision Sports Entertainment LLC.

Jesuit shut out Granite Bay 5-0 to win the California Division 1-section championship. This is the tenth title for the Marauders and their third in four years. Jesuit finished the season at 27-1-1.

"It means a lot to be honored by MaxPreps and the Army National Guard," said Jesuit head coach Paul Rose. "MaxPreps

is a very objective ranking system, unlike other polls. I like this because it recognizes all the hard work the boys put in and the difficulty in our schedule." Coach Rose was inducted into the Sacramento Section Hall of Fame this season and he holds the distinction as the soccer coach with most wins in the state of California.

The Jesuit Marauders traveled extensively this season, finding tough competition wherever they went. Their only loss came against Jesuit of Portland, Oregon and their only tie was to Granite Bay – who they later beat in the championship game – in the Capital Challenge.

Continued on Page 3



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**By County Supervisor Susan Peters**

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

**LEARN ABOUT THE CRIMINAL JUSTICE SYSTEM**

Applications are now being accepted for the 2013 Citizens Academy, a 10-week course designed to provide an overview of the criminal justice system. The program is sponsored by District Attorney Jan Scully and supported by Sheriff Scott Jones along with the Sacramento Police Department.

The academy runs from April 9 through June 11 and involves weekly evening classes at the Sacramento Police Department Headquarters plus field trips.

Participants must be at least 18 years old and either live or

**CARMICHAEL COMMUNITY UPDATE**

work in Sacramento County. The deadline to submit an application is March 19.

For more information visit [sacda.org](http://sacda.org) or contact Cecile Velasco at 874-7428 or via email at [velascoc@sada.org](mailto:velascoc@sada.org).

**SHERIFF'S MARCH COMMUNITY MEETING**

The Sheriff's Department holds regular community meetings to share information about trends in crime and the next meeting for Carmichael will be on Tuesday, March 19, 6 p.m., at the Del Campo High School Library, 4925 Dewey Drive.

Besides hearing first-hand what is occurring in the community, the meeting provides the opportunity to learn first-hand about the importance of Neighborhood Watch. Experience shows time and again that residents banding together can reduce their own crime risks by implementing home security survey recommendations, being observant, and working with law enforcement. For more information, go online to [sacsheriff.com](http://sacsheriff.com) and click on crime prevention.

**CARMICHAEL EGG HUNT OFFICE HOURS**

At the end of March I will hold another no appointment necessary "Office Hours" for residents

to visit with me and chat about matters. This time I will be at the Carmichael Egg Hunt between 9:30 to 11 a.m. on Saturday, March 30. The Egg Hunt starts at 10 a.m. sharp rain or shine. In addition, there is a pancake breakfast that runs from 7 to 11 a.m.

The Carmichael Recreation and Park District along with the Kiwanis Club of Carmichael are sponsoring the two activities at Carmichael Park, 5750 Grant Avenue. For more information about the egg hunt, call the Park District at 485-5322 or go online to [carmichaelpark.com](http://carmichaelpark.com).

If you have a Facebook account please check out my Facebook fan page for dates, times and locations for future "Office Hours" as they become scheduled and I invite you to like my page so you can be notified of my postings. I put information on my fan page periodically about district events, meetings and activities. The page can be found by searching for Supervisor Susan Peters within the Facebook site.

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at [susanpeters@saccounty.net](mailto:susanpeters@saccounty.net).

**ARC Professor Wins Education Award**

SACRAMENTO REGION, CA – (MPG) American River College (ARC) Business Technology Professor Roietta Fulgham has received the Outstanding Postsecondary Business Educator Award from the Western Business Education Association (WBEA), recognizing excellence in her work.

Ms. Fulgham is a professor and co-department chair at ARC in the Business Technology Department. She is a certified business educator (CBE) and a certified administrative professional (CAP). She received her B.S. and M.S. degrees at Utah State University in Logan, UT. She has been a volunteer with the NAACP both in Utah and California and is an active member of Delta Sigma Theta Sorority, Inc. She also



**Professor Roietta Fulgham**

served as president of WBEA from 2011-2012.

This past November, Roietta was awarded the Outstanding Business Educator award for the state of California. She has been teaching

business subjects at the postsecondary level since 1971. WBEA is the western region of the National Business Education Association (NBEA). WBEA represents professionals involved in education for and about business, marketing, and related information technologies at all levels of education in public and private institutions.

Ms. Fulgham received her award at the WBEA Conference Feb. 17 in Ogden, Utah.

Founded in 1955, American River College is the largest institution of higher learning in the greater Sacramento area and a college of the Los Rios Community College District. For more information visit: [arc.losrios.edu](http://arc.losrios.edu)

Source: ARC News

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# Jesuit Boys' Soccer Finishes Ranked No. 1 in Country by Maxpreps

Continued from Page 1

While there were some games that the boys did not play well, those games ended up being one of the keys to their success as they helped the Marauders prepare for tougher games ahead.

The Jesuit offense was built on speed. Coach Rose believes that this team had the most speed on the front line of any team he has coached in his 34-year career. Niko Hansen, the Delta River League Player of the Year and an All-American, led the team with 35 goals and 16 assists. Hansen will play for New Mexico next fall. Joining Hansen on offense were senior Kaba Alkebulan (Cal Poly San Luis Obispo) and junior Evan Barrett. Alkebulan netted 18 goals and 12 assists while Barrett added 16 goals and 10 assists.

Jesuit's defense was incredibly strong all season. They did not allow a single goal in 23 of

their 29 games. Defenders Evan Glass (senior), Andrew Gosseln (senior), Anthony Ayala (junior), John Bovill (junior) and Matt Nemeth (junior) all contributed to that effort.

Master Sergeant Burlington Willardson of the California Army National Guard presented Coach Rose and the Marauders with the Army National Guard national ranking trophy at a spring sports assembly on Friday.

"For the first time, Army National Guard representatives will present the Army National Guard national ranking trophy to nationally ranked boys soccer teams," said LTC Christian J. Johnson of the Army National Guard. "We take great pride in doing so because the trophy symbolizes the indomitable spirit common to high school athletes and the U.S. Soldier. It is our honor to share this symbol with the team, coaches, parents,



Jesuit's Championship Soccer Team shares the award. Photo by Julie Parker.

and school. It is an award for the entire community and is much deserved."

MaxPreps uses an intricate computer program to determine team rank - known as the "MaxPreps Freeman Rankings." Prior season history, school size, and comments on message boards are not considered in the MaxPreps rankings. The

computer-based system utilizes the huge number of game results stored in the MaxPreps database. Generally, the more a team wins the higher the ranking, but the system also takes into account quality wins (against other highly ranked opponents) and strength of schedule. For example, a team's ranking is hurt more by losing to a team that

is ranked below them than to a team ranked ahead. Boys' soccer rankings are updated once a week.

MaxPreps.com is the leading online high school sports destination, offering the most comprehensive high school sports coverage, with the latest news, analysis, rankings, and streaming content. A CBSSports.com site, MaxPreps.com aspires to cover every high school team, game, and player by partnering with nearly 35,000 varsity coaches throughout the country. Founded in August 2002, MaxPreps.com is headquartered in Cameron Park, California and is a unit of CBS Interactive. For more information about MaxPreps.com and for the latest high school sports news, scores, and expert analysis, please visit maxpreps.com. Follow MaxPreps.com on Twitter: twitter.com/maxpreps and on Facebook: facebook.com/maxpreps. More information

about CBS and its businesses is available at cbscorporation.com.

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Source: Precision Sports Entertainment LLC



## Announcements & Events Facility Rentals

Looking for a place to hold a party or meeting? Come check out our facilities at Carmichael Park, 5750 Grant Ave. and La Sierra Community Center, 5325 Engle Road Suite 100.

### Ukrainian Easter Egg Workshop

March 9, 9:30am-12pm - Adults. March 14, 6:30-8pm - Ages 10+ and parents.

Learn the ancient art of making Ukrainian Easter Eggs, called "Pysanka" in the Ukraine. Ukrainians have been decorating colorful eggs, creating these small jewels for many generations.

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

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# Coming Soon: A New Way to Buy Health Insurance



Commentary by David Sayen

When key parts of the health care law take effect in 2014, you'll have a new way to buy health insurance for yourself, your family, or your small business: the Health Insurance Marketplace. The Marketplace is designed to help you find health insurance that fits your budget, with less hassle.

Every health insurance plan in the new Marketplace will offer comprehensive coverage, from doctors to medications to hospital visits. You can compare all your insurance options based on price, benefits, quality, and other features that may be important to you, in plain language that makes sense.

You'll know you're getting a quality health plan at a reasonable price, because there's nothing buried in the fine print.

When you shop at the Marketplace, all your costs are stated upfront. So you'll get a clear picture of what you're paying and what you're getting

before you make a choice.

California's Marketplace is called Covered California (www.CoveredCa.com). Under the health care law, you and your family also will have new protections. Health insurance companies can't refuse to cover you, or charge you more just because you have a chronic or pre-existing condition. And they can't charge more for women than for men.

Here are three things to keep in mind about the Health Insurance Marketplace:

- It's an easier way to shop for health insurance. The Health Insurance Marketplace simplifies your search for insurance by gathering all your options in one place. One application, one time, and you and your family can explore every qualified insurance plan in your area — including any free or low-cost insurance programs you may qualify for, such as Medi-Cal or the Children's Health Insurance Program.

- Most people will be able to get a break on costs. Programs that lower costs are available for almost everyone. You may be eligible for a free or low-cost plan, or a new kind of tax credit that lowers your monthly premiums right away. New rules and expanded programs mean that even working families can get help paying for health insurance at the Marketplace.

- Clear, apples-to-apples comparisons. All health insurance plans in the Marketplace present their price and benefit information in simple terms you can understand, so you don't have to

guess about your costs.

Starting on October 1, 2013, you'll be able to enroll in a health plan through Covered California. Detailed information will be available about all the insurance plans offered in your area.

You can sign up now at www.CoveredCa.com to get email updates that will let you know how to get ready to enroll in the plan of your choice.

If you have difficulty finding a plan that meets your needs and budget, there'll be people available to give you personalized help with your choices. These helpers aren't associated with any particular plan, and they don't receive any type of commission, so the help they give you will be completely unbiased.

Www.CoveredCa.com will be much more than any health insurance website you've used before. Insurance companies will compete for your business on a level and transparent playing field, with no hidden costs or misleading fine print. You'll have more choice, more control, and more clout when it comes to health insurance.

Insurance coverage offered through Covered California takes effect on January 1, 2014.

David Sayen is Medicare's regional administrator for California, Arizona, Hawaii, Nevada, and the Pacific Trust Territories. You can always get answers to your Medicare questions by calling 1-800-MEDICARE (1-800-633-4227).



Dr. Bob Graykowski



*Wellness means living a life of optimal health and vitality. Where can you find wellness? At our office, we coach patients toward wellness by empowering them with information. According to a new report by researchers at the University of California, Irvine patients under chiropractic care are likely to experience positive changes in overall wellness. Findings revealed a positive relationship between chiropractic care and "self-reported improvements in wellness as well as self-reported changes in lifestyle practices".*

According to the study, the chiropractic patients "tend toward the practice of a positive health lifestyle, which also has a direct effect on reported improvements in wellness."

### Prevention

Many approaches to health care might more aptly be termed "sickness care," because they focus on managing symptoms after the disease process has ensued. Chiropractic is different. We teach our patients to prevent health challenges before the onset of symptoms. Patients are also encouraged to shift the way they think about health care from a disease-based "don't fix it if it isn't broken" model to prevention oriented one.

### Holistic Health Care

As a "holistic" form of health care, chiropractic addressed the whole person. Unlike many other health-care approaches, chiropractic acknowledges the intricate function of the brain and nervous system in creating a mind body connection.

### Education

Doctors of chiropractic uphold that educating patients about

# A Unique Approach to Wellness

how to achieve optimal spinal health and wellness shouldn't be something "extra". Instead, it is an integral component of patient care. Each week we teach classes to our community and the information presented is based on scientific research from peer-reviewed journals. So, unlike mass media reports or pharmaceutical company publicity, you can always trust the information we provide. Our goal is to empower patients to limit negative stress on the nervous system in all forms – physical, emotional or environmental.

### Spine Centered Care

Speaking of the true root of the problem, it often involves the spine. Spotlighting spinal health is another feature that makes chiropractic unique.

Doctors of chiropractic check patients' spines for signs of dysfunctional areas called **vertebral subluxations**, where movement is restricted or alignment is unbalanced.

It's easy to imagine how vertebral subluxations may provoke conditions like backache and headaches. But many people do not realize that preliminary research links vertebral subluxations with a plethora of other ailments, such as infantile colic, gastrointestinal and respiratory problems, infertility and insomnia – just to name a few.

How might vertebral subluxations trigger such a myriad of conditions? Nerves enter and exit the spinal cord between spinal bones (vertebrae). Consequently, a disruption in the balance of the spinal column may interfere with the nervous system.

### Enjoyable Visits

Unlike other forms of health care that are often associated with long waits, hassle, pain and discomfort, patients actually enjoy their chiropractic visits and look forward to them.

Our chiropractic office is committed to making each and every visit a positive experience – both physically and emotionally.

### Self-Healing

Chiropractic is founded on the principle that the body has an

innate ability to heal itself. As long as the systems of the body are in balance, the individual has a much higher chance to remain disease free. Unlike many other health-care professionals, doctors of chiropractic do not claim to heal patients. Instead, they assist patients in removing obstacles on their road to wellness. Examples of these obstacles include poor nutrition, negative stress, lack of exercise, environmental pollutants, unnecessary medication, cigarette smoke, poor sleep, inadequate hydration, and most of all vertebral subluxations.

### Drug Free

Chiropractic does not involve medication – prescription or over the counter. Doctors of chiropractic know that many medications only cover up symptoms rather than correct the underlying cause of a problem.

### A Way to Wellness for Those You Love

Now that you know why chiropractic is different, it's time to embrace this unique approach to wellness and share it with others. Attend one of our monthly community workshops and join us on the road to wellness.

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.

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# TAX HELP

*from a Tax Pro*

**Dean Alexander Sr.**

## What Should I Do If I am Missing My W-2?

If you are missing your w-2 you could call the IRS and inform them that you are missing your w-2. Before calling them make sure you contact your employer. If they don't respond then make the call to the IRS. Have your information available such as your Social Security number to verify your identity. They may ask you about your previous filing status. Even if you don't know it that would not stop the conversation. At least you should provide them with Social Security, your address and possibly your birth date.

### Can I Use Pay Stub Information If I don't Have MY W-2?

If you are about to file and you still don't have your w-2 you may file a substitute for w-2 form 4852. Basically you will be filling out the information that is normally on the w-2 which is your gross wages and your tax withholdings. The IRS may be able to give you the information

possibly after mid-February. But let us assume that they don't have this information recorded yet because sometimes they don't have it until May of each year, then you can to the best of your knowledge estimate your YTD income and your withholdings. Your last pay stub may have this cumulative information.

### File Substitute for W-2

File the tax return with this information on form 4852 which is the substitute for the w-2. Suppose that you discovered that your information is substantially inaccurate. You may then file an amended tax return form 1040 X. Amended returns are a nuisance. I would suggest that if the information that you submitted originally needs just a minor correction that you don't worry about it. Just when you receive an IRS notice telling you that your information is not correct agree to whatever information they have if theirs is accurate.

Thus you can save the expensive amended return fees.

### File an Extension of Time

Alternatively you can file an extension of time on April 15 until the IRS has the accurate information available to you. Make sure to send the IRS any payments that you may know that you are going to owe. Extension of filing is not an extension of payments. You have six months from April 15 to meet the final filing deadline of October 15 for the year.

**Summary:** If you cannot get your w-2 you can file a substitute for w-2 form 4852.

*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.*

## 7 Things You Must Know Before Putting Your Home Up for Sale

Carmichael - A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market.

The fact of the matter is that fully three quarters of homesellers don't get what they want for their homes and become disillusioned and - worse - financially disadvantaged when they put their homes on the market.

As this report uncovers, most homesellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and everyone of these mistakes is entirely preventable. In answer to this issue, industry insiders have prepared a free special report entitled "The 9 Step System to Get Your Home Sold Fast and For Top Dollar".

To order a FREE Special Report, call our 24 hour recorded message line toll-free 1-800-280-3932 and enter 2000. You can call any time, 24 hours a day, 7 days a week.

Get your free special report NOW to find out how you can get the most money for your home.

This report is courtesy of DRE#01897202. Not intended to solicit buyers or sellers currently under contract.

## Widowed Persons Association of California, Inc.

**Office Hours:**  
10:00 am-3:00 pm Monday through Friday  
916-972-9722

**Sunday Support**  
Any and all widows or widowers are invited  
**Every Sunday from 3:00 pm-5:00 pm**

*In the meeting room of the WPAC office. Enter from the back parking lot at 2628 El Camino Avenue, Suite D-18.*

Realizing how difficult it is to go into new social situations when one is first widowed, the Widowed Persons Association of California encourages widowed men and women to come to Sunday Support each Sunday from 3:00-5:00pm with some going to dinner as a group following the session. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service by WPAC. Participants do not need to be members and there is no charge.

## The Mission Oaks Computer Club

will meet on Thursday, March 14, 2013 from 1:00 PM to 3:00 PM at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael, CA. The meeting topic will be "Intel Corporation, What's New" presented by Intel's Tom Wynn.

A problem solving clinic, led by Adam Lacey of Applications, Etc, will follow the meeting. First-time visitors are welcome.

For additional information call (916) 366-1687 or visit our website at [www.missionoakscomputerclub.org](http://www.missionoakscomputerclub.org).

## Sacramento County DA Reports Recent Cases of Interest

### CASE: Robert Thompson (03/04/13)

#### PROSECUTOR: Deputy District Attorney Sheri Greco

District Attorney Jan Scully announced that the Honorable Russell Hom sentenced Robert Thompson to 57 years to life in prison. Thompson was convicted by jury for the first degree murder of 43-year-old Sharion King and for personally using a knife in the commission of the offense. The Court also found true an alleged prison prior and a prior robbery strike conviction from 2001.

On February 14, 2012, a fire was extinguished in the southeast portion of Discovery Park near the bike trail. The badly burned body of Sharion King was discovered. She was killed by a single stab wound to the heart and her body was saturated in gasoline and set on fire.

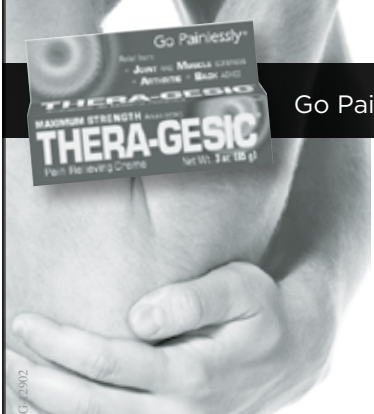
### CASE: Derk Ross (02/27/13)

#### PROSECUTOR: Deputy District Attorney Timothy Carr, Special Assault & Child Abuse Unit

District Attorney Jan Scully announced that Derk Ross was convicted by jury of committing a lewd and lascivious act on a child under the age of 14, and five counts of sexual assault on a child under the age of 10.

Ross was the live-in boyfriend of the victim's mother. He molested the young girl from age 6 through age 8.

Ross will be sentenced on March 22, 2013 at 9:00 a.m. in Department 33 by the Honorable Michael Savage.



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Get your face out of your depthfinder or tackle box long enough to notice shifting winds, current, water conditions and diving birds after baitfish. Soon you'll start noticing patterns in the way big fish feed. Remember that big fish don't feed often. When they do though, they want a mouthful, so use big fresh caught live baits and big artificial baits.

Do your homework by researching topo maps and looking for new untapped waters to try and keep those best places to yourself.

*Mike Webb is Founder of K.A.S.T. (Kids Are Special Too)*

For more tips, log onto [basspro.com](http://basspro.com) and click on News & Tips

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## Sacramento Genealogical Society Meets

Saturday, March 16, 2013: **Genealogy Meets Technology** Root Cellar Sacramento Genealogical Society presents tech expert Thomas MacEntee speaking about technology, social

networking, and unusual tools for family history research. Fair Oaks Presbyterian Church, 11427 Fair Oaks Blvd, Fair Oaks; 9:00-3:45; Fee. Pre-registration only, Contact Diane (916) 797-2523.

## SACRAMENTO SYMPHONIC WINDS

Bring the entire family to this spring concert entitled "Musician's Choice!" at the Crowne Plaza Sacramento Northeast.

**Sunday, March 17, 2013, 2:30 pm**

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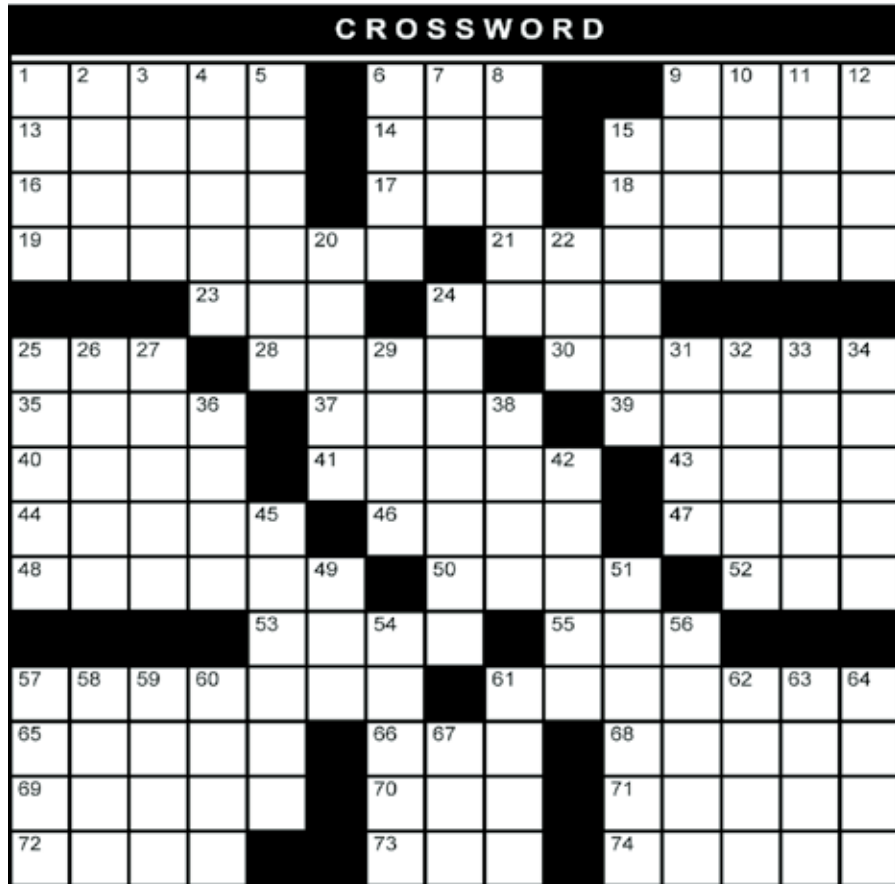
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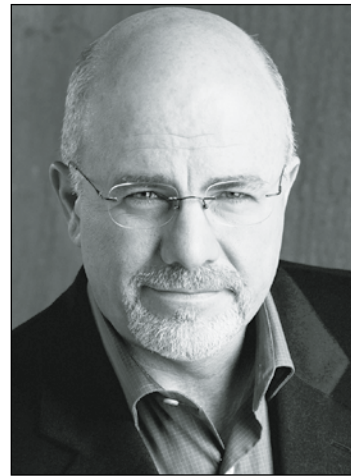
\*National average annual savings based on data from customers who reported savings by switching to Esurance between 1/1/10 and 5/19/10.

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CLUES

- ACROSS
- Squirrel away
  - Young newt
  - They put the bitter in beer
  - Jousting pole
  - Tap choice
  - Bone-chilling
  - Cast member
  - Greater than the whole?
  - Dismal
  - "Cotton gin inventor
  - Do this for a waltz, e.g.
  - \* Isaac Newton
  - Shirts on their backs, e.g.
  - Farmer's \_\_\_\_
  - Turkish honorific
  - Lots
  - Brother of Jacob
  - Uh-oh
  - Poet's "below"
  - Slash mark
  - Fine-tune
  - A fit of shivering
  - Sarong
  - Therefore
- DOWN
- Deli side
  - Dash gauge
  - Opposed to
  - \*Alexander Graham Bell
  - Connecting point
  - Acquiesce
  - \* \_\_\_\_ Tupper, inventor of Tupperware
  - Actor's domain
  - "Null and \_\_\_\_"
  - Payment for an eye
  - \*Corn Flakes inventor
  - \*Motorcycle inventor
  - Eskimo boat
  - a.k.a sodium hydroxide
  - Pleasant Island
  - Electron tube
  - Goon
  - Barry Bonds formerly was one
  - Large pots
  - Choose instead
  - Wintny mix
  - and John Boyd Dunlop
  - Possible consequence of heavy lifting
  - No problem
  - Common winter bug
  - Time in Italian
  - German title
  - Cream-filled treat
  - "La Vie en rose" singer
  - Owned by the lord
  - \*He saw the light
  - Cereal killer
  - Often preceded by a time period
  - Gradually diminished
  - \*Namesake of electric car maker
  - Singular form of "asci"
  - Indian cuisine staple, pl.
  - \*Sewing machine inventor
  - \* \_\_\_\_ Kamen, inventor of the Segway
  - Chief port of Nigeria
  - Short composition for solo instrument
  - \_\_\_\_ music
  - Instinctive motive
  - It's a long story
  - Land of "Gangnam Style"
  - Conjure up
  - Clothe
  - Pinocchio's fabrications
  - Inuit shelter
  - Modern letter
  - Spiral-homed African antelope
  - Arabic for commander
  - He gets bigger share?
  - Boys
  - Adroit
  - Molokai party
  - Sea eagles
  - \* \_\_\_\_ Handler, Barbie doll inventor
  - Small dog's bark

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.

In-laws and Out of Debt

Dear Dave,  
I'm 27 and married, and we have two kids. I make \$90,000 a year, but we have \$80,000 in consumer debt—\$48,000 of which is in car loans. The rest is credit card debt. My wife's parents have offered to let us move in with them so we can get out of debt faster. Do you think this is a good idea  
- Kevin

Dear Kevin,  
If I were in your situation, I would *not* move in with the in-laws. You've got an absurd amount of money wrapped up in those cars. I'd sell the stupid things, start living on a budget and paying down debt, and keep my dignity.

In my mind there are only two scenarios where you'd even consider taking the in-laws up on their offer. One is where they're absolutely wonderful people and you have a great, non-toxic relationship with them, where everyone involved knows their boundaries. Even then, I'd only consider this if it were for a very short, agreed-upon amount of time.

The second scenario would be if moving in with the in-laws were the only way to accomplish your goal. And you don't pass

Dave Says

that test. You guys can get out of debt pretty quickly if you'll just lose these ridiculous cars! Think about it. If you had two little paid-for beaters, your lives would be so much different. You could even save a little money on the side while you were paying down debt and buy a better car as soon as the debt was gone.

If you can't tell, I'm pretty big on maintaining dignity. You might love your cars so much that you're unwilling to make the sacrifice. Not me. The money going into your automobiles is insane, and that's your biggest problem  
- Dave

Dave's Thoughts on HARP

Dear Dave,  
What do you think about the HARP program, and what exactly is it?  
- Ivy

Dear Ivy,  
The Home Affordable Refinance Program is designed for people who have made their payments on time but are underwater on their mortgages. Being "underwater" means they owe more on their homes than the homes are worth. So basically it gives them the opportunity to

refinance their home loans. The HARP program is the only part of the Making Home Affordable program that actually worked. And to be honest, it has worked well. In contrast, the recent Home Loan Modification program is a piece of junk and all about political posturing. About 93 percent of the people who applied for a home loan modification didn't get one. It was just another case of the government pretending to do something.

I'd advise looking into the HARP program if you've got a good credit history and you're underwater on your current home. Lots of HARP program applications are being approved, and the deals are closing. That's what really matters when you find yourself in a situation like this.  
- Dave

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

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

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

Come back every week for Sudoku!

For Solution See Page 7.

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**FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00957.** Daniel O'Connell, 509 Meister Way, Sacramento, CA 95819 is doing business under the Fictitious Business Name "Pacific Land & Energy" at 4825 "J" St. #112, Sacramento, CA 95819. Filed with the Clerk of Sacramento County on February 5, 2013. Publish: February 13, 20, 27, March 6, 2013.  
PACIFI 130202 3-6-13

**FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00929.** Gregory Vacheron, 5522 Clark Ave., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Independent Courier Services" at 5522 Clark Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on February 4, 2013. Publish: February 13, 20, 27, March 6, 2013.  
INDCOU 130202 3-6-13

**FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00533.** Steven Wynne, 7228 Circle Pkwy., Sacramento, CA 95823 is doing business under the Fictitious Business Name "Waterz Wingz" at 7121 Governor Circle, Sacramento, CA 95823. Filed with the Clerk of Sacramento County on January 18, 2013. Publish: February 13, 20, 27, March 6, 2013.  
WATERZ 130202 3-6-13

**FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00984.** Jennifer Scandrol, 3624 Waynart Court, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Jennifer the Pet Nanny" at 3624 Waynart Court, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on February 5, 2013. Publish: February 13, 20, 27, March 6, 2013.  
JENNIF 130202 3-6-13

**FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00677.** Benjamin Phan, 10962 Stourport Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Names "Phantasy Enterprises; Phantasy Catering" at 10962 Stourport Way, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County on January 24, 2013. Publish: February 13, 20, 27, March 6, 2013.  
PHANTA 130202 3-6-13

**FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00370.** Jeffrey K. Parrish, 9340 Orangevale Ave., Orangevale, CA 95662 is doing business under the Fictitious Business Name "Cali Framing Construction" at 9340 Orangevale Ave., Orangevale, CA 95662. Filed with the Clerk of Sacramento County on January 14, 2013. Publish: February 13, 20, 27, March 6, 2013.  
CALIFR 130202 3-6-13

**FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00137.** Lynell White, 4830 78th Street, Sacramento, CA 95820 is doing business under the Fictitious Business Name "Agape-Rack" at 4830 78th Street, Sacramento, CA 95820. Filed with the Clerk of Sacramento County on January 7, 2013. Publish: February 13, 20, 27, March 6, 2013.  
AGAPER 130202 3-6-13

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00137779**  
WHEREAS, Jessicah Danielle Pratt has filed a petition with this court for a decree changing name of Jessicah Danielle Pratt to Jessicah Danielle Ciel. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 21, 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: January 30, 2013  
David I. Brown  
Judge of the Superior Court  
Publish: February 13, 20, 27, March 6, 2013.  
CIEL 130202 3-6-13

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00136759**  
WHEREAS, Christine Diane Hallet has filed a petition with this court for a decree changing name of Christine Diane Hallet to Oak Hallet. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 11, 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: January 23, 2013  
David I. Brown  
Judge of the Superior Court  
Publish: February 13, 20, 27, March 6, 2013.  
HALLET 130202 3-6-13

**STATE OF WISCONSIN COMARATHON COUNTY CIRCUIT COURT CASE NO. 12 FA 639**  
RE: The marriage of Petitioner: Brenda Eve Trestlik and Respondent: Paul M. Kirk.  
THE STATE OF WISCONSIN, TO THE PERSON NAMED ABOVE OF RESPONDENT:  
You are notified that the petitioner named above has filed a Petition for divorce/legal separation against you. You must respond with a written demand for a copy of the Petition within 45 days from the day after the first date of publication. The demand must be sent or delivered to the court at: Marathon County Courthouse, 500 Forest Street, Wausau, WI 54403, (715) 261-1300; and to Brenda Trestlik, 2817 Bittersweet Court, Wausau, WI 54401. It is recommended, but not required, that you have an attorney to help or represent you. If you do not demand a copy of the Petition within 45 days, the court may grant judgment against you for the award of money or other legal action requested in the Petition, and you may lose your right to object to anything that is or may be incorrect in the Petition. A judgment may be entered as provided by law. A judgment awarding money may become a lien against any real estate you own now or in the future, and may also be enforced by garnishment or seizure of property. You are further notified that if the parties to this action have minor children, violation of § 948.31, Wis. Stats., (interference with custody by parent or others) is punishable by fines and/or imprisonment. If you and the petitioner have minor children, documents setting forth the percentage standard for child support established by the department under § 49.22(9), Wis. Stats., and the factors that a court may consider for modification of that standard under §767.541(1m), Wis. Stats., are available upon your request from the Clerk of Court. Signed: Brenda Trestlik  
Dates: February 4, 2013.  
Publish: February 13, 20, 27, March 6, 2013.  
TRESTI 130202 3-6-13

**COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT PLYMOUTH DIVISION Probate and Family Court Department**  
DOCKET NO. PL12D1453DR  
Plaintiff: DANETTE POMODORO  
Defendant: BRIAN POMODORO  
To the above named Defendant:  
A Complaint has been presented to this Court by the Plaintiff, DANETTE POMODORO, seeking to dissolve the Bonds of Matrimony, prohibit Defendant from imposing any restraint on Plaintiff's personal liberty, allow Plaintiff to resume her former name of Lyons, and order an equitable distribution of the marital assets. An automatic Restraining Order has been entered in this matter preventing you from taking any action which would negatively impact the current financial status of either party. Please refer to Supplemental Probate Court Rule 411 for more information. You are required to serve upon Betting Holton, Esq., attorney for Plaintiff, whose address is 130 Liberty Street #14, Brockton, MA 02301 your answer on or before May 13, 2013. If you fail to do so, the court will proceed to the hearing and adjudication of this action. You are also required to file a

copy of your answer in the office of the Register of this Court at Plymouth. Witness: Catherine P. Sabatis, Esquire, First Justice of said Court at Plymouth, this 12th day of February, 2013. Publish: March 6, 2013.  
HOLTON 130301 3-6-13

**FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00761.** Brian Gerard Quezada, 4179 Choteau Circle, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Names "Malachite Quills Publishing; M Quills" at 4179 Choteau Circle, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on January 29, 2013. Publish: February 20, 27, March 6, 13, 2013.  
MALACH 130203 3-13-13

**FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01209.** Dimitri Godamunne, 1530 10th Avenue, Sacramento, CA 95818 is doing business under the Fictitious Business Names "Services for the Good; Services for Good" at 1530 10th Avenue, Sacramento, CA 95818. Filed with the Clerk of Sacramento County on February 13, 2013. Publish: February 20, 27, March 6, 13, 2013.  
SERVIC 130203 3-13-13

**FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01059.** Delroy Murphy, 6404 Blue Vista Ct., Rocklin, CA 95677 is doing business under the Fictitious Business Name "Miracle Method" at 5750 Roseville Road #2, Sacramento, CA 95842. Filed with the Clerk of Sacramento County on February 7, 2013. Publish: February 20, 27, March 6, 13, 2013.  
MIRACL 130203 3-13-13

**FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01286.** Greg Lomori, 3424 56th Street, Sacramento, CA 95820 is doing business under the Fictitious Business Names "The Tax Offices of Greg Lomori; resolvetax.com; baktaxrelief.com" at 2016 Alhambra Blvd., Sacramento, CA 95817. Filed with the Clerk of Sacramento County on February 15, 2013. Publish: February 20, 27, March 6, 13, 2013.  
THETAX 130203 3-13-13

**FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01194.** Andrey Stalmakov, 8090 Treecrest Ave., Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "Golden Fleece" at 8090 Treecrest Ave., Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on February 13, 2013. Publish: February 20, 27, March 6, 13, 2013.  
GOLDEN 130203 3-13-13

**FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00769.** Jonathon Edgar, 6609 Misty Creek Dr., Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "Aberant Mimos" at 6609 Misty Creek Drive, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on January 29, 2013. Publish: February 20, 27, March 6, 13, 2013.  
ABERRA 130203 3-13-13

**FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01138.** Tonil Jezidic, 5985 Adana Circle, Carmichael, CA 95608 is doing business under the Fictitious Business Name "ATO Floors" at 5985 Adana Circle, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on February 11, 2013. Publish: February 20, 27, March 6, 13, 2013.  
ATOFLO 130203 3-13-13

**FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01063.** Raymond E. Dare, 2013 Rushing River Court, Elverta, CA 95626 is doing business under the Fictitious Business Name "Sac Short Sale Pros" at 2013 Rushing River Court, Elverta, CA 95626. Filed with the Clerk of Sacramento County on February 7, 2013. Publish: February 20, 27, March 6, 13, 2013.  
SACSHO 130203 3-13-13

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00138404**  
WHEREAS, Richard David Hernandez has filed a petition with this court for a decree changing name of Richard David Hernandez to Richard David Williams. IT IS ORDERED that all persons interested in the above entitled

matter appear before this court at 9:00 a.m. on March 28, 2013 in Department 54, located at 800 9th St., Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: January 10, 2013.  
Raymond M. Cadei  
Judge of the Superior Court  
Publish: February 20, 27, March 6, 13, 2013.  
WILLIA 130203 3-13-13

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00139093**  
WHEREAS, Michael John Warren has filed a petition with this court for a decree changing name of Michael John Warren to Dolores Sophia Warren. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 28, 2013 in Department 53, 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: February 6, 2013  
Raymond M. Cadei  
Judge of the Superior Court  
Publish: February 20, 27, March 6, 13, 2013.  
WARREN 130203 3-13-13

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO SUMMONS CASE #34-2011-00102622**  
NOTICE TO DEFENDANT: Maria Eneida Hernandez and Does 1 to 5.  
YOU ARE BEING SUED BY PLAINTIFF: Liza Creole.  
You have 30 Calendar Days after this Summons and legal papers are served on you to file a typewritten response at this court and have a copy served on the petitioner. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center ([www.courtinfo.ca.gov/selfhelp.org](http://www.courtinfo.ca.gov/selfhelp.org)), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your Response on time, you may lose the case by default, and your wages, money and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site ([www.lawhelpcalifornia.org](http://www.lawhelpcalifornia.org)), the California Courts Online Self-Help Center ([www.courtinfo.ca.gov/selfhelp](http://www.courtinfo.ca.gov/selfhelp)), or by contacting your local court or county bar association. The name and address of the court is: Superior Court of California, County of Sacramento, 720 Ninth St., Sacramento, CA 95814. The name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney, is: Liza Creole, 104 Fountain Oak Circle #137, Sacramento, CA 95831; 916-706-6072. Dated: May 2, 2011.  
Publish: February 20, 27, March 6, 13, 2013.  
CREOLE 130203 3-13-13

**NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES**  
To Whom It May Concern:  
**LOS GALLOS TAQUERIA JMG II** is applying to the Department of Alcoholic Beverage Control to sell alcoholic beverages at **2990 NORTHGATE BLVD., SACRAMENTO, CA 95833** with 47-

On-Sale General Eating Place license. Filed: February 21, 2013. Publish: February 27, March 6, 13, 2013.  
LOGSAL 130204 3-13-13

**FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01253.** Vienna, LLC, 3387 Soda Way, Sacramento, CA 95834 is doing business under the Fictitious Business Name "OB 2000" at 1603 10th St., Sacramento, CA 95814. Filed with the Clerk of Sacramento County on February 15, 2013. Publish: February 27, March 6, 13, 20, 2013.  
OB2000 130204 3-20-13

**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, 20, 2013.  
METROC 130204 3-20-13

**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 Cr., 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 "Green 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, 20, 2013.  
GREENE 130204 3-20-13

**FICTITIOUS BUSINESS NAME STATEMENT #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, 20, 2013.  
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.  
GALTPI 130204 3-20-13

**FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01464.** Alal 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.  
WIRELE 130204 3-20-13

**FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00624.** IN Communications, 3341 Edgar Lane, Carmichael, CA 95608 is doing business under the Fictitious Business 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.  
INREAL 130204 3-20-13

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00139415**  
WHEREAS, Jennifer Diano Berry and Kim A. Berry have filed a petition with this court for a decree changing name of Jems Diano to Jems Diano Berry. IT IS 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, 20, 2013.  
BERRY 130204 3-20-13

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00139093**  
WHEREAS, Cao Qili has filed a petition with this court for a decree changing name of Cao Qili 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, 20, 2013.  
TSAO 130204 3-20-13

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #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, 20, 2013.  
ROSS 130204 3-20-13

**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 aka 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, CA 94116; (415) 759-8755. 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 Frances Westerhoff, 1601 Verde Drive, El Dorado Hills, CA are 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.  
FLOWER 130301 3-27-13

**FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01612.** Bob Ibrahim, 2121 Nokola Dr., Fairfield, CA 94534 is doing business under the Fictitious Business Name "Howe Ave. Tailpieces, Detail & Smog" at 2411 Howe Ave., Sacramento, CA 95825. Filed with the Clerk of Sacramento County on February 26, 2013. Publish: March 6, 13, 20, 27, 2013.  
HOWEAV 130301 3-27-13

**FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01712.** 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 has abandoned the use of the FICTITIOUS BUSINESS NAME of ITC Modeling & Production Company, located at 545 Industrial Drive #103, Galt, CA. Kathy Oluque, 367 North 18th St., San Jose, CA 95112. 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 #34-2013-00139765**  
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.  
BOWEN 130301 3-27-13

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00139751**  
WHEREAS, James Lloyd Beaman has filed a petition with this court for a decree changing name of Savana Jeannette Marshall to Savana Hope Beaman. 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 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 27, 2013  
David I. Brown  
Judge of the Superior Court  
Publish: March 6, 13, 20, 27, 2013.  
BEARMA 130301 3-27-13

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00139751**  
WHEREAS, James Lloyd Beaman has filed a petition with this court for a decree changing name of Savana Jeannette Marshall to Savana Hope Beaman. 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 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 27, 2013  
David I. Brown  
Judge of the Superior Court  
Publish: March 6, 13, 20, 27, 2013.  
BEARMA 130301 3-27-13

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00139751**  
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David I. Brown  
Judge of the Superior Court  
Publish: March 6, 13, 20, 27, 2013.  
BEARMA 130301 3-27-13

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00139751**  
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David I. Brown  
Judge of the Superior Court  
Publish: March 6, 13, 20, 27, 2013





## I'm Okay!

By Karen Anderson

It bothers me when I keep hearing others talk about how bad life is and everything is sooo tough. Now, don't get me wrong, in this day and age life is a challenge. But where is your attitude getting you? The person that thinks this way has got to be the most miserable person alive. When everywhere all you see is doom and gloom, I believe that is all you will ever see. You may think you want something different but your mind and heart are not working together. God is telling me that He wants you to get the two connected. You also need to take control of that evil little organ in your body that has destroyed so many lives including your own...YOUR MOUTH. Yes, I

will say it again; that mouth can either change your life forever in a positive way or it can keep you in that life of doom and destruction forever. That doesn't sound very appealing to me. Which one do you really want?

We have all heard the statement when something goes wrong that "Murphy's Law" strikes again. Here is what the law says, "Nothing is as easy as it looks, everything takes longer than you expect; and if anything can go wrong, it will—at the worst possible moment." I saw where a writer had taken this "law" and changed it to be "God's Law." Now that is a novel idea to take a negative and turn it into a positive. Get the "Negative Nellie" out of your life forever. I think this is a really good exercise. Today, I want to you to write God's Law for your life and change that sour attitude to a POSITIVE according to God. Here is a scripture to encourage you:

"A twinkle in the eye means joy in the heart, and good news makes you feel fit as a fiddle."

Are there times when "Negative Nellie" peeks out

and causes you to become discouraged and you just don't know what to do with her? Did you know that this is actually the enemy in women's clothing to trip you up? Do as I do; find your special scripture, say it out loud and the enemy in all his disguises will flee from you! The other thing I will do is force myself to smile and say, "I'm Okay!" The trick is that you have to believe it. With God's help and my believing Him with all my heart, I am truly OKAY.

What are you doing today to change your Negative Nellie attitude to a God-inspired attitude? Change your Murphy's Law into a life following YOUR "God's Law."

Proverbs 15:30 (The Message)

*Karen Anderson is an accomplished speaker, author, and chaplain. Receive a copy of her latest book, "Nikki's Tail-Waggin' Lessons" and "The Little Book of BIG Thoughts" series. Leave a message or questions for Karen through her website [www.doablesteps.com/contact](http://www.doablesteps.com/contact).*

## A Faithful "Dove Story"



Faithful to Rancho del Paso legend, a doves return to an antique Carmichael farm house every spring. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

CARMICHAEL, CA (MPG) – Doves are part of Biblical and romantic symbolism. The feathered harbingers also symbolize peace and hope in many cultures. Few locals know that Carmichael has its own dove story.

A journal by Arcade historian Nellie Jellison relates the tale. Her account dates from the 1840s, when pioneer John Sinclair co-owned the huge Mexican land grant called Rancho del Paso (its eastern extremity is now part of Carmichael). In Sinclair's home, his wife employed several Indian women as servants. According to Jellison, one maiden "possessed marvelous beauty

and was the daughter of a chief."

Though she had a suitor among her people, she was beloved of a tribesman from the north. With a raiding party, the determined intruder stole his love and headed for the mountains. Her tribesmen pursued. In a desperate fight, two fatal arrows were shot and the lovers perished. Indian legend says that to immortalize their devotion, the Great Spirit transformed them into doves. Every season thereafter, the couple could be seen in the tree under which they fell. The rancho's Victorian lore said that — during the dove hunting season — no sportsman's aim could harm the couple. If shot, they vanished like phantoms.

The fabled dove tree is long gone and all that remains intact of Rancho del Paso's massive spread is two acres in Carmichael. Here stands the 1850s house that bloodstock magnate James Ben Ali Haggin built for his farm manager John Mackey. Probably the oldest house in Sacramento County, it is now owned by Teri and Rick Niello.

"We have a pair of doves that nest here every spring," reports Teri. "When I first heard the legend, I had goose bumps. I felt sure our birds were the lovers. It's a wonderful feeling that this place is their refuge. Our home's history is enriched by the legend of the doves."

## Trophy Catch for S.A.R.A. Volunteer



Save the American River Association members honored Alan Wade (in center) for nine years of presidency. Admiring his trophy "catch" were directors Betsy Weiland (left), Warren Truitt, Clyde Macdonald and Mary Beth Metcalfe.

Photo by Susan Maxwell Skinner.



**HEALTH FAIRE**  
 April 26, 2013 • Friday, 8-11am  
 ✿ 50+ Vendors  
 ✿ Health Screenings ✿ Door Prizes  
 New Vendors Welcome!  
**972-0336**

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Free Travel Show!

Wednesday, March 13, 2013  
 10am



### Extended Tours

- Northern National Parks July 12-19, 2013 • \$2099 pp double
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**MOTORCOACH FUN**  
 San Francisco Flower & Garden Show  
 Thursday, March 21, 2013 • \$74/person • 972-0336

MISSION OAKS RECREATION & PARK DISTRICT

Office Hours: 8 am-5 pm  
 Registration Hours:  
 8:30am-4pm Monday-Friday  
[www.morpd.com](http://www.morpd.com)

DISTRICT OFFICE  
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 3344 Mission Ave., Carmichael, CA 95608  
 MISSION OAKS COMMUNITY CENTER  
 (916) 972-0336 • Fax (916) 972-7371  
 4701 Gibbons Dr., Carmichael, CA 95608  
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 (916) 333-6464 • Fax (916) 488-4349  
 2250 Northrop Ave., Sacramento, CA 95825

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Services at 9:30 & 11:00AM

American River Community Church

Wonder-Land Christian Pre-School & Day Care

3300 Walnut Avenue - Carmichael

[www.arconline.org](http://www.arconline.org)

[info@arconline.org](mailto:info@arconline.org) 916.483.3465



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Monday - Friday: 8:00 a.m. - 5:00 p.m.  
 Saturday: By appointment • Sunday: Closed



## Local Student Studies in Rome and Paris

From Linfield College

SACRAMENTO REGION, CA – (MPG) Meghan Lockwood of Carmichael spent January studying in Rome and Paris through a special program at Linfield College.

Lockwood is a junior majoring in environmental science. She is the daughter of Wendy and Kip Lockwood of Carmichael. She is a member of the Sigma Kappa Phi sorority and participates in Linfield track and field. She took the class Marie Bashkirtseff: Life and Art: Nice, Rome and Paris. Students examined the life of Marie Bashkirtseff, using her diary as a

tool to experience the time period and cultural situation in which she lived. The diary dictates where and when Marie created some of her most prolific pieces of writing and artwork. Students were given the opportunity to attend the Opéra Garnier in Paris and visit Marie's tomb. By reading the diary and exploring historical sites, students were able to reflect on key political, social and cultural movements from the 19th century through Marie's perspective.

Lockwood was among 90 students participating in on-site study programs through Linfield College's January Term, a four-week period

of concentrated study in which students and faculty focus their time and attention on a single course. Courses are available on campus or at off-campus locations in this country or abroad. The program is designed to help develop global awareness and insight into major issues of the times as well as broaden understanding of American society.

Eight off-campus courses were offered this year and included travel to New Zealand, Australia, Southeast Asia, China, Italy, Greece, Paris and Costa Rica. Linfield College is located in McMinnville, Oregon.

## Author to Discuss World War II Resistance Heroine

SACRAMENTO REGION, CA – (MPG) The Sacramento Public Library will present a free adult program of the remarkable World War II life story of Lilli Segal, based on the book From Protest to Resistance, by Margo Kaufman. The program is at 2 p.m., Saturday, March 16 at Arden-Dimick Library,

891 Watt Avenue, Sacramento. Segal's childhood during the rise of Fascism, participation in the French Resistance, deportation to Auschwitz, escape to freedom through war torn Germany, and finally her reunion with her husband and return to work as acclaimed scientists.

Kaufman has translated her aunt's story from German to English and will speak about her personal experiences relating to this fascinating memoir.

For details, telephone the Sacramento Public Library at (916) 264-2920 or visit [www.saclibrary.org](http://www.saclibrary.org).

## Advanced Lighting Controls Program Delivers Significant Energy Savings and Customer Benefit

SACRAMENTO REGION, CA – (MPG) The Sacramento Municipal Utility District (SMUD) is pushing the envelope in lighting technology and helping area businesses take advantage of cutting-edge, ultra energy-efficient products that deliver remarkable energy savings. By replacing and managing fixtures and lamps, savings of 50 percent to 75 percent are possible.

Following a successful year-long pilot, the Advanced Lighting Controls (ALC) program is now available to all medium and large business customers in the SMUD service territory. The program provides rebates and incentives for commercial customers to switch over to technologies they might not otherwise afford and provides manufacturers an entry into the marketplace that might not be available for years to come.

Proof of performance is already being realized. Twelve companies joined the SMUD ALC pilot program a year ago and expect to see annual savings ranging from \$5,000 to as much as \$100,000. Funding for the pilot was provided by an American Recovery and Reinvestment Act (ARRA) Department of Energy Smart Grid Infrastructure grant and other SMUD funding.

The latest control technologies offer businesses unprecedented flexibility to customize lighting whether it is facility-wide or focused. The energy efficiency incentives are set at 25 cents per kilowatt hour saved, up to a maximum of \$100,000 or 80 percent of the total project cost.

The program is timely as California's Title 24 Energy Standards will mandate dimmable lighting in commercial buildings starting in 2014. Program funding in 2013 is limited to about \$1 million, so interested business customers should act quickly.

In addition to the significant energy and cost savings, advanced lighting controls provide businesses more sophisticated tools for managing their lighting systems. They can create flexible schedules in specific areas that automatically turn on, power down and dim lighting—down to 20 percent—improving light quality and increasing employee satisfaction. Businesses can track energy costs and savings and monitor energy use in real time onsite or remotely via web-based interfaces including smartphones. Maintenance planning is made easy because facility managers can anticipate and schedule lamp replacement. ALC also offers automated demand-response capability which helps ensure the reliability of SMUD's electrical grid on hot summer days.

"This program helps businesses achieve significant return on investment," said Dave Bisbee, SMUD ALC program manager. "The SMUD team works with control companies and local electrical contractors to deliver technical support throughout the process including calculating potential energy savings based on project specifications and design."

Bisbee leads SMUD's Customer Advanced Technology (CAT) program, which developed ALC. For

more than a decade the CAT program has taken post-drawing board, cutting-edge, but market-ready energy-saving technologies and put them in real-world use. SMUD rebates and incentives defray the high costs of new technologies preparing for broader commercialization. "SMUD leads the industry in delivering the most energy-efficient products to its customers while putting those products on a fast track to conventional use," said Bisbee.

ALC is yet another energy efficiency program that helps all customers of the community-owned utility. Since 2007, when the SMUD Board of Directors approved an aggressive goal to reduce system-wide power use by 15 percent over ten years, SMUD customers have consistently cut their energy use systemwide by at least 1.5 percent annually. This has resulted in "dividends" being paid back to customers in the form of lower bills and better service. The Board's ambitious goal, which exceeds state requirements by 50 percent, makes SMUD one of the most energy-efficient regions in California. After five years, the policy is right on track. Since 2007, SMUD customers have saved nearly 1,900 gigawatt-hours of electricity, which is equivalent to powering over 220,000 homes for a full year.

Interested customers can learn more at [smud.org](http://smud.org). Customers can also contact SMUD at 1-877-622-SMUD (7683).

Source: SMUD Newsroom

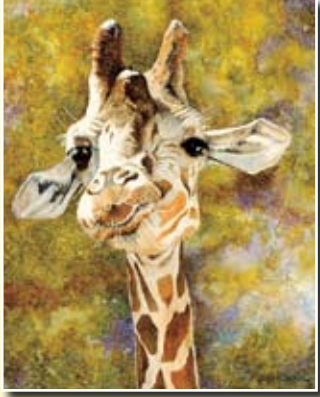


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#### Poetry, Art, Jazz... Live at the Arts Center

The Sacramento Fine Arts Center (SFAC) will present a cross-genre concert of art, poetry and jazz on March 16, 2013, featuring musicians from the Dave Brubeck Institute.



Sandy Delehanty

The musicians will compose music, and prominent poets from the Sacramento Poetry Center will compose verse, inspired by SFAC's popular Animal House Art Exhibit.

The concert will be performed at the SFAC galleries at 5330B Gibbons Drive, Carmichael.

Refreshments will be served beginning at 6:30 p.m.

The concert is at 7 p.m. Tickets \$20 at SFAC. Call 916-971-3713 or buy online at [www.sacfinearts.org](http://www.sacfinearts.org)

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We provide in the field services for the homeless veterans and their families. We provide an alternative approach to PTSD with our unique Coaching program that gives the veteran behavioral tools to change their negative thinking caused by bio chemical addition and not be dependent on drugs or alcohol.

Forgotten Warrior is a 501 (c) 3 nonprofit organization committed to helping all veterans in need. Now that we are growing so fast we are in need of your help to help, in office functions, such as promotional and public relation work, advocate to work with the homeless and disabled veterans. We need people that can do community fund raising events, and we really need of a Grant writer.

Call Wind at 916-969-4387 or office manager Monica at 916-728-8162 or email us at [windwalker1313@gmail.com](mailto:windwalker1313@gmail.com).

[Forgottenwarrior.org](http://Forgottenwarrior.org)



Arden Playhouse

Bunny Times

# A Very Brave Reporter Travels Through Time to Save Easter

A Hare-Raising Time-Travel Adventure Written and directed by Blake Flores



L-R Queen Matilda: Stacie Hitchcock, Princess Ostara: Vanessa Voetsch, Guard 2: Elias Nunez, Dr. Oscar Jameson: Frank Hickox, Guard1 (Bruno): Ryan Norton, Peter, The Easter Bunny: Himself. Photos courtesy of Arden Playhouse.

SACRAMENTO REGION, CA (MPG) – Arden Playhouse is pleased to present *Bunny Times*, a play especially for children.

An evil scientist, who invented a quirky, unreliable time machine, went back in time in quest of power and riches but inadvertently altered the course of bunny history. As a result, the Easter Bunny doesn't come this year. Another scientific genius (his good twin), who just happened to be working on a time machine as well, is consulted by an intrepid reporter. While the Easter bunny is running for his life from a pair of wide-

eyed farmers, the good brother reluctantly agrees to allow the reporter to use his unproven time machine to try to save Easter.

The adventurous reporter ends up in several time periods, including medieval times, and meets with Princess Ostara and her step-mother, the power-hungry Queen Matilda, who hold the key to Easter success, with the help of an impudent court jester.

*Performance dates are Saturdays and Sundays; March 9 through 31. Saturdays at 11AM & 1PM and Sundays at 5 PM. All tickets are \$5 for all ages (Cash or check only.) Children*

*must be accompanied by an adult. Tickets can be reserved by calling (916) 332-2582.*

**Arden Playhouse is located at 5640 Roseville Road, Suite D, Sacramento, and seats 150.**

Arden Playhouse is a community theater dedicated to continuing its tradition of presenting entertainment in a casual setting.

*For more information about Bunny Times, call the theater office at 332-2582, email admin@ardenplayhouse.com, arden@ardenplayhouse.com, or check the website ardenplayhouse.com.*

# Military Graduates

**Samuel D. Dettman**  
Carmichael



**Air Force Airman 1st Class Samuel D. Dettman** graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

He is the son of Beverly and Randy Dettman of Littlesquaw Court, Citrus Heights.

Dettman graduated in 2011 from Del Campo High School, Carmichael.

**Trevor Hammill**  
Carmichael

Army Pfc. **Trevor Hammill** has returned to the U.S. after being deployed overseas at a forward operating base to serve in support of Operation Enduring Freedom.

Operation Enduring Freedom is the official name given to anti-terrorism military operations involving U.S. troops and allied coalition partners. Active duty and reserve component members from all branches of the U.S. armed forces have been deployed to support the war against global terrorism outside the borders of the United States. U.S. troops serve in South, Southwest and Central Asia, the Arabian peninsula, the Horn of Africa, islands in the Pacific, and Europe.

Hammill is an airborne infantryman assigned to the 4th Airborne Brigade Combat Team, 25th Infantry Division at Joint Base Elmendorf-Richardson, Alaska. He has served in the military for one year.

He is the son of William Thomas III of Templeton Drive, Carmichael, and grandson of Robert Hammill of Miners Way, Rough and Ready.

The private first class is a 2011 graduate of Mira Loma High School, Carmichael.

NO PHOTO PROVIDED



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# POPOFF!

with Mary Jane Popp

home, then we sit in the car, and we sit at our computers at work, back to the car and home again to park it in front of the TV set. Movement is minimal, and the body was not made for that lifestyle and doesn't like it.

In the past, we were mobile and active because we had to be. Now our low activity causes the muscles in our body to atrophy from the big muscles like biceps to structural muscles that keep your body properly aligned. It's actually pretty simple. When your muscles turn to mush, your body falls out of alignment, increases pressure on your joints, in the wrong way, and voila...PAIN!!!

Then we turn to surgery or pain meds, and the results are not encouraging. Patrick, a Division One college athlete with a degree in Kinesiology and Biomechanics has developed a program called Postural Alignment Therapy, PAT for short. PAT is physics-based and uses software to measure your individual alignment. Then that same software determines your misalignments and recommends specific exercises to correct them. Each person has a tailored exercise program that you do in the privacy of your own home for about fifteen minutes, twice a day, over a four-month period. After that, you transition into a maintenance program to fit your particular time commitment.

And here's the most exciting news. I have to tell you, it was a major surprise for me. Symmetry for Health has hit a home run for my situation. I began the program about three

months ago. Why? I was told by my docs that I was losing bone mass at a much too high a rate. My fear...osteoporosis. And I didn't want to take meds that have some possibly terrible side effects. I approached Patrick with my dilemma, and he said, "Let's give it a try." At about two months into the program, I took another test, and you are not going to believe what I discovered. My bone loss dropped in half, and I still had two of the four month program to go. I was thrilled, and so was my doctor. I know it works for me personally, and I think it might work for you too. You won't know til you try. And I can tell you, the exercises are not all that hard or painful.

I want to make a difference in your life, so I got Patrick to agree to give you a full evaluation and consultation absolutely free, if you mention POPPOFF. I am personally looking for a long-term solution without medication, and I think I've found it. You can too. Check out *Symmetry for Health* at [www.symmetryforhealth.com](http://www.symmetryforhealth.com) and then call Patrick at 916-467-7764 to make your appointment today. It's free! All you have to lose is your pain. I always want to keep you informed about new technologies to keep you pain free! I'll keep you up to date on my progress too! Pain is a warning! No pain is good health!!! Let's get there together!

**Join Mary Jane for the KAH! Noon News Monday-Friday and then again for POPOFF 10 PM - Midnight.**

## SYMMETRY

Do you suffer from chronic pain? Are you ready to conquer that pain once and for all? How would you like to get that done without medication, without manipulation, and without expensive equipment? According to **Patrick Mummy**, Founder of *Symmetry for Health*, you can get rid of that pain in your back, shoulder, hip, knee, headaches, migranes, TMJ, sciatica, and carpal tunnel. Sounds pretty amazing, right? Well, he wasn't finished. He added relief from joint injury, arthritis, bursitis, tendonitis, and fibromyalgia too. Now that was amazing to me when he appeared on my radio show POPPOFF. And here's what really added to my amazement, it's all physics based.

Patrick explained that *Symmetry for Health* is a beauty of form through balanced proportions, and retrains muscles that support your body's framework. Most modalities think back pain is a bone problem, but Patrick says it's actually a muscle problem that's caused by our modern lifestyle. But with our high tech world, how have we come to have so many problems with our bodies? Simple. Modern conveniences! We sit at



by David Dickstein

## Family Films



**"The Croods"**  
Opens March 28, rated PG  
[thecroodsmovie.com](http://thecroodsmovie.com)

Set in the Croodacious era (don't bother looking it up), this is the computer-animated story of a caveman named Grug (Nicolas Cage) and his family who are forced to leave everything behind when an earthquake strikes their volcanic world. In search of a new home, Grug's reliance on old traditions doesn't help matters, especially in his relationship with his oldest daughter (Emma Stone), who falls for a charming nomad (Ryan Reynolds).

**Homeage Trailer "Jack the Giant Slayer"**  
Opens March 1, rated PG-13  
[jackthegiantlayer.com](http://jackthegiantlayer.com)

Parents should be mindful of the rating; this isn't a child-friendly retelling of "Jack and the Beanstalk." For the tween-plus crowd, however, intense scenes of fantasy action violence should carry this tale an ancient war that is revived when a young farmhand inadvertently opens a portal between this world and a long-lost race of horrifying giants. Jack must clean up the giant mess he started.

**"Oz: The Great and Powerful"**  
Opens March 8, rated PG  
[ozthegreatandpowerful-movie.com](http://ozthegreatandpowerful-movie.com)

We're off to see the wizard in this fantasy adventure inspired by L. Frank Baum's 1900 novel, "The Wonderful Wizard of Oz," and set before the 1939 Judy Garland classic film -- so consider it a prequel to "The Wizard

# Films and DVDs for the Whole Family



of Oz." James Franco is Oscar Diggs, a corrupt, small-time circus magician who turns over a new leaf after helping the Land of Oz sort out who's good or evil among three witches (Mila Kunis, Rachel Weisz and Michelle Williams). Sam Raimi directs.



## Family DVDs

**"Curious George Swings into Spring"** (March 12 on DVD, not rated): Spring is in the air, but George's excitement isn't shared by Hundley the dachshund. Making matters worse, Hundley gets lost, and it's George, the Man with the Yellow Hat and others to the rescue. Bad dog! ... but a good hour-long, full-length feature. *Grade: A-*

**"An Easter Bunny Puppy"** (March 5 on DVD, not rated): The third in a series of canine-loving, low-budget, live-action holiday movies stars Kristine DeBell (yes, the same from the 1979 classic "Cheerleaders Wild Weekend") and an adorable pooch named Russ who dreams

of being the Easter Bunny for some dog-gone reason. *Grade: C*

**"Rise of the Guardians"** (March 12 on DVD and Blu-ray, rated PG): Not since "The Avengers" has such an esteemed team of superheroes been assembled to fight off evil. For this computer-animated visual treat, Santa Claus, the Easter Bunny, Jack Frost, the Sandman and the Tooth Fairy join up against an evil spirit bent on overtaking the world by inspiring fear in the hearts of the world's children. Voice cast stars Chris Pine, Hugh Jackman, Jude Law and Alec Baldwin. *Grade: A-*

**"Tom and Jerry: Pint-Sized Pals"** (March 5 on DVD, not rated): Fans of the longest-running cat and mouse game will revel in this two-disc collection of 30 shorts that yields 3 1/2 hours of cartoon fun. Personal favorite: "That's My Mommy," featuring a sweet baby duckling named Quacker who mistakes Tom for his mother. Still holds up after 58 years. *Grade: A*



**"Wreck-It Ralph"** (March 5 on DVD and Blu-ray, rated PG): The Oscar-winning animated feature stars "Ralph," a video game character (John C. Reilly). Ralph is tired of being the bad guy in his classic '80s arcade game, and when he doesn't return to his game as scheduled and starts visiting the worlds of other games, including a modern, first-person shooter game, he turns the entire structure of his arcade upside down. Also heard are Jane Lynch, Sarah Silverman and Jack McBrayer. *Grade: A*



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