

# Stars Shine at Awards Dinner Urges Flu Vaccination Before Peak Season

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# Carmichael Times

Volume 33 • Issue 4

Serving Carmichael and Sacramento County since 1981

January 23, 2013

#### Mama Mia — **Befana Is Back!**



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**Ron Greenwood Re-Elected Director** of the Carmichael **Water District** 



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#### Films and DVDs for the Whole Family



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## **WE SUPPORT OUR MILITARY**



direct link to our online edition!

# Top Scams Hit Close to Home Scammers Harassing Smud



cultivate a list of the top scams of 2012.

SACRAMENTO Region, CA – (MPG) Better Business Bureau serving northeast California gathered information from consumers, federal agencies and internally to cultivate a list of the top scams of 2012.

While some scams are fairly new as scammers learn to take advantage of the Internet, others have been around for years continually victimizing consumers.

"Our list highlights the scams that are the newest or most outrageous," said Gary Almond, president of BBB serving northeast California. "While consumers seem to be getting savvier, these scams only become more prevalent with the advent of new technologies."

#### BBB's top ten scams of 2012: Top Overpayment/Fake Check

Scam: Car Ads A prominent company is offering \$400+ per week to consumers willing to drive around with logos plastered to their cars. They send a check to the consumer and ask the consumer to wire a portion of that "check" to a graphic designer to customize the car. One week later, the check bounces, the graphic designer is nowhere to be found, and the money wired is gone.

#### **Top Emergency Scam: Grandparents Scam**

The "Grandparents Scam" has been around a while, but deserves mentioning again: grandchild/niece /friend is traveling abroad and calls/texts/ emails to say he or she has been mugged/arrested/hurt and needs money right away. Before wiring money in an emergency, check with the supposed victim or family members to make sure the relative is really traveling.

#### **Top Employment Scam: Mystery** Shopping

Working as a secret shopper may sound like an ideal way to supplement income, but scammers have figured that out, too. Many job offers are nothing more than a variation on the Overpayment/Fake Check Scam (above). Sometimes they claim that evaluating the wire service company is part of the job, which is why the consumer needs to send back part of the money. The Mystery Shopping Providers Association says it is not the practice of their members to pre-pay shoppers. Those looking for legitimate opportunities can find a gig through www. mysteryshop.org.

#### Top Advance Fee/Prepayment Scam: Nonexistent Loans

Loan scams continued to fester in 2012. Most of the scams advertise online and promise things like no credit check or easy repayment terms. The hook: you have to make the first payment upfront, you have to buy an "insurance policy," or there is some other kind of fee that you have to pay first to "secure" the loan. In the end, the consumer ends up with nothing but an empty wallet.

#### **Top Phishing Scam: President Obama Will Pay Your Utility Bills**

At the peak of summer with utility costs soaring, consumers received emails, letters and even door-to-door solicitations about a "new government program" to pay utility bills. Victims "registered" with a website and provided everything scammers needed for ID theft, including bank account information.

#### Top Sweepstakes/Lottery Scam: Jamaican Phone Lottery

The calls come from area code 876 but the person claims

won a terrific prize, but must pay a fee to collect the winnings. After wiring money to "collect" the prize, consumers never hear from the scammers again.

to represent BBB, FBI, or other

trusted group. Great news: you

#### Top Identity Theft Scam: Fake **Facebook Tweets**

ROFL they was taping you or "What RU doing in this FB vid?" are typical tweets. In a panic, you click on the link and get an error message that says you need to update your video player. It's a virus or malware that can steal confidential information from your computer or smart phone. Twitter recommends reporting spam, resetting your password and revoking connections to third-party applications.

#### **Top Home Improvement Scam:** Sandy "Storm Chasers"

BBB spends a lot of time investigating and reporting on home improvement scams, but this year we saw an unusual amount of "storm chaser" activity following Super Storm Sandy.

Continued on page 9

# **Customers**

SACRAMENTO REGION. CA – (MPG) The Sacramento Municipal Utility District (SMUD) continues to urge customers to be aware of a scam actively being conducted in the area as more SMUD business customers report being contacted. The scam is carried out by someone contacting SMUD customers by phone and pretending to represent SMUD Disconnection Services.

Two techniques are being used. The first one has a scammer threatening to shut off the electric power unless the customer pays a past-due bill immediately at a payment facility. The second has the scammer telling the customer that their utility payment has been returned for overpayment and another payment must be made immediately at a payment facility. In these cases, the scammer is very well-versed in past-due collection techniques and sounds very convincing. The Sacramento Police Department is investigating.

SMUD customer service representatives will never call a customer and ask for financial information over the telephone, nor direct them to a payment facility. A list of authorized SMUD pay stations can be viewed here.

The following are NOT SMUD authorized pay stations: CVS, RiteAid, Walgreens and Walmart. Also, SMUD does not accept payment via Green Dot or Money Pak.

If SMUD customers receive a suspicious call, SMUD urges customers to ask for a name then hang up and call SMUD at one of the following published numbers: Residential customers - 1-888-742-SMUD (7683) Business customers – 1-877-622-SMUD (7683)

Source: SMUD Public Relations



## Where Eagles Share: Scout Project Benefits Community



Eagle Scout candidate Jeremy Jegenbart (left) directs building of a new shade facility at Sutter Ave's Community Garden. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Community garden workers will have reason to thank a Boy Scout when the thermometer rises this summer. Boy Scout Jeremy Hegenbart (17) recently designed and built a shade canopy at Sutter Ave's co-op gardens.

The project was a final step toward gaining his Eagle Scout badge. Graduating this summer from El Camino High, Hegenbart has been active in Scouting since grade school. He is one of four Troop 55 members whose Eagle projects have benefited the community garden.

Eagle-prep includes gaining

merit badges, doing volunteer service and designing a project to serve a school, church or a community. Part of Hegenbart's obligation was paying for his shelter's concrete, timber and canvas. To this end, the candidate organized a fundraiser at Mountain Mike's Pizza and received a donation from Carmichael Kiwanis. Over several weekends, fellow troopers helped in the building stage. Hegenbart's project previews a career he plans in engineering.

Learn about the Carmichael's Boy Scout Troop 55 by calling (916) 489-1902.

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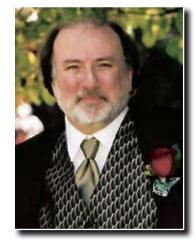
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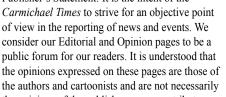
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## Mama Mia — Befana Is Back!



In puppet effigy, La Befana is a benevolent audience to folk dancers Sofia Decio and Mary Quilici at the Italian festival. Photo by Susan Maxwell Skinner.

#### By Susan Maxwell Skinner

CARMICHAEL, CA (MPG)

- Bearing gifts and treats,
Italy's oldest folk heroine recently visited the
Italian Cultural Center in
Carmichael. Her arrival was
greeted with music, folkloric
dancing and a children's puppet show.

Befana is said to have taken to the skies on her broom since Biblical times, in an eternal search for baby Jesus. Inspecting all homes on her mission, the reclusive benefactress comes down the



chimney and leaves biscot Puppeteer Toni Damiani (right) presents folk heroine La Befana to Italian American families at the Italian Cultural Center's annual children's festival. Photo by Susan Maxwell Skinner.

and treats for bambini buoni (good children). Bad kids' just dessert is a lump of coal. Children at the Carmichael celebrations got chocolate coins and blessings from Befana. Many were dressed in regional costumes to dance in the Cultural Center's Bambini dance troupe.

The festival of La Befana is traditionally celebrated on the Festival of Epiphany.

Learn about the Italian Cultural Center at www.italian-center.net.

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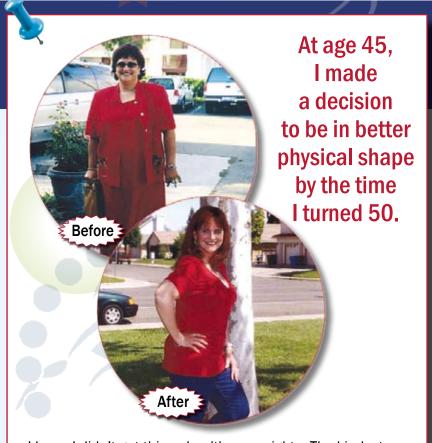
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### Increase In Flu Activity Is Reported – State Health Officer Urges Flu Vaccination Before Peak Season

CA – (MPG) Dr. Ron Chapman, director of the California Department of Public Health (CDPH) and state health officer, says while we are seeing an increase in flu activity in California it is not an unexpected increase, nor is it too late to get vaccinated against the flu.

"California is seeing an accelerated increase in flu activity over the past few weeks," said Dr. Chapman. "You can help prevent further spread of the flu by getting a flu shot."

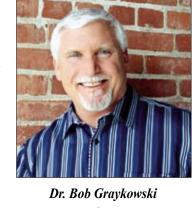
While influenza activity varies from year to year and is unpredictable, California generally sees an increase in cases in late December or early January and it often peaks in February or March. indicators, influenza activity in California is beginning to show a steady increase. "The best defense against the flu is getting vaccinated. This year's vaccine is an excellent match against this year's influenza strains," Dr. Chapman says. "There is no shortage of vaccine in California and it is not too late to get vaccinated. Our flu season may not peak for several more weeks, so I encourage everyone to get vaccinated to protect not only themselves, but those with whom they come into contact?

Dr. Chapman also notes that in addition to getting vaccinated, it's important to practice good hand washing and other good health habits. People who are ill should

SACRAMENTO REGION, According to CDPH surveillance take actions to stop the spread of germs such as: While sick, limit contact with others; cover your nose and mouth when coughing or sneezing; wash hands thoroughly with soap and water or use an alcohol-based rub; avoid touching your eyes, nose and mouth.

Those at highest risk the elderly, pregnant women. infants, or those with other health conditions - who show flu symptoms should contact their physician immediately in order to get the most effective treatment. Symptoms include fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue.

Source: California Department Of Public Health



## Chiropractic USA"

On New Year's Day, Bill made a resolution to finally get in shape. He worked out every day for two weeks. But then a new project at work forced him to miss three workouts in a row, and his good intentions dissolved: he hasn't been back to the gym since. If Bills story sounds familiar, it's because he's not alone. Millions of people have difficulty sticking to a regular exercise regimen. Read on to learn how you can go from a sporadic to a consistent exerciser

#### Keep It Fun

According to psychologists, a significant key to sustaining as exercise regimen is choosing activities you enjoy. Instead of "traditional" workouts, such as jogging or biking, consider more creative options like ballroom dancing or karate, kayaking, yoga, t'ai chi, hiking, rollerblading, crosscountry skiing, snowshoeing, windsailing, or just plain walking with a partner. I urge practice members to choose activities they actually will do, rather than ones they think they should do.

#### Healthy Habit

For an exercise routine to stay consistent it must become an integral part of an individual's daily routine. It needs to be a habit, rather than something "extra" he or she attempts to get to if there's time.

Start by scheduling exercise appointments into your date

## about Exercise!

How to Stay Enthusiastic

planner or scheduling software. If Join the Club possible, schedule your workout at least the same time every day - or at least at the same time on any given day from week to week. This will boost the odds of it becoming a habit.

I caution practice members to avoid the "all or nothing" mentality, which sabotages many peoples attempt to stay in shape. Whenever possible, scale down workouts rather than skip them.

Remember, when it comes to exercise something is infinitely better than nothing.

Next time you're deliberating whether to miss a workout, focus not on how you feel at that moment (stressed, pressed for time, tired, etc.) but on how you will feel after completing your workout (proud, relaxed, energized). Visualize yourself completing the workout, feeling fantastic and congratulating yourself.

#### Take Five

No matter how pressed for time – or tired–you are, you can handle just five minutes. After the five minutes are up, chances are you'll feel so good you won't want to stop. This strategy s especially effective if you work out at a gym or other venue that requires travel.

#### Get Some Class

Structured exercise classes can transform sporadic exercisers into unwavering fitness buffs. For many, having a set time block each day dedicated to attending an exercise class makes a tremendous difference.

#### Buddy Up

Training with a friend or workout buddy can catapult you to optimal fitness.

Exchanging inspirational e-mails or phone calls with friends can also do wonders, as research shows this type of encouragement is highly motivational.

Exercising in a group, such as a walking or hiking club, makes exercise a social event. Hitting the greens with your favorite foursome on a regular basis may also offer a physical workout, provided that you walk the course rather than drive a cart.

#### Train With a Trainer

If you've tried everything and still can't adhere to a workout schedule, consider hiring a personal trainer. At Chiropractic USA we customize your exercise routine to correct posture faults and strengthen your spine.

#### Mix it Up

Bored with your exercise routine? Spice things up with cross-training. Incorporate a variety of indoor and outdoor activities into your routine to keep you moving.

Movement is life and exercise will add more energy to your day. Call us today at Chiropractic USA, for a complete physical check up and let us customize your personal exercise routine.

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Visit www.facebook.com/carmichaelrotaryclub to learn more about who we are, what we do and how your support will serve to improve our wonderful community.

We meet every Tuesday night at 6:30 PM at the Palm Street Pub & Grill in Carmichael. Come enjoy a great dinner on us and learn what you can do to be a part of this amazing organization!

Great sponsor and partner opportunities are available as well - please inquire.

www.EastLawn.com

Carmichael Times Page 5 **January 23, 2013** 

## **Good Samaritan Saves Resident**

Sac Metro Fire District Special Report

SACRAMENTO REGION, CA – (MPG) On January 10, 2013 at 07:25 am Metro Fire units were dispatched to a residential structure fire on the 3100 block of Edison Ave. The first arriving firefighters found heavy fire from a backyard patio that was spreading into the residence. Firefighters aggressively

to keep it contained to the back patio and small portion of the house. A search of the house was performed with no victims

An unidentified good Samaritan who was driving by and saw the flames ran up the residence and began pounding on the front door to alert the occupants. The lone resident in the house at the time stated she heard a commotion at

attacked the fire and were able the door and when she opened her bedroom door immediately encountered smoke from the fire. The smoke detector mounted in her room then went off and she was able to escape the structure without any injuries.

Metro Fire would like to remind all residents that properly placed smoke detectors in both the hallways and bedrooms is extremely important.

## Singles Winter Dance Comes to Carmichael

CARMICHAEL, CA – (MPG) Christian Singles Network, northern California's largest and oldest Christian singles group, will host its annual Winter Christmas Dance for Single adults at Carmichael Presbyterian Church, 5645 Marconi Ave., January 19. All ages are welcome to attend. For more information call 530-878-8606

The casual attire dance begins when doors open early at 6:45 p.m. with Janine teaching a dance lesson 7:10-8:PM, in the Cowbow Cha Cha, and DJ dance music of all types will be played from 8-11:30 by John Maricich.. The music, both recent and oldies, is a mix of rock and roll, ballroom. Latin, country and Christian music at all dances. Approximately 150-170 people attend.

The ticket price of \$15 presale or \$20 at the door includes hors d'oeuvres and dessert, non-alcohol beverages and the dance lesson. Volunteers attend free. Pre-sale dance tickets are available on line at www.christiansinglesnet.com, or at Berean Bookstore in Sacramento, or by mail through CSN, P.O. Box 909, Meadow Vista, CA 95722.

Professional photographer Dan Cobb will be available to take photos for only \$5 each including a digital copy by email. Dress is casual attire. Members of other singles groups such as Elife and Meetup also plan to attend.

The group has sponsored retreats, cruises, seminars, concerts and weekly dinners and monthly dances the past 20 years Membership is not necessary to attend, although members get a \$5 discount at the door. All ages and all denominations are welcome. CSN dances draw singles from the Sacramento, the foothills, and beyond to Reno and the Bay Area.

CSN is planning an Sunday night discount dance January 27 at Roseville Veteran's Hallo, 112 Park Dr., Roseville. Tickets are only \$10 presale and \$15 at

the door for the Sunday night dances. A workshop in teh Waltz and the Fox Trot will be taught at 7 PM by Richard, then DJ Dale plays all types of dance music until 11 PM. Two Valentines Events are planned in February, a Valentines Banquet with dancing at The Palace in Carmichael Saturday, February 2, with a full dinner including desserts as well as a dance featuring DJ Gene Lane. A Valentine's Dance will be held Saturday February 9 at Carmichael Presbyterian Church beginning with a buffet at 6:30 PM for \$3, and a dance for \$15 presale and \$20 at the door that starts at 7 PM. Presale tickets will be available on the website. To receive more information about activities, or directions call the 530-878-8606. or the dance 24 hour event line at 916-658-0606.

The website, www.christiansinglesnet.com, includes directions to the dance as well as information about upcoming event.

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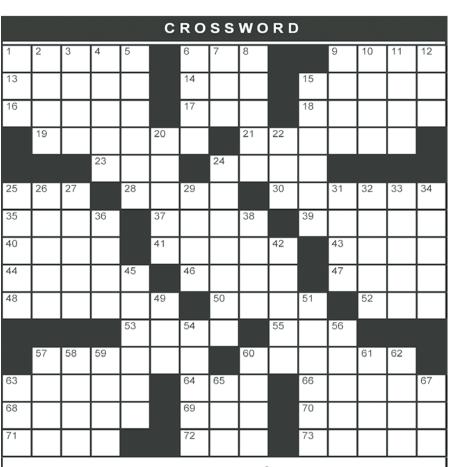
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44. Chirp, as in bird

46. \*"Twilight" series, e.g.

48. Bonnie and Clyde's doing

47. "The farmer in the

50. Mythical bird, pl.

help, acr. 53. Sound of impact

55. Tint

Southern belle

63. Pilaff or plov

64. ET carrier

66. Unbroken

69. Rip off

68. Dadaist Max\_

71. Kind of moss

52. Without professional

57. \*T. Williams' fading

60. \*J.D. Salinger's young

70. Savory taste sensation

72. Affirmative English rock

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#### **CLUES**

**ACROSS** 1. Sweeney Todd's weapon 6. \*Recluse from "To Kill a Mockingbird"

9. Dumbfounded 13. \*"Fear of Flying" author Jong

14. Unit of electrical resistance 15. Groom, to a bird

16. Brightest star in Cygnus 17. Anonymous John

18. Shadow 19. Covered with scabs

21. \*F. Scott Fitzgerald's mysterious millionaire 23. Nada

24. Circle overhead?

25. Douglas 28. Lowest brass

30. Catch in a net

35. Bad day for Caesar 37. Grev. of tea fame

39. Spanish saint 40. Church section

41. \*Poe's talking bird 43. Bucolic poem

DOWN

73. Torn down

1. \*Like Stephen Crane's Badge of Courage

2. Mars. to the Greeks 3. Brass component

4. Home to largest mammal 5. \*John Updike's "\_

6. \*Stephen King novella "The ," adapted into "Stand by Me" film

7. Exclamation of surprise 8. The end

9. They're missing from Venus de Milo 10. He played Sergeant Joe Friday

11. Suggestive of supernatural

12. Piece of evidence 15. Capers or charades

20. Gloomier 22. Brewpub offerina

24. \*John Updike's alma

25. \*Harper Lee's Atticus

26. Gem State 27. Live it up

58. Arm bone 59. Cat-headed Egyptian goddess

56. Swelling

60. Gremlins 61. Timeline divisions

31. \*Occupation featured in

33. They're found at checkout

34. \*Truman Capote's party

45. Blow out the candle, e.g.

49. Sigma \_\_\_ Epsilon

54. Shylock's practice

Straits

"The Help"

girl

Libre"

51. S

57.

32. Terminated

36. Garden starter

42. Jack Black's "\_

38. Toy block

62. What one goes by 63. rally

65. \*Wicked Witch of the West to Dorothy Gale 67. Jack-in-the-box part

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.

#### Be Tightfisted Until The Crisis Is Over

Dear Dave,

Recently, my husband had to quit his job due to an old back injury. We have \$25,000 in debt, but I'll be receiving a \$38,000 inheritance in a couple of weeks. Should we use the money to pay off our debt, or hold on to it in case he needs surgery?

- Kristen

Dear Kristen,

Now is the time to keep the cash piled high. You're in the middle of an emergency, and that means you push the pause button on your Total Money Makeover and stop paying extra on debt. Surgery is a possibility at this point, plus you may need some of that money to live on until his job situation improves.

Then, the moment he returns to work and things are stabilized, you jump back into getting control of your finances. Use whatever is left of the \$38,000 to pay off debt that very day. But right now you don't need to worry about becoming debt-free, only to turn around and be in a mess in the event he has trouble finding another job.

Let me give you a warning too. Thirty-eight thousand dollars is a great gift. If someone handed

## Dave Saus

me a check for that amount I'd Dear Janelle cash it in a heartbeat. But it's not \$380,000 or \$3.8 million. It's easy to develop a false sense of security if you've never received a check of that size. This kind of money is enough to keep the wolf away from the door for a while, but it's nothing to retire on.

This little nest egg is a real

blessing, Kristen. Just make sure you handle it wisely, and take into account all of the possibilities over the next couple of months. In a best-case scenario your husband won't need surgery, he'll find a job pretty soon, and you guys won't have to dig in to the inheritance money. Hang on to as much as possible, though. This sounds like a time of personal and professional transition for you both, and having that kind of extra cash around could be a lifesaver!

- Dave

#### Should We Ever Buy A House?

My husband and I are on Baby Step 2 of your plan. We move every two or three years due to our jobs, so would it ever make sense in our situation to buy a house?

- Janelle

In most cases like this it doesn't make sense to buy a house, especially if the real estate market in your area is lethargic. Some markets have bounced back and are doing very well, while some are worse than slow. It all depends on where you're moving.

Here's the big question: Can you get the place sold quickly the next time you have to move? Another thing to consider is whether or not you can sell it for more than it cost when the time comes. If not, you'll be writing a check for home ownership, and that's not a good plan.

As a general rule, a two- to three-year window is not enough time to own a home. There are rare exceptions to this rule, places where you have a hot, escalating price market. But if you're not careful you'll end up leaving behind a rental property and playing landlord, whether you want to or not!

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

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row, column and 3-by-3 box includes all digits 1 through 9.

See Page 7.

For

Solution

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MEET SINGLES RIGHT NOW! No paid operators, just real people like you. Browse greetings, exchange

> 8 2

9

#### 3 2 5 6 9 8 4 5 4 1 3 9 8 2 6 5 6 4 3 2 9 8 1 4 8 9 5 6 3 2 2 1 3 6 8 9 5 4 8 2 4 3 5 6 9 9 5 2 6 8 4 3 5 2 8 9 6 Suduko Puzzle on Page 6

#### Volunteers Needed

Mature Guy seeking friend-Bristol Hospice is looking for ship of a mature lady in volunteers to provide companionthe 60's and 70's. Call Jim ship with our hospice patients and families. We provide the training and match you with a family in your area. Please call volunteer services for more information at Dog training "The Westeren (916) 782-5511. (MPG 11-30-12)

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

Volunteers Needed: The Domestic Violence Intervention Center needs caring people to assist victims of domestic violence. For more information call 728-5613 or visit our office at 7250 Auburn Blvd.. Citrus Heights, CA (MPG 12-31-12)

#### Want to Buy

WANTED JAPANESE MOTOR-CYCLE KAWASAKI 1967-1980 Z1-900, KZ900, KZ1000, ZIR KZ1000MKII, W1-650, H1-500, H2-750, S1-250, S2-350, S3-400 Suzuki GS400, GT380, CB750 (69.70) CASH PAID. 1-800-772-1142, 1-310-721-0726 usa@classicrunners.com

Diabetic Test Strips Wanted Check us out online! All Major Brands Bought Dtsbuyers.

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STRIPS. Cash Paid. Unopened,

Unexpired Boxes Only. All Brands Considered. Help others - don't throw boxes away. For more information, CALL (888) 491-1168. (Cal-SCAN) NOTICE TO READERS alifornia law requires that contractors taking obs that total \$500 or more (labor and/o naterials) be licensed by the Contractor State License Board. State law also require

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dvertisements that they are not licensed by the Contractors State License Board

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NEWSPAPER

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Web Work We are seeking someone to post articles to our many news sites. This would be a few hours per night, 2-3 nights per week. Flexible schedule. Flat rate per article posted. Must be proficient in Dreamweaver and Photoshop

Graphic Artist - Layout Support person needed to assist with graphics and layout. Must be proficient in various programs including Adobe CS3-Photoshop, InDesign, Newspaper or magazine publishing experience preferred.

#### **Editorial**

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

Home delivery and single copy/ newsststand routes available in Citrus Heights, Fair Oaks, Rancho Cordova, Carmichael, Arden-Arcade. No collecting. Delivery is weekly on Tuesday and Wednesday. Deliver close to home. Must have good running vehicle, current DMV, auto insurance. CA driver's license.

Web Advertising Sales We are seeking an outside sales agent to focus on sales for our many websites. If you have a strong sales background and are "net savvy" - you can work from your home office and make a good steady income helping

#### small businesses succeed. Event Ambassadors

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

If you can sell advertising, we

#### have a great plan, great products and very competitive com-

Advertising Sales

pensation. As an independent sales agent you create your own schedule and work from your own home office to manage your own success. Create a solid group of clients and build the work you will love. Serious and dedicated sales agents could earn \$75,000 year. Social Media Support We are looking for a knowledge-able Social Media professional

to contract to manage our Social

Media needs for our many web-

sites. Must already know what

you are doing! References and

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Citrus Heights, CA 95610 916-773-1111

Publisher@MPG8.com

Mail: 7405 Greenback Lane





THERE'S NOT A SONG THAT HE PLAYS ON THE HARMONICA THAT HIS DOG DOESN'T KNOW

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3400

COTTAGE WAY

2. Suite L/M combined is 2408 square feet. This space will be

vacant effective 02-01-2013.

**Contact Cora Allison** 3400 Cottage Way Suite A • Sacramento, CA 95825 916-708-7303

#### В 0 0 Ε Ε C Α O $H \mid M$ R Ε Ε Ε В Ε U D Ν Ε D Ο M B|R|A В Υ Т S В S С Α В G Α Υ Ν Α 0 Н R U В Ε Ν M|E|S H D Ε S Ε S Ν Τ 0 R Ε R Ν Ε Ν D С Н Ε Ε Ρ S G Ε D L L Η 0 D U Ρ R О С S D Ι U D Η U Ε В Ο S H0 D EN Ρ Α U F О F Ε R U Α L S Ε R Т R В Α Ν Ο M M Ε Υ S R S Ε Ε Crossword Puzzle on Page 6

SUPERIOR COURT OF

**CALIFORNIA** 

COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE

CHANGE OF NAME

#34-2013-00135425

## LEGAL ADVERTISING

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

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

FICTITIOUS BUSINESS NAME #FBNF2013-00063. Linh G. Kim, 4616 Crown Bench Circle, Elk Grove, CA 95757 is doing business under the Fictitious Business Name "Sola S. Consulting" at 4616 Crown Bench Circle, Elk Grove, CA 95757. Filed with the Clerk of Sacramento County on January 3, 2018. Publish: January 9, 16, 23, 30, 2013. SOLASC 130102 1-30-13

**FICTITIOUS** BUSINESS STATEMENT #FBNF2012-10193. Ana Brito, 2801 Manloe Road Sacramento, CA 95826 is doing business under the Fictitious Business Name "Flower Shop" at 6020 Fair Oaks Blvd., Carmichael CA 95608. Filed with the Clerk of Sacramento County on Dec. 27, 2012. Publish: January 9, 16, 23, 30, 2013 **FLOWER** 130102

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00021. David Brink, 102 Ruth Court, Folsom, CA 95630 is doing business under the Fictitious Business Name "Western Wood Products" at 102 Ruth Court, Folsom, CA 95630. Filed with the Clerk of Sacramento County on January 2, 2013. Publish: January 9, 16, 23, 30, 2013. WESTER

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00020 KBYL Enterprises, LLC, 4626 Las Lindas Way, Carmichael, CA 95608 is doing business under the Waste Solutions" at 4626 Las Lindas Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on January 2, 2013. Publish: January 9, 16, 23, 30, 2013. GOLDEN

FICTITIOUS BUSINESS STATEMENT #FBNF2012-10183 Thanh Huynh, 912 Elm St., West Sacramento, CA 95605 is doing business under the Fictitious Business Name "Avalon Hair & Beauty" at 2606 Watt Ave., Sacramento, CA 95821 Filed with the Clerk of Sacramento County on December 26, 2012 Publish: January 9, 16, 23, 30, 2013 AVALON

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-10169. 240 Allaive Circle, CA 95835 and Tim Sacramento. Ming Tan, 8242 Adelbere Way, Elk Grove, CA 95624 are doing business under the Fictitious Business Name "Gold Kitchen" at 5940 Auburn Blvd #B1, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on December 26, 2012. Publish: January 9, 16, 23, 30, 2013. GOLDKI

**FICTITIOUS** BUSINESS NAME STATEMENT #FBNF2012-09454 Hana Kim and William Tchang, both of 2329 Northrop Ave. #A-104. Sacramento. CA 95825 are doing business under the Fictitious Business Name "Deal Buddies" at 2329 Northrop Ave. #A-104 Sacramento, CA 95825. Filed with the Clerk of Sacramento County on November 29, 2012. Publish: January 9, 16, 23, 30, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-10217 Kimala Berdan and Bill Berdan, both of 112 Doubletree Court, Folsom, CA 95630 are doing business under the Fictitious Business Name 'Doubletree Pet Resort" at Doubletree Court, Folsom, CA 95630. Filed with the Clerk of Sacramento County on December 27, 2012. Publish: January 9, 16, 23, 30, 2013.

DOUBLE FICTITIOUS **BUSINESS** NAME STATEMENT #FBNF2012-10165 Maiid Shahzad. 810 Atwell Circle. Woodland, CA 95776 is doing business under the Fictitious Business Name "Natomas Tires & Auto" at 3206 Northgate Blvd., Sacramento, CA 95833. Filed with the Clerk of Sacramento County on December 26, 2012. Publish: January 9, 16, 23, 30, 2013. NATOMA

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-10231. Jeff Wysocki, 4528 Thira Way, Elk Grove, CA 95758 is doing business under the Fictitious Business Name 13 Corners Design Studio" at 4528 Thira Way, Elk Grove, CA 95757. Filed with the Clerk of Sacramento County on December 28, 2012. Publish: January 9, 16, 23, 30, 2013. 13CORN 130102 1-30-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-10099. Chad A. Guptil and Gretchen M Guptil, both of 8029 Bester Court. Sacramento, CA 95829 are doing business under the Fictitious Business "Cornerstone Consultants" at 2941 Sunrise Blvd. #220 Bancho Cordova CA 95742 Filed with the Clerk of Sacramento County on December 20, 2012. Publish: January 9, 16, 23, 30, 2013. 130102 1-30-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-09875. Ann Ly, 761 El Encino Way, business under the Fictitious Business Name "Simply Teas" at 6930 65<sup>th</sup> St. #133, Sacramento, CA 95823. Filed with the Clerk of Sacramento County on December 12, 2012 Publish: January 9, 16, 23, 30, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-10134. Nicole M. Jackson, 3105 Fite Circle #102, Sacramento, CA 95827 is doing business under the Fictitious Business Name "If Ya Nasty Paj Party by McJackson" at 3105 Fite Circle #102. Sacramento, CA 95827. Filed with the Clerk of Sacramento County on December 21, 2012. Publish: January 9, 16, 23, 30, 2013. 130102

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

FILE #FBNF2012-06284 The following person has abandoned the use of the FICTITIOUS BUSINESS NAME of Gooeys Cafe, located at 4408 San Juan Avenue #4. Fair Oaks, CA 95628. Dharandar Singh, 1204 Lamberton Circle. Sacramento, CA 95838; Balram Lal. 170 Pinedale Ave., Sacramento, CA 95838; and Tulsi Ram, 3931 Huron St., Sacramento, CA 95838. The Fictitious Business Name atement was filed on July 27. 2012 in the County of Sacramento. Filed with the Clerk of Sacramento County on December 7, 2012. Publish: January 9, 16, 23, 30, 2013.

GOOEYS 130102 1-30-13 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE #34-2013-00134739

WHEREAS. Ana Cristina Mvers has filed a petition with this court for a decree changing name of Ana Cristina Myers to Cristina Robinson Myers

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on February 13, 2013 in Department 53, located at 720 Ninth 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 Dated: January 2, 2013 David I. Brown

Judge of the Superior Court Publish: January 9, 16, 23, 30, 2013. MYERS 130102

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

#34-2012-00134534 WHEREAS. Thanh Hien Thi Nguyen has filed a petition with this court for a decree changing name of Thanh Hien Thi Nguyen to Mountainpearl Linh Nguyen. IT IS ORDERED that all persons

interested in the above entitled matter appear before this court at 2:00 p.m. on February 8, 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: December 26, 2012

Judge of the Superior Court Publish: January 9, 16, 23, 30, 2013. NGUYEN 130102 1-30-13

SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO AMENDED ORDER TO SHOW CAUSE

CHANGE OF NAME WHEREAS, Danielle Coleman has filed a petition with this court for a decree changing names of Conazzio Jerome Novels to Conazzio Juan and Michael Jerome Novels to Michael Sean Novels.

IT IS ORDERED that all persons matter appear before this court at 2:00 p.m. on February 15, 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 2, 2013 David I. Brown

Judge of the Superior Court Publish: January 9, 16, 23, 30, 2013 COLEMA 130102 1-30-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO APPLICATION AND ORDER FOR REISSUANCE OF ORDER FOR QUALIFIED DOMESTIC **RELATIONS ORDER** #96FL03724

PETITIONER: Judith RESPONDENT: Dennis Hefner WHEREAS (1) applicant Judith Vonk (2) requests the court to reissue hearing date regarding Request for Order-QDRO as follows: a) Request for Order was issued on September 20, 2012; b) Request for Order was last set for hearing on October 24, 2012; c) Respondent cannot be located; d) Request for Order is now set for January 29, 2013. I declare under penalty of periury under the laws of the State of California

that the foregoing is true and correct.
4) IT IS ORDERED that the Request for Order issued in Item 2 above is reissued and reset for hearing in the court as follows: Date: January 29, 2013; Time, 9:00 AM; Dept. 120, located at 3341 Power Inn Road, Sacramento, CA 95826. Request for Order for Qualified Relations Domestic Order

To: (1) Dennis Hefner, (2) You are ordered to appear in this court as follows to give any legal reason why the relief sought in the above application should not be granted: a) January 29, 2013 at 99:9:00 AM in Dept. 120, located at 3341 Power Inn Road, Sacramento, CA 95826; Responsive Declarations must be filed with the court and a copy served on Petitioner at least nine court days before the hearing date; c) Assistive listening systems, sign language or interpreter services are available to you (contact the court 5 days before the proceeding). Publish: January 9, 16, 23, 30, 2013 130102 VONK 1-30-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-10256. Cheryle Shelton and Ray Shelton, both of 5266 Butterwood Orangevale, CA 95662 Circle, are doing business under the Fictitious Business Name "Ita's Fajitas" at 5266 Butterwood Circle, Orangevale, CA 95662. Filed with the Clerk of Sacramento County on December 31, 2012. Decendary In 6, Publish: February 130103 2013.

ITÁSFA 2-6-13 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-10118. Sergio C. Corona, 4713 Hazelwood Ave., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Any Kind of Doors" at 4713 Hazelwood Carmichael, CA 95608. Filed with the Clerk of Sacramento County on December 20, 2012. January 2013.

February 6 2-6-13 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00120. Charlie Kimball, 6327 Perrin Way, Carmichael, CA 95608 and Russell Espinosa, 2811 "g" Street #3, Sacramento, CA 95816 are doing business under the Fictitious Business Name "IFG Tax" at 8300 Fair Oaks Blvd. #302, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on January January Publish: 6, 2013.

February 6 130103 IFGTAX 2-6-13 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00125. Ryan Walker, 9380 Snowbird Way, Sacramento, CA 95826 and Venancio Riego Jr., 6720 Park Riviera Way, Sacramento, CA 95831 are doing business under

the Fictitious Business Name "J Legend Catering" at 9380 Snowbird Way, Sacramento, CA 95826. Filed with the Clerk of Sacramento County on January January 14 Publish: 16, February **JLEGFN** 

130103

2-6-13

FICTITIOUS BUSINESS STATEMENT #FBNF2012-10099 Chad A. Guptil and Gretchen M. Guptil, both of 8029 Bester Court, Sacramento, CA 95829 are doing business under the Fictitious Business Name "Cornerstone Structural Consultants" at 2941 Sunrise Blvd. #220, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento Decent January 10 77 6, County on December 20, 2012. February 6, ER 130103 2013. CORNER 2-6-13

FICTITIOUS BUSINESS STATEMENT #FBNF2013-00164. Marilyn White, 9177 Giant Panda Sacramento, CA 95829 is doing business under the Fictitious Business Name "Private Wealth Management" at 1104 Corporate Sacramento. Filed with the Clerk of Sacramento January 10, County on January 8, 2013. Publish: 16, February PRIVAT 130103 2-6-13

BUSINESS NAME STATEMENT #FBNF2013-00026. Eat at Joes Inc., PO Box 292292. Sacramento, CA 95829 is doing business under the Fictitious Business Name "Bravo's Soup & Sandwich Shoppe" at 9160 E. Stockton Blvd. #130, Elk Grove, CA 95624. Filed January 16, 2, 16, County on January Publish: February BRAVOS 130103 2-6-13 FICTITIOUS BUSINESS STATEMENT #FBNF2012-009975. Lui Nguyen, 21 Hornbill Court, Sacramento, CA 95834 is

doing business under the Fictitious Business Name "Top Coat Nails Salon" at 4710 Natomas Blvd. #120. Sacramento. CA 95835. County on December 17, 2012. Dece... January 10 7' 6, Publish: 16. 23. February 130103 2-6-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00142. Sarah Vue, 2257 Hurley Way #36, Sacramento, CA 95825 is doing business under the Fictitious Preservations" at 2257 Way #36. Sacramento, CA 95825. Filed with the Clerk of Sacramento County on January 7, 2013. January 10 Publish: 16, February 130103

SUPERIOR COURT OF COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00135323

WHEREAS, Logan Collin Trevino has filed a netition with this court for a decree changing name of Logan IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on February 20, 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 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 9, 2013

David I. Brown Judge of the Superior Court Publish: January 16, 23, 30, February 6, 2013.

130103 **PREWIT** SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00135315 WHEREAS, Cynthia Lynn

Ramirez has filed a petition with this court for a decree changing name of Cynthia Lynn Ramirez to Cassandra Lynn Ramirez. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on February 20, 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 Carmichae Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the Dated: January 9, 2013 David I. Brown

Judge of the Superior Court Publish: January 16, 23, 30, February 6, 2013. RAMIRE 13 SUPERIOR COURT OF **CALIFORNIA** 

COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE

CHANGE OF NAME

#34-2013-00135332 WHEREAS, Chavalithamrong and Suttusak filed a Chavalithamrong have petition with this court for a decree changing names of Gindarat .Chavalithamrong to Amy D. Chavalithamrong Suttisak to Daa M. Xiao; and Suptonpan Chavalithamrong to May D. Xiao

IT IS ORDERED that all persons

interested in the above entitled

matter appear before this court at 9:00 a.m. on February 20, 2013 in Department 534 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.

Shelleyanne W.L. Chang Judge of the Superior Court Publish: January 16, 23, 30, February 6, 2013 130103

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-10201 Rebecca Amber Heather Wall 5264 Elmer Way, Sacramento, CA 95822 is doing business under the Fictitious Business Name "Tall Wall Creations" at 5264 Elmer Sacramento, Filed with the Clerk of Sacramento County on December 27, 2012 January 16, February TALLWA 130103 2-6-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00083 Michael Rex Whittier, 3001 Morley Lane, Roseville, CA 95747 is doing business under the Fictitious Business Name "Crime Scene Studios" at 7368 Chivalry Way Citrus Heights, CA 95621. Filed with the Clerk of Sacramento January 20 County on January 4, 2013. 23, Publish: 6, 13 130104 2-13-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-0182. David Krienke, 6003 Stanley Ave. Carmichael, CA 95608 is doing business under Business Name "Country Livin Creations" at 6003 Stanley Ave., Carmichael, CA 95608. Filed CA 95608. with the Clerk of Sacramento County on January 8, 2013. Publish: January 23, 30, January 20 February 130104 2-13-13

BUSINESS STATEMENT #FBNF2013-00289 Brenda Yuen, 6236 St. James Dr. Carmichael. CA 95608 is doing business under the Fictitious Business Name "Sacramento Poultry" at 519 Broadway, Sacramento, CA 95818. Filed with the Clerk of Sacramento County on January 10, 2013. Publish: January Februar<sub>v</sub> 130104 2-13-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00287 AJ3, LLC, 1090 Sunrise Ave. #140 Roseville, CA 95661 is doing business under the Fictitious Business Name "A Voice For Seniors" at 2385 Fair Oaks Blvd. #112, Sacramento, CA 95825 Filed with the Clerk of Sacramento County on January 10, 2013. January 13, 2-13-13 130104 AVOICE

BUSINESS NAME STATEMENT #FBNF2013-0118 Carescope, LLC, 2386 Fair Oaks Blvd., Sacramento, CA 95825 is doing business under the Fictitious Business Name "A Voice for Seniors In Home Care" at 2386 Fair Oaks Blvd. #112, Sacramento, CA 95825. Filed with the Clerk of Sacramento January 20 on January 4, 2013. Publish: 23, February 130104

FICTITIOUS BUSINESS NAME

00233. Tony Hamblin and Kathy

Ford, both of 2248 Garfield Ave.

Carmichael, CA 95608 are doing

under the

Business Names "Revolutionary

Fitness: High Maintenance Nail

Salon & Spa" at 6022 Fair Oaks

Filed with the Clerk of Sacramento

County on January 9, 2013. Publish: January 23, 30,

January 20

6, 13 130104

FICTITIOUS BUSINESS NAME

STATEMENT#FBNF2012-09974.Lui

Nguven, 21 Hornbill Ct., Sacramento,

CA 95834 is doing business under

the Fictitious Business Name "Top

Coat Nails Salon" at 3230 Arena

Blvd. #205, Sacramento, CA 95834.

Filed with the Clerk of Sacramento

County on December 17, 2012.

FICTITIOUS BUSINESS NAME

STATEMENT #FBNF2012-09404

Ivan Espinosa, 9376 Lakepoint

Dr., Elk Grove, CA 95758 is doing

Recycling" at 2426 Marconi Ave.

Sacramento, CA 95821, Filed

with the Clerk of Sacramento

County on November 28, 2012. Nover. January 20 13,

130104

FICTITIOUS BUSINESS NAME

STATEMENT #FBNF2013-00288.

Savoeun Tim, 11150 Trinity River

Dr. #15. Rancho Cordova. CA

95670 is doing business under the

Fictitious Business Name "Selly's

Studio Salon" at 6253 Sunrise Blvd.

#109, Citrus Heights, CA 95610.

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Dece... January 20 13,

130104

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CA 95608

2013

2-13-13

business

February

REVOLÚ

Publish:

TOPCOA

business

Publish:

February

Blvd., Carmichael,

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00504. Richard Langenegger and Jessica Langenegger, both of 819 22<sup>nd</sup> St., Sacramento, CA 95816 are doing business under the Fictitious Business Name "Art For Art's Sake Tattoo & Piercing" at 7830 La Riviera Dr., Sacramento, CA 95826. Filed with the Clerk of Sacramento County on January 17, 2012. Publish: January 23, 30, February 6, 13, 2013. ARTFOR 130104 2-13-13

#34-2013-00135419

2:00 p.m. on February 22, 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. 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 9, 2013 David I. Brown

Judge of the Superior Court Publish: January 23, 30, February 6, 13, 2013.

Filed with the Clerk of Sacramento County on January 10, 2013.
Publish: January 23, 30, February 6, 13, 2013.
SELLYS 130104 2-13-13

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

WHEREAS, Asha Phillips has filed a petition with this court for a decree changing names of A'Janae Howard to A'Shaun Phillips; and Asha Phillips to Asha Lee-Phillips. IT IS ORDERED that all persons interested in the above entitled

matter appear before this court at IT IS FURTHER ORDERED that

130104 2-13-13

WHEREAS, Ian Knox has filed a petition with this court for a decree changing name of lan Knox to Hannah Alexandra 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 Boom 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: January 23, 30, February

6, 13, 2013. 130104 2-13-13



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### **Greenwood Re-Elected Director of Carmichael Water District**



Ron Greenwood

CARMICHAEL, CA (MPG) - Coldwell Banker announced January 11th that veteran Realtor Ron Greenwood, associate broker of company's Sacramento-Sierra Oaks office, has been re-elected a director of the Carmichael Water District.

Greenwood is a 21-year real estate veteran with eight of those years managing for Coldwell Banker Residential Brokerage. During his career, he made the Masters Club status every year until becoming a manager. In addition, he achieved numerous distinctions that included

Coldwell Banker's President's Circle and President Circle Elite, ranking among Coldwell Banker's top 10 percent within the Sacramento-Tahoe Region.

Greenwood has been a director for the CWD since 2007. During that time he has gained a strong reputation within the water industry, representing the district on the Executive Board for the Regional Water Authority.

"We're very proud of Ron's leadership role with the Carmichael Water District," said Kris Vogt, president of Coldwell Banker Residential Brokerage. "Ron has a great deal of experience, not just in real estate but in the overall communities in which we serve. He brings valuable knowledge to community organizations like CWD."

As a strong believer in community service and volunteerism, Greenwood has been involved in a wide variety of government and community groups.

He is a past president and active member for the Kiwanis Club of Carmichael, serves on the Carmichael Park Foundation

as its CFO, was a founding director for the North Area Teen Center, served as Chair on the Carmichael Park Aquatic Center Committee and is active with the Carmichael Chamber of Commerce.

Additionally, Greenwood is a Commissioner for the county's Local Agency Formation Commission, and is a representative at the Association of California Water Agencies, plus served on the Board of Directors for ACWA Joint Powers Insurance Agency.

A longtime Carmichael resident, Greenwood has been married for 34 years and has four children and four grandchildren. He has a bachelor's degree from the University of Texas at El

Coldwell Banker Residential Brokerage's Sacramento-Sierra Oaks office is located at 440 Drake Circle. Greenwood can be reached at (916) 712-4442.

Source: Maita Communications



By Karen Anderson

Once again, you look around at your life and you realize you haven't moved even an inch. You are STUCK, and life can become so frustrating that you don't know what to do. My question to you is... how did that happen? I know for me, what gets me stuck is that long "To-Do List" and life's distractions that get in the way of my good intentions. I get so mad at myself, because at the end of the day I look back and realize the day was a waste. The next day I wake up with the same intention but I remember what happened the day before, and many times the day is a waste once again.

I have talked about this before; ask God for His help. Did vou know that He will come and help if asked? All you have to do is say, "Help me God!" The enemy (Satan) does not want

## Out Of The Quicksand you to accomplish anything that point of believing when Satan

is God's purpose for your life, so he uses your life against you. NOW YOU'RE STUCK. He is the king of deception. His royal decrees continue to trap us. Don't take his power over you so lightly. You might think this is just your human nature creating these distractions for you, but it is not. Remember, Satan lives on earth with us and he is roaming around like a lion ready to ruin your life and your good intentions.

I'm serious about praying openly to God for help in these areas. Something I was never good at was praising and thanking God for His help. Get in the habit of telling God how much you love and appreciate Him. That's what I am making a point to do. He doesn't always answer prayers right away, but praise Him for the answers that are on their way. God's Word says, "Be strong. Take courage. Don't be intimidated. Don't give them a second thought because God, your God, is striding ahead of you. He's right there with you. He won't let you down; He won't leave you." Take this to the

is attacking you with whatever stops your life, CLAIM THIS VERSE!

I promise, as you claim God's scripture, the enemy will flee from you. Ask God's protection to surround you; then move through your day. One very important thing...at the beginning of your day, spend time with God, but remember that at the end of your day, thank God for everything He did for you. I, personally, am still working on this, but it is a blessing for me to see that God really did show up and helped me get UNSTUCK! If I can do, you can do it. Blessings to you all for staying UNSTUCK...make it a regular routine, every day.

PASSAGE: Deuteronomy 31:6 (The Message)

Karen Anderson is an accomplished speaker, author, and chaplain. Leave a message or questions for Karen through her website www.doablesteps.com/contact.

## Top Scams Hit Close to Home

Continued from page 1

It's tempting to skip reference checking in an emergency, but that's never a good idea. Always check a company's licensing before hiring and search for them at necal.bbb.org.

#### **Top Sales Scam: Fake Goods**

From the Super Bowl to the World Series, counterfeiters managed to have their hands in consumers' pockets all year long. Some scammers sold cheap knock-offs in front of stadiums. Others set up websites

that never had any goods for sale to begin with. Counterfeit goods are not only a rip-off for fans, create, license and sell the real merchandise. Buy directly from teams or from legitimate retailers. If a deal sounds too good to be true, it probably is.

#### Scam of the Year: Newtown **Charity Scams**

Within hours of the horrific shooting at Sandy Hook Elementary School in Newtown, Connecticut, social media pages dedicated to the child victims began cropping up. Some of them were scams asking for money. The FBI has already arrested one woman for posing as the aunt of one of the children killed, and state and federal agencies are investigating other possible fraudulent and misleading solicitations. Although the number of people defrauded and the total dollars stolen is most likely low, the cynicism and sheer audacity of these scams merits our select-

Source: BBB

#### but also rip-off the teams, athletes, designers and artists who

ing it as the "Top Scam of 2012."

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## Announcements & Events Sign Language Class

Come learn the basic common etiquette signs and everyday signs to communicate with the deaf and hard of hearing! This class is held on Mondays beginning 1/14 and ending 3/4, from 6-7:30pm.

**Hoop Girl Classes** 

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Level 1 - Spark: Build the fundamentals with the basic moves beginning Tuesday 2/5 at 5:30pm. Level 2 - Ignite: Take your new skills to the next level with advanced beginner moves beginning Tuesday 3/5 at 5:30pm.

Check out our Activity Guide for more classes!

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



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by David Dickstein

**Family Films** 

"Around the Block" Opens Jan. 1, rated PG-13 kickpictures.com

An inner-city Aboriginal teenager is torn between his unexpected love of acting and the disintegration of his family due to deep-rooted cultural ways and ties to his thug-like brother. The Australian independent film stars Christina Ricci as an idealistic American high school drama teacher who helps the torn 16-yearold while she struggles to balance her personal and professional lives

#### "Dorothy of Oz" Opens Jan.(date TBA), rated G dorothyofozthemovie.com

This animated sequel to "The Wizard of Oz" finds Dorothy summoned by good witch Glinda to return to the Emerald City and thwart the Jester's plans to use the wand of the freshly melted Wicked Witch of the West to turn the Ozians into puppets. As sure as Toto hates tornadoes, Dorothy (voiced by "Glee's" Lea Michele) gets a little help from her friends, Scarecrow (Dan Aykroyd), the Cowardly Lion (James Belushi) and the Tin Man (Kelsey Grammer).

"Struck by Lightning"

Opens Jan. 11, rated PG-13

struckbylightning.tumblr.com

Colfer plays a much different high

school outcast than his career-

In his big-screen debut, Chris





making turn of flamboyant Kurt Hummel on TV's "Glee." For one thing, his character, Carson, is dead. Well, he will be after an opening scene, thanks to a nasty bolt of lightning. For the rest of the film, Carson's life flashes before our eyes, and it's not all sunshine and roses. Blackmailed friends and a medicated mom rear their ugly heads in a story written by Colfer, whose own high school experience served as his inspiration.

#### Family DVDs

"Frankenweenie" (Jan. 15 on DVD and Blu-ray, rated PG): Tim Burton's third stop-motion animated film is an homage to classic movie monsters, yet driven by an original plot. The story follows young Victor, who loses his beloved dog but brings

him back to life through the power of

science. Only nit is the main charac-

ter is rather dull. Otherwise, fun for

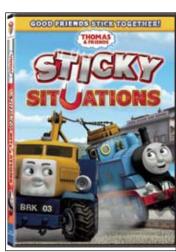
all ages (except for the easily fright-

ened). Voice cast is led by Winona

Ryder, Martin Landau, Martin Short

and Catherine O'Hara. Grade: B-

"Hotel Transylvania" (Jan. 29 on DVD and Blu-ray, PG): A plot as thin as the blood of an aspirin addict hampers this animated vampire flick about a guy who wanders into Dracula's hotel and becomes smitten with the Count's daughter. Andy Samberg, Adam Sandler and Selena Gomez provide their voices, respectively, and while they do a fine job being heard and not seen, the threadbare script, including a predictable ending, has this movie lacking much bite. Grade: C



"Thomas & Friends Sticky

Situations" (now available on DVD, not rated): Every segment in the series ends happily with teamwork saving the day, but before the trains of Sodor Island can smile again, they must go through some peril. In this title that means getting caught in a bind for not listening to directions, getting lost in thick fog and dealing with a muddy river. Grade: B+



**Current and Upcoming Events** 

**January 29 - February 16, 2013** 

**February 19 - March 9, 2013** 

March 12 - 30, 2013 **April 2 - 20, 2013** 

Call to Artists, "Animal House", the Exhibit. It's a Zoo Out There! February 19 - March 9, 2013



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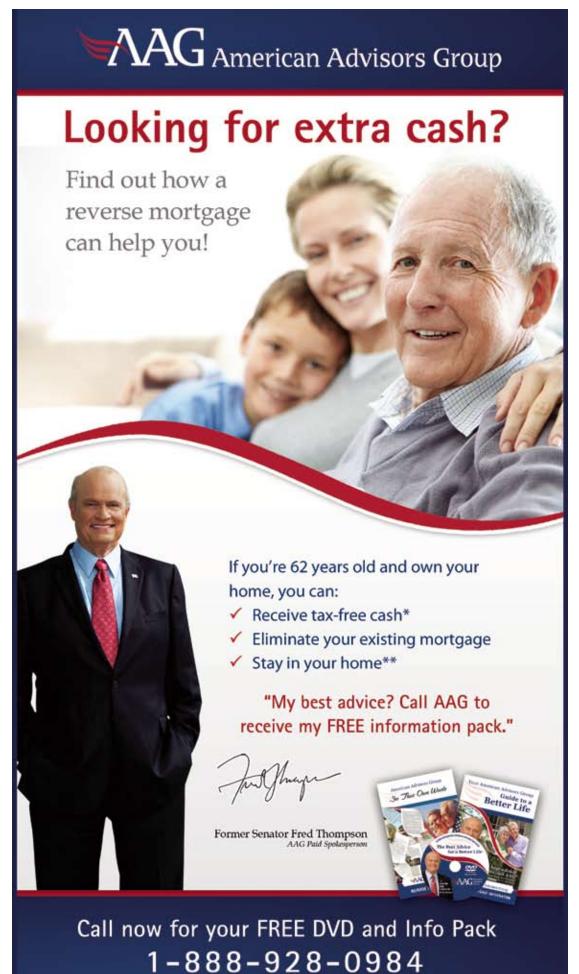
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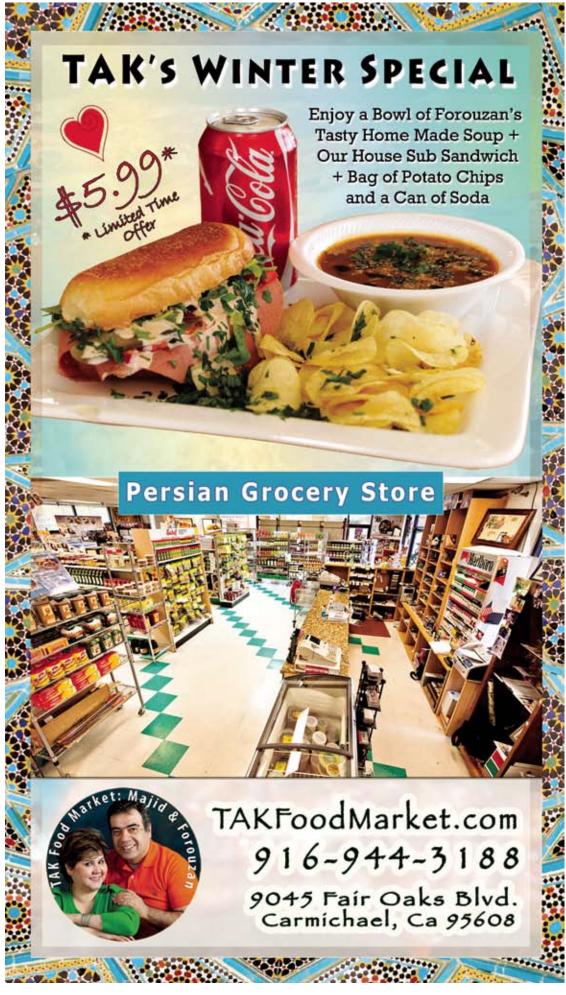
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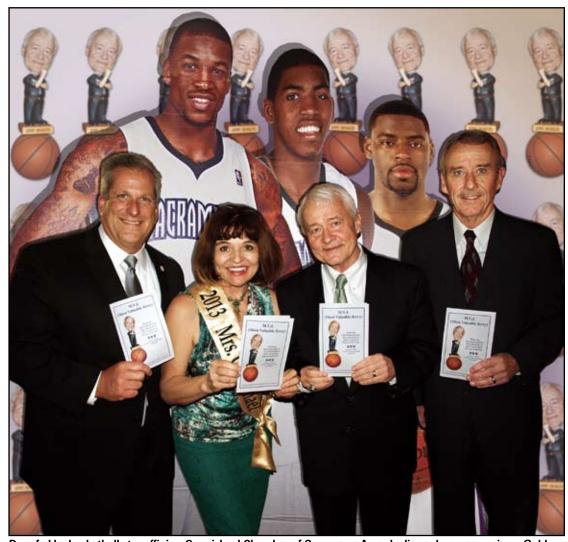






Carmichael Times Page 11 **January 23, 2013** 

## **Stars Shine at Awards Dinner**



Dwarfed by basketball star effigies, Carmichael Chamber of Commerce Awards dinner honorees enjoy a Golden Globes moment. Person of the Year Jerry Reynolds (second from right) joined community leaders Brian Ivie (right), Susan Maxwell Skinner and Jack Harrison on the awards list. Photo by Susan Maxwell Skinner.

#### By Susan Maxwell Skinner

CARMICHAEL, CA-(MPG) Last Friday's Carmichael Chamber of Commerce Awards

Dinner lauded VIPs and local achievers. Former Kings Basketball coach and sports commentator Jerry Reynolds declared himself honored to be the community's 2013 Person of the Year.

He joked with the 200-strong banquet audience: "For years, I woke up every day and asked myself: why can't I be Carmichael Person of the Year? Now my happiness is complete...'

With uncertainty Kings' Sacramento tenure, forertheless asked what he planned to do if the Kings left town. recipients. Replied the 69-year-old: "I'm stayin' right here!"

Reynolds' auction gift -- a personally-lead tour of the arena -- included lunch and a sit-down chat in his office. It achieved one of the highest bids of the eve-

went to retiring Carmichael Park District administrator Jack Harrison. Singer, photojournalist and historian Susan Maxwell Skinner was recognised for community service. In tune with her passion for photographing the community, she was dubbed "Mrs Carmichael" and

> eant-style sash. Newly-elected, Congressman Dr Ami Bera and the new District 8 Assemblyman Ken Cooley were event debutantes. They joined Supervisor Susan Peters (another

presented with a pag-

former person of the Year) and Sacramento Sheriff Scott Jones at the VIP tables.

Medical Center boss Brian Ivie

as Businessperson of the Year.

A special Park Service Award

The Person of the Year Awards Dinner is an annual fundraiser for the Carmichael Chamber of Commerce. A portion of the proceeds will assist the Bev's Angels Project.



Reynolds delights in an audience salute. Photo by Susan Maxwell Skinner.

surrounding the future of the ning. Auctioneer was former Sacramento Sheriff and broadmer Carmichaelite Reynolds' caster John McGinness. He acceptance speech was short on and his KFBK colleague Kitty insider information. He was nev- O'Neal attended the banquet

> The Chamber of Commerce also honored Mercy San Juan

## Six Signs Your Loved One Might **Need New Living Arrangements**

#### Is It Time to Consider a Senior Living Community? CARMICHAEL, CA – (MPG) routines such as bathing, brushing

Holiday visits, filled with lots of quality time with family, can bring to light the increasing and changing needs of aging parents and family members. After the holiday season, senior living communities like Carmichael Oaks Senior Living see a rise in inquiries from concerned adult children looking for help and answers for their aging parents.

"When a visit home leaves a loved one concerned about an aging family member's health, safety and quality of life, it may be time to evaluate the situation and determine what accommodations or care are necessary in the coming year," said Virginia Stone for Carmichael Oaks.

How can we tell when seniors might need the care of a senior living community? Look for these six signs.

Depression or low mood. How are they emotionally? Do you observe changes in their activity level? Are they seeing friends and partaking in activities they have loved for years?

Weight loss. Do they show decreased appetite or lack of interest in food and cooking? Illness or mobility issues could be keeping them from eating properly.

Decreased personal care. Are they taking care of themselves physically? Look to see if they are keeping up with basic daily

teeth and wearing clean clothes.

Unkempt home. What shape is the home in? Watch for stained carpets, un-emptied garbage, soiled counters and floors. If the home needs cleaning and repair, the job might be more than seniors can handle without help.

Loss of mobility. Are they having difficulty moving around their home, or going up and down stairs? Having trouble walking or being unsteady on their feet not only limits mobility but also puts them at risk for falls.

Personality changes. Are you noticing different attitudes and habits? Memory loss, difficulty in performing familiar tasks, poor judgment, misplacing items, disorientation, rapid mood swings, increased apathy or passiveness are all early warning signs of Alzheimer's. A doctor's evaluation can help determine the cause and treatment of these symptoms.

It is important to understand the many choices that make up the new face of senior living in the 21st century. Here is a breakdown defining the differences in the level of senior living options offered.

In Independent Living Communities, active older adults continue to enjoy private dwellings, control over their own schedules, and freedom to come and go as they choose. Social

networking, optional events, special interest clubs, and conveniently located services may be offered on site, as well as medical, dietary and other assistance when needed.

An Assisted Living Residence offers much of the freedom of an independent living community with a special combination of housing, personalized support services and health care designed to meet the needs-both scheduled and unscheduled-of those who require help with daily activities.

Memory Care Communities provide specially trained staff, secure facilities, and cognitive and physical therapies to help soothe and relieve those with Alzheimer's and other related dementia illnesses.

If you have questions about senior care or helping an elderly loved one, contact Virginia Stone at 916-944-2323.

Carmichael Oaks Senior Living provides the finest in senior living with three lifestyle options: independent living, assisted living, and memory care. Located in Carmichael, California, the expertly trained staff provides residents with the highest standards of senior care services. For more information about Carmichael Oaks, call 916-944-2323 or visit www.carmichaeloaks.com.

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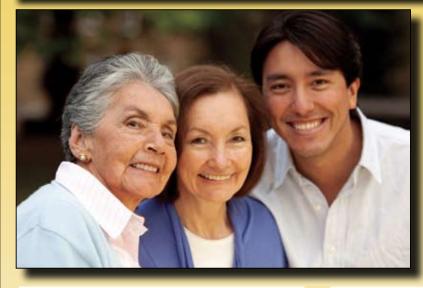
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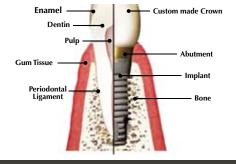
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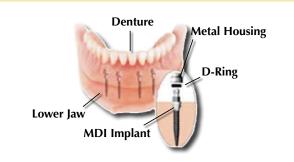
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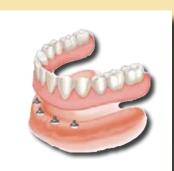
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