

Carmichael Times

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Serving Carmichael and Sacramento County since 1981

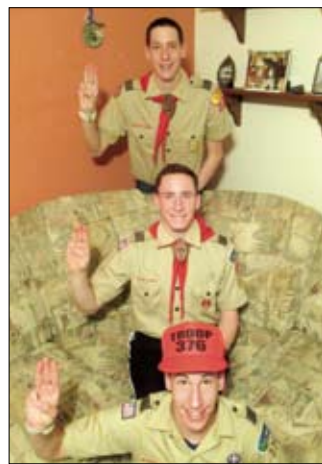
February 20, 2013

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Celebrating Beer Week



Sacramento is now a boomtown for craft beer and fans are happily drinking it down. The success of Sacramento Beer Week comes from the hard work of the local craft beer community.

SACRAMENTO REGION, CA – (MPG) The 4th Annual Sacramento Beer Week will be held from February 22nd until March 3rd, 2013. Throughout the Sacramento Valley, breweries, pubs, restaurants and other beer-loving businesses will celebrate Sacramento craft beer culture and Northern California's legacy as the birthplace of the modern craft beer movement. Last year, more than 100 businesses hosted beer tastings, tap takeovers from visiting breweries, beer dinners, food pairings and more. SBW is anchored by the Capital Beerfest on March 2nd at Cal Expo, where thousands of beer fans will sample from almost 100 breweries to benefit the Runnin' for Rhett Foundation. New features this year will include a

cocktail competition from the Sacramento Bartenders Guild and several exclusive collaborative beers from local breweries. A new beer magazine, Hops to Table, has been introduced to chronicle Sacramento's craft beer scene. Sacramento Beer Week organizers have also introduced a local campaign to promote responsible drinking. "Drink Safely Sacramento will use social marketing strategies to reduce the harm from drinking alcohol," says Dan Scott, founder and executive director of Sacramento Beer Week. "We aim to make Sacramento safer, improve people's lives and maybe even save a few." Sacramento has ten beer producers within city limits, another fifteen less than an hour away

and eight new regional breweries scheduled to open in 2013. "Sacramento Beer Week and the caliber of locally-produced craft beers are yet another example that help to illustrate the reality of Sacramento's designation as the Farm-to-Fork Capital of America," said Steve Hammond, president and CEO of the Sacramento Convention & Visitors Bureau. "The region's heritage of quality craft beer production is second to none and, as showcased during Sacramento Beer Week, provides an additional element to the culinary reputation that continues to grow both inside and outside of the Sacramento region." Glynn Phillips, owner of Rubicon Brewing and President of the Northern California Brewers Guild, was

an early supporter of the event. "Sacramento Beer Week has helped to elevate the presence and importance of craft beer in our region. Rubicon has been here for 25 years and I am still surprised at how many people learn of our beer through Sacramento Beer Week." Scott credits the collaborative nature of the craft beer industry. "The success of Sacramento Beer Week comes from the hard work of our craft beer community. We should all be proud that Sacramento is now a major destination for craft beer lovers from around the world. Sacramento is a boomtown for craft beer and fans are happily drinking it down." Complete information is available at SacramentoBeerWeek.com and CapitalBeerfest.com.

**Claws for Paws
 Fundraiser to
 Benefit County
 Animal Shelter**



SACRAMENTO COUNTY, CA – (MPG) The public can enjoy a delicious crab feed dinner and demonstrate their support for Sacramento County's Animal Shelter and its furry inhabitants at the "Claws for Paws" event on Saturday, March 2. This fundraising event is being sponsored by the animal facility's nonprofit support group TEAM-Teaching Everyone Animals Matter.

"This is an opportunity to have fun and help the animals," says Supervisor Susan Peters. "The Department of Animal Care and Regulation makes a tremendous difference in the lives of animals that are lost, abandoned or subject to abuse. Support from the community can help supplement funding for the shelter's operations."

The evening affair will be at Rancho Cordova City Hall located at 2729 Prospect Park Drive. Doors open at 6 p.m. with dinner to be served at 7 p.m. The menu includes fresh crab, pasta and antipasto salad. Wine, beer, soft drinks and dessert will be available for purchase separately. Tickets cost \$45 per person or \$40 each for a table of 10. More information is available online at sacanimalshelter.org or call 361-2800.



Mira Loma: Dancing to Distinction



Mira Loma's drill team dancers show pom-pom power that twice helped garner national honors. The champions will defend their title on March 29-30 in Costa Mesa, near Anaheim. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner
 CARMICHAEL, CA – (MPG)
 If success is lovelier the second

time around, the Mira Loma High School's dance drill team won't leave it at that.

The Carmichael and Arcade teenagers will next month spin and kick-line their way to

Southern California for a third bid at the national title they've twice snared. Among competitors, Mira Loma is the team everyone wants to beat. "The contest has changed us as people and dancers," says the troupe's Captain, Ilaria Quincy-Reed (17). "We don't take anything for granted. Winning twice just makes us want to work harder." A senior, Ilaria will this year contest her third Nationals. "Winning was always our team's wish." She recalls. "We never thought it would happen. Then it did." Team Secretary Avni Nadir (16) describes the 2011 victory: "We all held hands, listening for the results, crying," she says. "It was our proudest moment. You compete for trophies but the real fun is bonding with people who share your passion. It makes you really feel like a dancer" More kudos came on home campus. "We were allowed to carry our trophies around school and wear our medals," said Dorothy Li (16). "Everyone was happy and proud of us. Even the teachers showed us more respect in class." Last anyone think triumph

breeds swollen heads, Mira Loma's champions are among the most courteous and popular students in San Juan School District. "Our coaches instill the need for us to stay humble," says Secretary Avni. "If someone compliments us, we take the time to thank them." The first Asian Indian to drill for Mira Loma, her fluidity comes through years of Bollywood dancing. "When I first made the team as a junior, I was amazed by how welcome the seniors made me feel," she says. "My parents didn't approve at first; it meant so many hours away from study. Now they are behind me 100 per cent." When each school year starts, 19 drill team spots are hot tickets at Mira Loma. Fifty or more students try out; even seasoned champions must re-audition. No size or weight restrictions apply but tattoos are taboo and chosen dancers must maintain no less than a 2.5 GPA score. "It was my dream try out when I reached high school," says rookie Ines Dias (15).

Continued on Page 4



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Congressman Bera Urges Congress to be Responsible and Make Good Decisions

Asks them to stop automatic across-the-board spending cuts

WASHINGTON, D.C. – (MPG) Earlier today Congressman Ami Bera urged members of Congress to be responsible, make good decisions, and not allow automatic across-the-board spending cuts to go into effect at the end of the month.

During a speech on the floor of the House of Representatives, Bera used a poster sent to him by a 3rd grade class at Foulks Ranch Elementary School in Elk Grove, California with some tips for Congress to make his point. The poster read:

- Be Responsible
- Be Respectful
- Be Kind
- Be Accountable
- Make Good Choices



Congressman Ami Bera

"If sequestration takes place, 70,000 children will be kicked out of Head Start, 10,000 teachers will lose their jobs, and hundreds of thousands of our children will face a more difficult future," said Congressman Bera. "If the 3rd graders can figure

it out, I hope we in Congress can. Let's do what they advise. Be responsible and make good choices."

Watch Congressman Bera's speech: <http://youtu.be/JRff90NYc>

So, if Congress doesn't act before March 1, automatic across-the-board spending cuts will go into effect, impacting programs that are vital to local communities and national security.

Congressman Ami Bera represents Sacramento County in the 113th Congress. A lifelong Californian and first generation American, Bera is a medical doctor and the only Indian American currently serving in Congress.

Source: Office of Ami Bera

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Dancing to Distinction



One of three team coaches, Nelley Nordquist (left) shares bragging rights over first-place trophies. The 23-year-old coach is a former member of the Mira Loma dance drill team. Photo by Susan Maxwell Skinner.

Continued from Page 1

I gave my all on audition day. When they called my name, I almost cried."

Three practices per week are required. Coaches Nelley Nordquist, Helen Kebede and Kayla Ray are former team members and don't cut their champions much slack. "They can be tough," says Inez "Tough

gets results. It gives you that extra push to make the school proud."

Mira Loma does indeed dote on its dancers. At football games, the leaping ladies are cheered as much as jocks. On school rally days, they wear much-envied red and black track suits to class. "In uniform, we try to look professional," says Secretary Avni. "Students look up to us as

champions. We don't do anything to associate the uniform with bad behavior."

The school's heroines spent much of last summer fundraising for their March pilgrimage to drill-central: Sergerstrom Arts Center, Costa Mesa. "We washed cars, sold root beer floats and candy," reports Captain Ilaria. "Fundraising helped us grow as a team."

A no-bikini rule applies at team carwashes. "If men flirt with us, we ignore them," explains Dorothy Li. "We try not to act in any way that might give us a bad name. We are serious dancers. We want to create a level of respect."

Says Coach Nelley Nordquist: "The Nationals will be harder for the team this year. Judges know what they are capable of. If they don't reach that standard, they'll be marked down. I'm confident the girls can rise to it. They genuinely love dancing and they love each other; they want to do well for the school."



Dr. Bob Graykowski



Millions struggle daily with arthritis pain, which can range from moderate to debilitating. Worse yet, the drugs used to combat this chronic condition spark a host of unwanted side effects, including ulcers and other gastrointestinal disorders.

Luckily, there are ways to prevent the disease, and to find drug-free relief when it does strike. We want patients to know that preserving joint health is key in avoiding or managing arthritis and that chiropractic care can help.

When spinal bones (vertebrae) are misaligned or restricted the result is a common condition known as vertebral subluxation. This condition affects the health and function of the nervous system often leading to joint pain. Keeping the spine in alignment has immediate and long term benefits.

Osteoarthritis

Vertebral subluxations stress the body's joints, causing them to move out of alignment. In response, the joints form bone spurs - jagged bits of deposited calcium - that scrape and irritate surrounding muscles, tendons and tissue. The result? Osteoarthritis.

Osteoarthritis (OA) commonly affects hips, knees, hands and backs. Symptoms include pain,

Chiropractic Care and Arthritis

stiffness, muscle weakness, swelling and joint deformation. Maintaining proper spinal alignment, however, encourages circulation - keeping joints well-nourished with a steady supply of blood - and reduces likelihood of injury. Prevention is critical because researchers note that prior joint injury significantly increased the risk for later-life. In cases where OA is already present, chiropractic care provides safe and effective pain relief.

Researchers randomly assigned patients moist hot packs plus chiropractic care or moist heat alone. The study, which included 20 therapeutic treatments over a period of several weeks, showed that those receiving hot packs plus chiropractic care "reported 90% greater results and more rapid pain reduction and increased ROM (range of movement) with sustained relief than improvement of just the moist heat group."

Fibromyalgia

Although it doesn't lead to the joint deformity traditionally associated with arthritis - nor cause the associated inflammation or damage to joints or muscles - this soft-tissue, rheumatic condition produces similar symptoms. Alignment of the upper cervical spine (neck) has been shown to be a factor to reduce pain associated with fibromyalgia.

Exercise

Exercise helps to alleviate joint stress by strengthening the surrounding muscles. Strong thigh muscles, for example, can dramatically reduce the stress load placed on knees. According to the American Chiropractic Association, "Exercise is critical in successful arthritis management. It helps maintain

healthy and strong muscles, joint mobility, flexibility, endurance, and helps control weight." Even "light" exercises, done while seated in a chair, can benefit those with arthritis. As with any exercise endeavor, however, talk with your doctor first.

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TAX HELP

from a Tax Pro

Dean Alexander Sr.

Why Did My Tax Preparer Not Use My Deductions?

That reminds me of a lady who was unhappy when the IRS disallowed the exemption she took for her pet. "But I have been claiming seven of them in the past years," she protested. Similarly many taxpayers seem to think that they are entitled to deductions for their food and living expenses.

I had a call the other day from someone who was unhappy with her tax preparer. "He seems not to know his business. She started telling me that he did not take any of her expenses for her food and commuting to work.

Needless to say that her tax preparer was correct in not deducting those personal expenses on her tax return. Personal Expenses are not deductible. Only expenses used in generating the income (except for commuting) are deductible.

Maybe it will help just to visit the issue briefly. If you are a business such as a corporation or a proprietor, you are entitled

to deduct your expenses that are used to generate your income. That seems commonsensical. The problem becomes a little twisted for wage earners.

In the good old days wage earners (people with w-2) used to be able to deduct their first dollar of business expenses. Then smart politicians who are bent on complications employed their twisted minds and decided to make life miserable for citizens and possibly for themselves.

Now employee business expenses have to pass two hurdles. The first hurdle is a percentage of adjusted gross income you have to jump over which they call a floor. You theoretically can deduct any amount above this floor. I say theoretically because we are not out of the woods yet.

After you successfully manage to jump the hurdle of the percentage of adjusted gross income and you have a dollar or two available now for deductions, the IRS

will tell you these deductions can only be used among the itemized deductions. So if you don't have enough itemized deductions, the poor dollars that you have just liberated succumb to the shackles of the congress genius and they die forever.

Can't we just live a simpler life? Taxes made simple or better yet no income tax but a sales tax system. You buy and you pay your taxes. NO more tax returns.

Summary: Only business expenses are deducted. Wage earners cannot deduct personal expenses. Employee business expenses are deductible but hardly.

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.

Taxpayers Fleeced by Bad Accounting at State Parks

SACRAMENTO COUNTY, CA – (MPG) State Senator Jim Nielsen (R-Gerber) issued the following statement regarding the State Auditor's report, Department of Parks and Recreation, Weak Procedures Have Led to Inconsistent Budgetary Reporting and Difficulties in Measuring the Impact of Efforts to Keep Parks Open:



State Senator Jim Nielsen

"For years, top officials at the Department of Parks and Recreation have ignored established accounting guidelines in its reporting to hide money from the public. "With nearly 4,000 employees and a budget of \$574 million, State Parks officials still cannot tell the public how much it costs to operate a specific park.

accounting gimmicks during my tenure as Vice Chair of the Assembly Budget Committee. Top bureaucrats continue to thumb their noses at taxpayers, incapable of reforming the practices of their departments. "I will aggressively examine these accounting manipulations in the budget hearing process to bring an end to these abuses in government that are costing taxpayers tens of millions of dollars.

Senator Jim Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Del Norte, Glenn, Nevada, Placer, Sacramento, Shasta, Siskiyou, Sutter, Tehama, Trinity and Yuba. To contact Senator Nielsen, please call him at 916-651-4004, or via email at senator.nielsen@sen.ca.gov.

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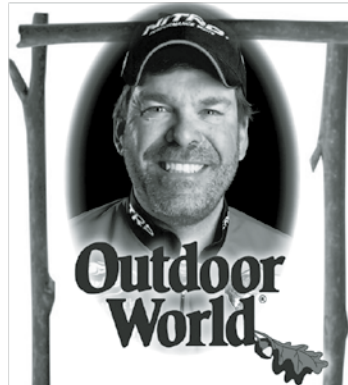
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Keith Kavaajec is a member of the Bass Pro Shops® Pro Fishing Team

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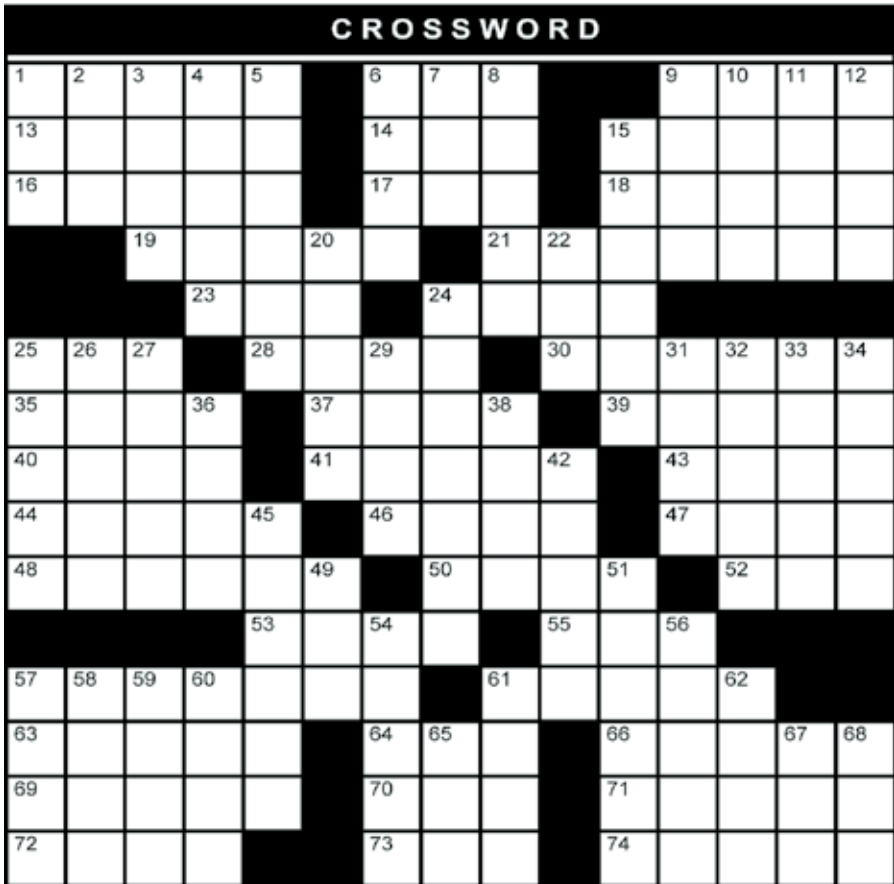
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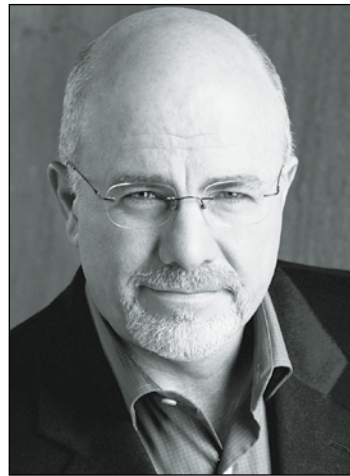
*National average annual savings based on data from customers who reported savings by switching to Esurance between 1/1/10 and 5/19/10.

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CLUES

- | | | |
|---|--|---|
| <p>ACROSS</p> <ol style="list-style-type: none"> *The knight on the Oscar statuette holds one Possible best director Sound of passing bullet? Taekwondo country ___ of Good Feelings Twofold Relating to Quechuan people Energy unit To set someone free Bruce Wayne's Batman, e.g. "Historical drama and Oscar nominee Feline cry Secretary, e.g. a.k.a. American Gas Association Cleanse Gather, as in courage, e.g. Make fun of Lord's worker "Controversial speech-making director (2003) Aware of | <ol style="list-style-type: none"> They itch "Singing nominee Apartments, e.g. Bank claim "___ in full" Petered out Put in the hold Grazing land "Vanity Fair holds a big one on Oscar night ___ sheet "Western director nominee "Cloud ___," snubbed by the Academy Justin Timberlake's "___ the End of Time" Under the weather 1.75 pints "Time is money," e.g. Adam and Eve used its leaves for covering Silly and insignificant Comedy Central's "___ O" Drug approver Throat infection | <p>DOWN</p> <ol style="list-style-type: none"> Often used with "burn" "Got an Oscar Shamu, e.g. King's domain "President portrayer "Ang and Spike, e.g. Get it wrong Bald symbol Dietary mineral Division word Nervous biter's victim Hidden valley Hogwash Flooded Any doctrine Ascetic Muslim monk "Love Going to "Cooper and Lawrence ___ "Silver Linings Playback" Wedding cover Daytime TV offering Relating to tone Bert's roommate High-pitched Japanese string instrument Three of these in a yard Horse or pig sound Difficult to detect by the mind ___ chi "Youngest ever nominee Sense an odor Colorful spread African tea Backward arrow command Greek H's Not far distant in time, space or degree Aquatic plant "Like most in attendance at the Oscars Manhole cover WSW opposite One in a set |
|---|--|---|

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.

More Than Just A Problem

Dear Dave,
My mother-in-law has a serious credit card problem. She can't afford stuff, but she shops anyway, acquires more and more credit and thinks she'll pay for it all later somehow. Her husband has bailed her out a few times, but he's unwilling to do it anymore. My wife and I, and her sister, want to address this issue, but where do we start?
- Jonathan

Dear Jonathan,
First of all, you need to stay out of the discussion. This is something for her daughters to handle, and her husband needs to be part of it, too. He's closer to this and feels the effects more than anyone else in the family.

They need to sit down with her in a closed setting, where there are no interruptions, no television and no one else. Start with the fact that they love her and care about her deeply. This part is really important. But they also have to walk through what's going on, and let her know they're tired of watching her destroy herself and her marriage with this immature and irresponsible behavior.

Everyone involved should understand going in that they're likely to receive a volatile,

Dave Says

angry reaction from this lady. Sometimes people get ticked off when they hear the truth, especially when it's connected to their own misbehavior. It may even be a good idea for your wife, her sister and your father-in-law to get some advice from a family counselor beforehand. What we're really talking about here is an intervention.

If she were a drunk, you'd want to try and make her see how alcohol was hurting her and the relationships she has with her family. Basically, she has a credit card addiction, and it's wreaking havoc on her marriage and their financial well-being. Show as much love and understanding as possible, but someone has to say something and draw a line in the sand. Otherwise, this behavior will eat everyone alive!
- Dave

Closing Whole Life

Dear Dave,
I want to get out of my whole life policy. Should I formally close out the old policy, or just stop paying the premiums?
- Anonymous

Dear Anonymous,
Close out the old policy once you have a good, term life

insurance policy in place. I recommend 15- to 20-year level term insurance equal to 10 to 12 times your annual income. For instance, if you make \$40,000 a year, you should have \$400,000 to \$500,000 in coverage.

Term life insurance is much less expensive than whole life. Plus, did you know that you lose the part of your whole life policy known as the "savings plan" or "cash value" when you die? They only pay the face amount of the policy. So, close it out and stop pumping money into that thing!

But don't leave yourself uninsured. Make sure you have the proper coverage in a term policy first. There is never a good time to save money inside a rip-off, whole life, cash value insurance plan!
- Dave

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

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	5	7	8		4	6	
6					7		2
	3						1
9		8		6		3	
		5		7		1	2
4							8
	8		2				6
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Come back every week for Sudoku!

For Solution See Page 7.

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Miscellaneous

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Miscellaneous

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FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-0509. Gerald D. Thomas, 10501 Croetto Way #8, Rancho Cordova, CA 95670 and Rovetta Johnson, 3825 Jeffrey Ave., Sacramento, CA 95820 are doing business under the Fictitious Business Name "Gloria Jeanz; Sasha" at 10501 Croetto Way #8, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County on January 17, 2013. Publish: January 30, February 6, 13, 20, 2013.

GLORIA 130105 2-20-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00618. Sunny Kahlan, 6503 Rio De Onar Way, Elk Grove, CA 95757 is doing business under the Fictitious Business Name "Subway 49874" at 1500-C West El Camino Ave., Sacramento, CA 95833. Filed with the Clerk of Sacramento County on January 23, 2013. Publish: January 30, February 6, 13, 20, 2013.

SUBWAY 130105 2-20-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00239. Dokimakis Drugstores, Inc., 3021 Wayland Road, Loomis, CA 95650 is doing business under the Fictitious Business Name "Knots Pharmacy" at 6620 Coyle Ave. #102, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on January 9, 2013. Publish: January 30, February 6, 13, 20, 2013.

KNOTT 130105 2-20-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00259. Annie Ly, 8616 Elaine Dr., Sacramento, CA 95828 is doing business under the Fictitious Business Name "Beauty Salon Barber" at 8525 Madison Ave. #146, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on January 10, 2013. Publish: January 30, February 6, 13, 20, 2013.

BEAUTY 130105 2-20-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00640. Amy Wirth, 1279 Berry Creek Road, West Sacramento, CA 95691 is doing business under the Fictitious Business Name "Amy Wirth Insurance" at 9109 Laguna Main St. #125, Elk Grove, CA 95758. Filed with the Clerk of Sacramento County on January 23, 2013. Publish: January 30, February 6, 13, 20, 2013.

AMYWIR 130105 2-20-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00599. Scott Campbell, 7430 Kreth Road, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Campbell Construction" at 7430 Kreth Road, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on January 22, 2013. Publish: January 30, February 6, 13, 20, 2013.

CAMPBE 130105 2-20-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00505. Angela Lawrence, 5317 Matina Dr., Elk Grove, CA 95757 is doing business under the Fictitious Business Name "Dorian's Barber Studio II" at 5401 Florin Road, Sacramento, CA 95823. Filed with the Clerk of Sacramento County on January 17, 2013. Publish: January 30, February 6, 13, 20, 2013.

DORIAN 130105 2-20-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00649. Lauri Lee DeFazio, 2960 Joseph Ave., Sacramento, CA 95864 is doing business under the Fictitious Business Name "T and L Auto Sales" at 5401 Warehouse Way #114, Sacramento, CA 95826. Filed with the Clerk of Sacramento County on January 24, 2013. Publish: January 30, February 6, 13, 20, 2013.

TANDLA 130105 2-20-13

NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES
 To Whom It May Concern:
 WAL MART STORES INC. is applying to the Department of Alcoholic Beverage Control to sell alcoholic beverages at: **6005 MADISON AVE., CARMICHAEL, CA 95608-0521** with 21-Off-Sale General Eating license. Filed: January 23, 2013. Publish: February 6, 13, 20, 2013.

FIRSTC 130201 2-20-13

NOTICE OF PETITION TO ADMINISTER ESTATE OF
 GEORGE BELTRAN SANZ, SR. 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 **GEORGE BELTRAN SANZ, SR.** aka **GEORGE B. SANZ:**
 A Petition for Probate has been filed by Teresa Allingham 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 the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. 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 7, 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 decedent, 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: Ruth A. Rowlette, 777 Campus Commons Road #200, Sacramento, CA 95825; 916-649-3355. Publish: February 6, 13, 20, 2013.

ROWLET 130201 2-20-13

PLEASE TAKE NOTICE that the Governing Board of the San Juan Unified School District will conduct a public hearing at its regular meeting beginning at 6:30 p.m. on February 26, 2013, regarding a petition from Gateway Community Charters to operate a K-8 Charter Public School named Gateway International School within the San Juan Unified School District. The meeting will be held in the district board room located at 3738 Walnut Avenue, Carmichael, California. Anyone requesting more information can contact Public Personnel Services at (916) 971-7220. Publish: February 13, 20, 2013.

SJUSD 130202 2-20-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00700. Christiana Ashley and Richard Ashley, both of 2439 90th Ave., Oakland, CA 94603 are doing business under the Fictitious Business Name "Woman of God" at 2245 Hom Road #12, Sacramento, CA 95822. Filed with the Clerk of Sacramento County on January 25, 2013. Publish: February 6, 13, 20, 2013.

WOMANO 130201 2-27-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00027. Eat at Joes Inc., PO Box 292252, Sacramento, CA 95829 is doing business under the Fictitious Business Name "Pegasus Riding Club" at 10771 Freeman Road, Wilton, CA 95693. Filed with the Clerk of Sacramento County on January 21, 2013. Publish: February 6, 13, 20, 2013.

PEGASU 130201 2-27-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00536. Jacqueline Hights, 6620 Chesterbrook Drive, Elk Grove, CA 95758 is doing business under the Fictitious Business Name "Artistic Creations by Jacques" at 6620 Chesterbrook Dr., Elk Grove, CA 95758. Filed with the Clerk of Sacramento County on January 18, 2013. Publish: February 6, 13, 20, 2013.

ARTIST 130201 2-27-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00593. Byron Ingram Roper, 1367

Greenborough Dr., Roseville, CA 95661 is doing business under the Fictitious Business Name "Law Office of Byron Roper" at 1007 7th Street #303, Sacramento, CA 95814. Filed with the Clerk of Sacramento County on January 22, 2013. Publish: February 6, 13, 20, 27, 2013.

LAWOFF 130201 2-27-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00659. Robert S. Schuermann, 6047 Shirley Ave., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Simply Catering" at 6047 Shirley Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on January 24, 2013. Publish: February 6, 13, 20, 27, 2013.

SIMPLY 130201 2-27-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00719. Alshin Darandeh, 2499 Folsom Blvd. #101, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name "Kei Window Cleaning" at 12499 Folsom Blvd. #101, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on January 28, 2013. Publish: February 6, 13, 20, 27, 2013.

KEIWIN 130201 2-27-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00602. Matthew Synhorst, 9244 Amarone Way, Sacramento, CA 95829 is doing business under the Fictitious Business Name "Frontier Financial" at 9244 Amarone Way, Sacramento, CA 95829. Filed with the Clerk of Sacramento County on January 22, 2013. Publish: February 6, 13, 20, 27, 2013.

FRONTI 130201 2-27-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00741. BVD Financial, Inc., 4115 Sadek Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Sacramento Real Estate Group" at 4227 Sunrise Blvd. #200, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on January 28, 2013. Publish: February 6, 13, 20, 27, 2013.

SACREA 130201 2-27-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00537. Victor Fleck and Bonny Scheier, both of 3625 Keswick Way, Sacramento, CA 95826 are doing business under the Fictitious Business Name "Logovions" at 804 Reading St. #A, Folsom, CA 95630. Filed with the Clerk of Sacramento County on January 18, 2013. Publish: February 6, 13, 20, 27, 2013.

LOGOVI 130201 2-27-13

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
 ORDER TO SHOW CAUSE
 CHANGE OF NAME
 #34-2013-00136202
 WHEREAS, James Edwin Black Jr. has filed a petition with this court for a decree changing name of James Edwin Black Jr. to Alexa Jay Black. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 5, 2013 in Department 54, 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.

BLACK 130201 2-27-13

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
 ORDER TO SHOW CAUSE
 CHANGE OF NAME
 #34-2013-00135425
 WHEREAS, Ian Andrew Knox has filed a petition with this court for a decree changing name of Ian Andrew Knox to Hannah Alexandria Knox. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on February 22, 2013 in Department 54, 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 00, 2013.

Shelleyanne W.L. Chang Judge of the Superior Court Publish: February 6, 13, 20, 27, 2013. KNOX 130201 2-27-13

American Towers LLC is proposing to construct a 75' monopole telecommunications tower, overall height 80', at 8820 Greenback Lane in Orangevale, Sacramento County, California. The new tower structure facility will include a 50' x 34' lease area and associated easements, along with a 30-ft. buffer surrounding the lease area. American Towers LLC seeks comments from all interested persons on any potential significant impact the proposed action could have on the quality of the human environment pursuant to 47 C.F.R. Section 1.1307, including potential impacts to historic or cultural resources that are listed or eligible for listing in the National Register of Historic Places.

Interested persons may comment or raise concerns about the proposed action by submitting an e-mail to enviro.services@americantower.com. Paper comments can be sent to: American Towers LLC, Attn: Environmental Compliance, 10 Presidential Way, Woburn, MA 01801. Requests or comments should be limited to environmental and historic/cultural resource impact concerns, and must be received on or before March 20, 2013. This invitation to comment is separate from any local planning/zoning process that may apply to this project. Publish: February 20, 27, 2013. AMTOWE 130203 2-20-13

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 Waymart Court, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Jennifer the Pet Nanny" at 3624 Waymart 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. Jeffery 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 Trestik 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 or 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 Trestik, 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 enforced 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 Trestik Dates: February 4, 2013. Publish: February 13, 20, 27, March 6, 2013. TRESTI 130202 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 Name "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 Name "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. 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

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01286. Greg Lomori, 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, 6404 Blue Vista Ct., Rocklin, CA 95677 is doing business under the Fictitious Business Name "The Tax Offices of Greg Lomori; resolveit.com; backtaxrelief.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. Jonathan Edgar, 6609 Misty Creek Dr., Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "Abernant 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. Toni Jezildzic, 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
 #34-2013-00138579
 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](http://www.courtinfo.ca.gov/selfhelp)



Riley Reviews

**PASSABLE COMEDY
"IDENTITY THIEF"
STEALS SOME LAUGHS**

better than to give out his vital information over the phone to a telemarketer.

Struggling to support his family and tired of dealing with his horrible boss (Jon Favreau), Sandy's fortunes look up when he's invited to take an executive position with an upstart competitor.

And yet at the same time, all that he has worked for is suddenly threatened, after a gas station attendant tears up his maxed-out credit card and the police arrest him for having skipped a court date in Florida.

Though some of the problems are sorted out, a Denver detective (Morris Chestnut) informs Sandy that his legal troubles could go on for many months because the culprit resides in another state.

Given a week by his impatient new boss (John Cho), Sandy travels to Florida to confront Diana and to bring her back to Denver so that her testimony can clear him of still pending charges.

Needless to say, the fake Sandy is not willing to help the real one get his life back, and so a few fights are in the offing, resulting in the destruction of his rental car and harm to various body parts.

Diana becomes more agreeable to Sandy's plan to leave Florida when a pair of assassins (Genesis Rodriguez and T.I. "Tip" Harris) is gunning for her because she sold them phony IDs and credit cards that don't work.

To add to her woes, Diana is also being pursued by a redneck bounty hunter (Robert Patrick), so crazed and unhinged in his chase that he's a greater threat than the hired killers.

The road trip to Denver proves to be a test of wills between the straight-laced nebbish and the wild child of reckless behavior. Many fights, some physical, ensue.

At times, the mind games played by Diana are amusing. But when

she hooks up with an overweight cowboy named Big Chuck (Eric Stonestreet), it proves humiliating for Sandy and uncomfortable for the audience.

The story offers some momentary promise when Sandy resorts to unsavory tactics directed at his former corporate boss. Unfortunately, Jon Favreau's villainous Harold Cornish does not return to the action.

"Identity Thief" has its moments of fun, and yet it doesn't quite fully connect in the possibilities of an odd-couple road movie. It aimed for "Due Date" territory and proved about as engaging as "The Guilt Trip."

Nevertheless, "Identity Thief," though stitched together with the standard comedic blueprint, presents enough amusement, thanks to the talents of Melissa McCarthy and Jason Bateman.

DVD RELEASE UPDATE

This column space often serves to announce the arrival of a new DVD release for a television series. For the most part, I aim to focus on something unusual or vintage.

Arriving unsolicited in the mail was a copy of "Gossip Girl: The Complete Sixth and Final Season." As you can imagine, I did not immediately load this into the DVD player.

The only thing thrilling about the news release accompanying the delivery of said DVD was the fact that it revealed the 10 one-hour episodes of this season represent the final season.

This means, of course, that I will be spared any more installments of the "scandalous and seductive series" (to quote the over-exuberant press release).

The press release breathlessly informs that Season Six opens with the Upper East Siders working together to find Serena, who's gone off the grid. I say if someone has gone off the grid, you just need to let the person go.

Other newsy tidbits reveal that Blair and Chuck reunite with a bang and Lonely Boy Dan writes a new tell-all book.

Fans of "Gossip Girl" will probably want this new DVD. As for me, I shall remain blissfully unaware of the identity of Gossip Girl.

Be Awesome! Be A Book Nut!



Children attending the event be read Dr. Seuss books, but members of SARA will speak with parents about how to raise a lifelong reader. Photo courtesy of SARA.

for kindergarten through third grade students on February 28, 2013 from 6:00 - 7:00 p.m. at the Gibbons Community Center, 4701 Gibbons Drive in Carmichael. The event is free of charge.

Retired reading specialist, Kathy Davalos, is the event's "official" Cat in the Hat. "Reading out loud to children is the single most influential factor in young children's success in learning to read," stresses Davalos.

All parents have to do, she insists, is read to their children daily. "It's the only way children get academic language. I know it's really hard because they've been working all day, but if they would just do that one thing, it would get their children on the road to success."

"Oh, the things you can find, if you don't stay behind."

Not only will children attending the event be read Dr. Seuss books, but members of SARA will speak with parents about how to raise a lifelong reader; providing tips about what they need to remember to do when they're reading to their children. Any questions they have will be answered as well.

You can reserve a spot online at morpod.com, or call Rodney at (916) 488-7276 ext. 3016 for more information.

"You're never too old, too wacky, too wild, to pick up a book and read with a child."

By Julie Parker

CARMICHAEL, CA - (MPG) Theodor Seuss Geisel aka Dr. Seuss was a creative genius. With a literary/illustrative sleight of hand, he distracts the reader with imaginary worlds and creatures as he deftly, magically, pulls motivational advice, and solutions to moral dilemmas, out of his virtual white and red striped stove pipe hat.

It's no mystery, then, that his books are often selected for new readers, to inspire a desire for continued reading.

March 1, 2013 - Dr. Seuss' birthday-is the 16th annual "Read Across America Day," an event created by the National

Education Association to motivate and raise awareness of the importance of reading. Raising children to read helps them succeed at school, find better jobs, and experience healthier lives.

Schools, libraries, governments, celebrities, and caring individuals of all ages in local communities across the country will participate in this fun, inspiring event.

"Unless someone like you cares a whole awful lot, nothing is going to get better. It's not."

In our community, the Sacramento Area Reading Association (SARA) is co-hosting "Happy Birthday, Dr. Seuss!" with the Mission Oaks Recreation and Park District

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Announcements & Events

Pretty Pretty Princess Camp

Come Dance with Me presents Pretty Pretty Princess Camp February 18 & 19 from 11am-2pm. This camp will give your little girl a heads up on how to be a princess. We'll discuss manners and other princess duties. Special craft projects will be done to prepare for a very special tea party celebration at the end of camp. Participants are welcome to wear their favorite princess costume.

Dr. Seuss Birthday Party

Bring your Pre K- Second Grader to celebrate Dr. Seuss's Birthday with your local Carmichael Library & Carmichael Recreation and Park District on March 2 from 10am-12pm! There will be sweet treats, games, and activities! Just imagine all the things we can do! Pre-Registration Required.

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

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Triplets Make Local District History



Kenneth, Sean, Patrick Jacobsen. Photo by Julie Parker.

By Julie Parker

CARMICHAEL, CA – (MPG) When Cheryl Jacobsen delivered her triplets – Patrick, Sean, and Kenneth—little did she know they would be the first set in the Boy Scouts of America’s Pony Express District (Golden Empire Council) to earn the highest ranking of Eagle Scout. They almost didn’t get there.

This past summer, Assistant Scoutmaster Bryce Holladay visited their home to remind them that the door would be closing when they became eighteen. They only had three or four months to earn their remaining badges, complete the Eagle Scout Service Project, get it written up, interview, and receive approvals from the scoutmaster, charter leader, and sponsors. Were they up for it? “They said ‘yes,’” recalls Holladay. “They followed through with it. They set that goal.”

When the boys were born, the Jacobsens already had a two-year-old daughter. With a sudden family of six, they needed assistance. Cheryl’s grandmother flew out from Colorado and stayed the first three months until Cheryl returned to work. The kids’ father quit his job to be a full-time dad, until the boys entered kindergarten. He then worked part-time, so he could be there for them before and after school.

Initially, the school advised the Jacobsens that it would be easier for them and teachers if the triplets remained together in the same classroom. Cheryl, however, disagreed with their assessment.

“I asked if it was possible to

separate them. I felt they were already sharing a birth date, and I wanted them to have their own individuality, and friends.” Mom won.

They’ve all been active in track and field, and cross-country, with Patrick adding wrestling to his curriculum, until an injury cut it short.

The boys didn’t enter the Boy Scouts until age thirteen, but they have thoroughly enjoyed the experience.

Patrick’s favorite aspect has been “trying new things.” He says, “The personal management badge was the toughest. You have to keep track of what you spend and don’t spend of your money for 30 days. It was hard to keep track sometimes.”

He built an information kiosk booth at Will Rogers High School for his Eagle Scout Service Project.

After high school graduation, he plans on pursuing a nursing career.

Sean says about the Scouts, “I thought it was going to be somewhat boring when I first joined, but there is so much fun stuff. Scout Camp is where you have fun all the time. For the wilderness survival skills we had to make our own fire, and learn different signaling. We had to go out for a night with just our clothes and a water bottle, and build our own shelter.”

For his project, he created a drip irrigation system for the garden at Will Rogers Middle School. “We only had 30 days. It was a project that was efficient, quick, and would help a lot of people.”

After graduation, he plans on following his grandfather’s footsteps by joining the Air Force.

Kenneth says people might be surprised to learn how hard working the Scouts are – “When we sign up for something, we get it done.” His favorite merit badge was leather work. “It was probably the easiest, and most fun. We made belts and little neck ties.” He agrees with Patrick that earning the personal management was the most challenging. “One of the things took me forever to get it right. There are a lot of steps to get to a point.”

Kenneth repaired bleachers at Del Campo High School for his project, which involved raising money. “The regular wood would just break easy again, so we bought pressure treated wood, which is a little more expensive.”

He had planned on joining the Coast Guard after graduation, but faced a two-year waiting list. “So, I’m shooting for the Air Force right now, and to become a mechanical engineer. I think it would be really fun working on airplanes; getting to know how to build them.”

The Court of Honor – the award ceremony – is set for March 10, 2013 at 7:00 p.m. at the Church of Jesus Christ Latter Day Saints at the corner of Garfield and Locust in Carmichael.

The public is welcome to attend the momentous celebration; to set aside politics with the organization, and to demonstrate our collective pride of our three hometown young men by applauding their accomplishments.

Sacramento County DA Reports

Recent Cases of Interest

CASE: Anthony Arinaga (02/15/13)

PROSECUTOR: Deputy District Attorney Alan Hengel, Insurance Fraud Unit

District Attorney Jan Scully announced that 34-year-old Anthony Arinaga admitted to a felony charge of vehicular arson with the intent to defraud his auto insurance company, a strike under California’s Three Strikes Law.

Galt resident Anthony Arinaga had a vehicle which needed frequent and costly repairs. Arinaga and a friend, Laura Perry, decided they would destroy his car. Arinaga would then file a false stolen vehicle police report and false insurance claim. Arinaga believed his scheme would eliminate having to pay for additional costly car repairs and that he would instead receive payment from his auto insurance company for the value of his car.

The morning of September 11, 2011, Arinaga and Perry drove separate cars to a remote area near Stockton. Once there, Arinaga set his car on fire and immediately left with Perry who drove him home. Later that morning, Arinaga called the Galt Police Department and said he had just discovered that his car had been stolen. A Galt police officer went to Arinaga’s home to take a stolen vehicle report. Both Arinaga and his wife, Christina Arinaga, initially told the officer that their car had been stolen. After further questioning by the officer, they both admitted lying about their car being stolen.

Anthony Arinaga faces a sentence of 180 days in jail and formal probation. Sentencing is set for March 15, 2013 in Department 8 of the Sacramento Superior Court.

CASE: Haywood Luster (02/15/13)

PROSECUTOR: Deputy District Attorney Matt Chisholm, Elder Abuse Unit

District Attorney Jan Scully announced today the Honorable Kevin McCormick sentenced 50-year-old Haywood Luster to 17 years and 4 months in prison. Last month, Luster pled to three counts of robbery with an elder victim enhancement.

In the summer of 2012, Luster robbed seven women ranging in age from 76 to 93. Luster followed the women home from two grocery stores in the Arden area. When the victims arrived home and began taking groceries into their houses, he struck them from behind and stole their purses. None of the seven victims were able to identify Luster because the attacks were a surprise and executed quickly. During the last robbery, an alert neighbor witnessed the robbery and chased Luster back to his car. After the neighbor provided a detailed description of the car, the Sacramento sheriff’s robbery detail searched the area for hours and apprehended Luster in the car.

All of the victims escaped serious injuries, but many of the victims have lost their sense of security, independence and will no longer leave their homes alone. In Luster’s statement to probation, he admitted targeting elderly women because he thought they were easy targets.

Deputy District Attorney Matt Chisholm states, “Thanks to the tireless work of Sacramento Sheriff’s Detective Jason Lonteen and the watchful eyes of caring neighbors, this defendant is no longer wandering our streets targeting some of the most vulnerable people in our community.”

CASE: Ignacio Bulahan (02/13/13)

PROSECUTOR: Deputy District Attorney William Satchell, Gangs & Hate Crimes Unit

District Attorney Jan Scully announced that the Honorable Maryanne Gilliard sentenced 37-year-old Ignacio Bulahan for the May 19, 2004 murder of Thyotis Jackson. Last month, Bulahan was convicted by jury of first degree murder. Bulahan received a sentence of 25 years to life in prison plus 1 year for the use of a deadly weapon.

The homicide was unsolved until 2010 when an individual came forward with information that assisted the Sacramento Police Department in linking the murder to Bulahan.



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Sacramento Fine Arts Center and Sacramento SPCA will host an Animal Rescue and artist award presentation during a show closing Second Saturday Reception, March 9, 2012, 5:30-8:30 pm. Food, refreshments and live music by guitarist Dan McGee.

“The Honeymooners”, 2012 1st Place painting by Steve Walters

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Carmichael Water Wise Art Contest Winners Recognized



Sandy Kozlen from the Kiwanis Club of Carmichael, Lisa Herstrom-Smith Principal Barrett Middle School, and Chris Nelson Public Information Officer Carmichael Water District with the winning students. Photo courtesy of Carmichael Water District.

CARMICHAEL, CA – (MPG) Fourteen Barrett Middle School students have been selected as winners of the seventh annual Carmichael Water Wise Art Contest. These students were among over 200 others who submitted artwork for the competition, which promotes the arts, encourages creative expression, and the responsible use of water.

The art contest was created with the support of Carmichael Water District and the Kiwanis Club of Carmichael. The goal of the contest is to involve the students of Barrett Middle School

in educating their community about the importance of water use efficiency. The student's artwork has since been turned into a calendar that Barrett Middle School will sell to benefit their art program. The resulting calendar conveys a youthful view of the value of sustaining this great natural resource.

On January 28, 2013 an awards ceremony was held at Carmichael Water District to celebrate the contest winners and their vision. Representatives from the Kiwanis Club of Carmichael, Barrett Middle School, and Carmichael Water

District presented the winning students with gift certificates and poster sized copies of their artwork.

Contest Winners were Lyric Cummings as the Grand Prize Winner, and Jacoby D'angel, Sofia Gatlin, Haley Cornelius, Victoria Kucherenko, Victoria Manasyn, Laura Ionescu, Holly Pearson, Lindsey Adler, Celia Fonseca, Chantel Harris, Natalie Jensen, Javier Zurita, Cruz Almuina.

Source: Carmichael Water District

Author Steve Unger to be Featured at Hank Fisher Properties' Silver Speaker Series

From Hank Fisher Properties

SACRAMENTO REGION, CA – (MPG) Please join us for a special presentation by author Steve Unger, who will be sharing highlights from his book, Before the Paparazzi: Fifty Years of Extraordinary Photographs on Thursday, February 28 at 2pm. Come listen to Steve's exciting stories behind the book's photos,

which feature some of the 20th Century's most compelling personalities and subjects. Anyone interested in attending should contact the community at 916-921-5131 by Monday, February 25th. Refreshments will be served.

The presentation continues Hank Fisher Properties' Silver Speaker Series, which brings its retirement communities high-

caliber lectures who are likely to be of special interest to an experienced and seasoned audience.

River's Edge is one of Hank Fisher Properties' premier Sacramento senior living communities, located at 601 Feature Drive near the intersection of Howe Avenue and Fair Oaks Boulevard in Sacramento. It offers some of the area's finest independent senior living.



POPOFF!

with Mary Jane Popp

she started her search for the Mayapple after her mama died. Her mama had told her over and over again about this old Indian living in the neighborhood who made a paste out of the Mayapple root and put it in a "Red Heart" can (a tin that once contained pomade for men and held about one ounce). The old man sold the tins of Mayapple paste for \$100.00...a lot of loot in the early twentieth century. Folks would chip in together to buy a tin, using the paste on all their skin cancers, tumors, warts, etc. Her mama said all the skin diseases just disappeared, and there was enough in the can for everyone, because it took so little to do the job. While she was looking for more info on the plant, she ran across info on it in the encyclopedia. Guess what? Willie Gene said that not only do scientists know about it, it's what they use in chemotherapy. The research says that the active ingredient in Mayapple stops cell division. Willie said the FDA thinks that Mayapple is too toxic for us to use ourselves, so we need a prescription. But are we supposed to believe people throughout history before the 1940's didn't have sense enough to tell if something was curing or killing them? The Native Americans have used Mayapple for centuries and still do to treat cancers of all kinds, rheumatism, cholera, diarrhea, hepatitis, gonorrhea, even syphilis. Willie said she has used this root to remove warts and skin cancer on herself. There's a whole lot more about the Mayapple in her book too.

And so began my journey into the back country where Willie Gene grew up with remedies for just about anything that ails ya'! The foremost one was the Mayapple plant. I had never heard of it before. Willie said

1) *Sanitizer for Travel, Seat, Tray Table, anything you touch on a plane.*

Thyme Linalool-8 drops
Tea Tree oil-10 drops
Lavender-8 drops
Base—Add distilled water to the neck of a 2-ounce spray bottle and shake vigorously.

2) *Relieve Stress Commuting.*
Lavender-3 drops
Peppermint-3 drops
Clary Sage-1 drop
Finish filling a one ounce drip bottle with sweet almond oil. Roll bottle to mix. Rub a few drops of the blend on palms and cup hands over nose. Inhale.

3) *Prevent Hair Loss with Essential Oils.*
Clary Sage-4 drops
Rosemary-4 drops
Cedar Wood-2 drops
Ylang Ylang-2 drops
Finish filling a one ounce bottle with jojoba oil. Roll bottle to mix. Apply to scalp for 7 months.

4) *Aphrodisiac Massage Blend.*
Coriander-6 drops
Ginger Oil-6 drops
Sandalwood-18 drops
Add hazelnut carrier oil up to the neck of a four ounce pump bottle and roll to mix.

There's a whole bunch more remedies in the book from hair loss to swollen ankles. You can check out her website at www.NaturesLegacyCures.com for more information. By the way, she is quite a character! Living the good life on POPPOFF! Hope you will too!

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

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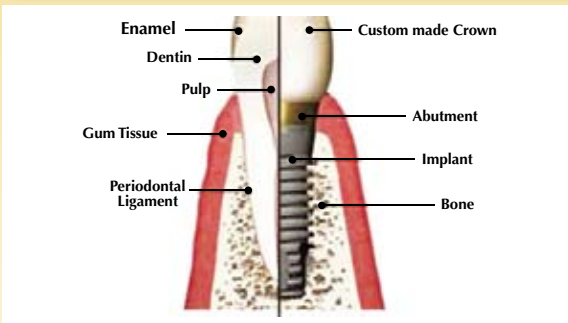
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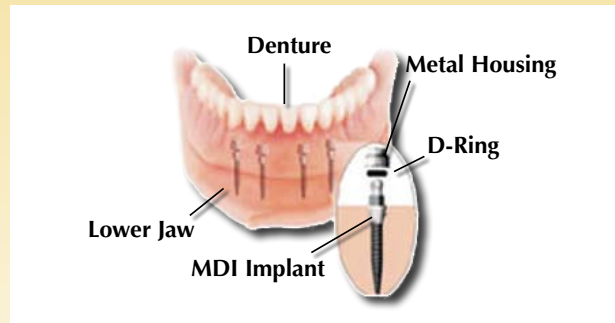
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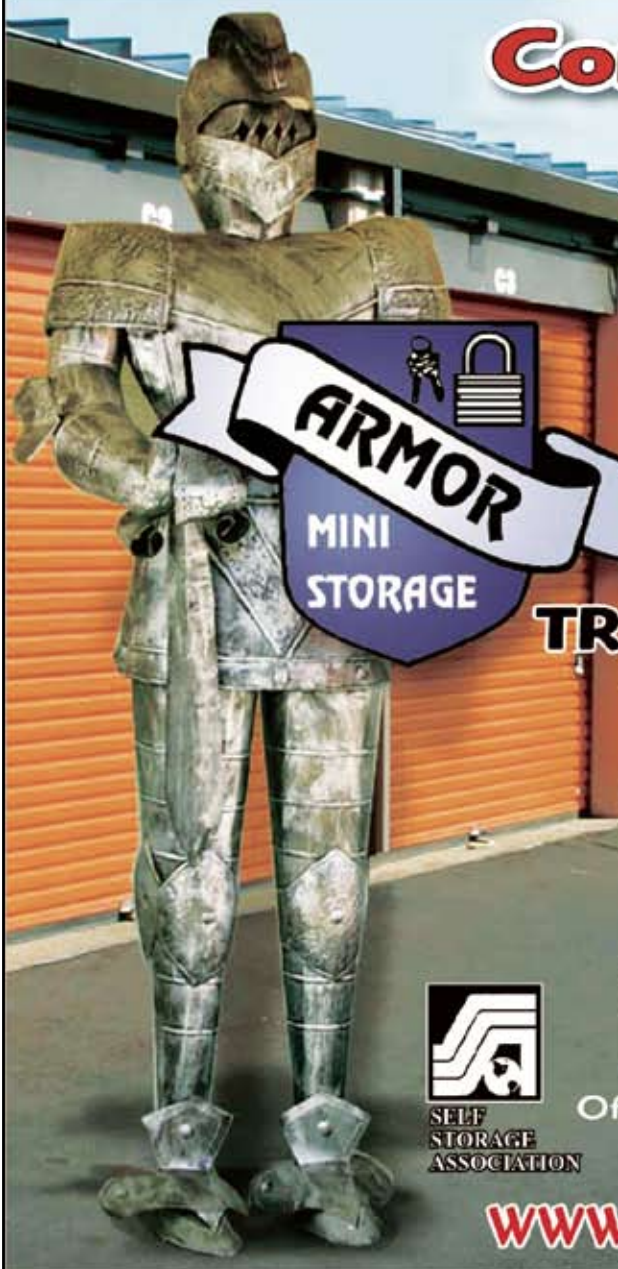
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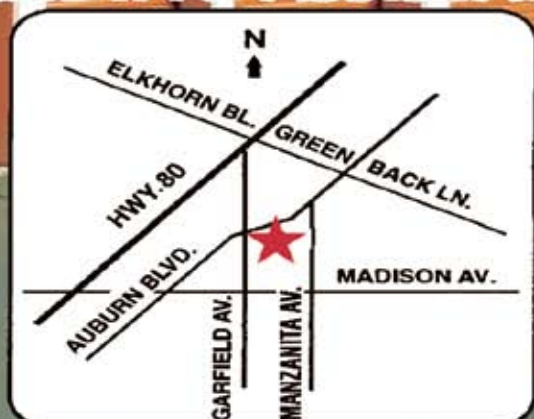


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