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Prestigious Paintings in Local Art Show



Art lovers Debbie Koerner (left) David Peterson and Marilyn Whidmann at the opening of the American Watercolor Society exhibition in Sacramento Fine Arts Center. The trio focused on Coloradoan painter Donald Van Horn's winter portrait of Rondout Railway Station. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

CARMICHAEL, CA – (MPG) A traveling exhibition by some of the world's finest watercolorists has settled in Carmichael. Opening last week, the 40-canvas show remains at the Sacramento Fine Arts Center until January 26.

The gallery is the show's fourth stop on a year-long national tour.

A significant coup for the 27-year-old facility, the Fine Arts Center is among only seven in the United States chosen to host the exhibit. Much of the art – including David Van Horn's canvas pictured here – have

received prestigious awards. Some are sold; others are still available for purchase. All paintings will complete a seven-city circuit before being claimed by their buyers. Next stop for the exhibition is Kerrdille, Texas.

Anyone may visit the exhibition at the Fine Arts Center, 5330 Gibbons Ave.

Hours are 10 am to 5pm daily; extended hours on Second Saturday (January 12). A \$10 admission donation is suggested.

For more information, visit sacfinearts.org or call (916) 971-3713.

Confusing New Lumber Tax Targets California Consumers

Commentary By George Runner State Board of Equalization

It's a new year, and with it comes higher taxes and more government spending. In 2013, overtaxed Californians will send more of their hard-earned dollars to Sacramento than ever before, growing total state spending to a record \$225 billion.

Higher taxes shouldn't be a surprise. After all, the majority of Californians voted for Proposition 30 this past November. But one new tax hike that took effect January 1 is catching many off guard and driving up costs for everything from new homes to home improvement projects.

Late this summer two-thirds of the Legislature approved and the Governor signed legislation imposing a new "Lumber Products Assessment" on some retail sales. The new law adds a one percent assessment on certain lumber and engineered wood products sold in California.

That might sound straightforward enough, but it's not—and that's one of many reasons I oppose this new tax.

Although some products containing wood will be taxed, others will not. You'll find out when you reach the cash register, assuming your local hardware store has managed to reprogram its cash registers in order to collect it.

Going forward, an unselected



Senator George Runner (Ret.), Member, Board of Equalization, District 2

bureaucrat at the Board of Forestry and Fire Protection will have the authority to unilaterally add or remove products annually from the list of taxable items. This power to declare items taxable could create a constantly changing answer to the question, "How much tax must I pay on this lumber product?"

Items subject to the tax must contain at least 10% primary wood content. Examples include, but are not limited to, lumber, plywood particle board, poles, posts, structural panels, decking, railings, fencing (poles, solid board), roofing (shakes and wooden shingles), siding and sub-flooring.

Items not within the scope of the tax are "secondary wood products" where additional labor has added significant value to the product, including furniture, firewood, paper products, windows and doors.

This new tax came about as a

direct result of California's excessive environmental regulations. California timber producers are at a competitive disadvantage to those in Oregon, Washington, Idaho, and other states because of California's high environmental fees, which are a major impediment to doing business and creating jobs in our state.

However, instead of working to lower these high costs, the Legislature concocted a scheme to pass them on to consumers. The one percent surcharge, in addition to the normal sales tax charged on most retail purchases, will serve to buy down the environmental fees that producers would normally pay. Instead of producers paying the fees, consumers must now pay them directly.

This sets a dangerous precedent for taxpayers. Which industry will be next to ask consumers to pay the costs of their environmental impact fees? Farmers? Movie producers? Silicon Valley?

This new tax also causes significant hardship for retailers who must reprogram their cash registers to collect the new assessment. One trade group has estimated that it will cost on average \$4500 per business location to perform this government-mandated reprogramming.

While the law does provide for cost reimbursement, unfortunately a majority of my colleagues on the Board of Equalization voted to limit reimbursement to \$250 per location. As a result,

business owners will be on the hook for any additional costs.

Meanwhile, the Board requested \$1 million of taxpayer funds to recoup its own costs of upgrading computer systems to process the tax.

Struck by inconsistency of these actions, I told my colleagues, "I'm a little embarrassed that we are not afraid to ask for our full reimbursement for costs, but we're not willing to ask for full reimbursements for businesses in California."

Is it any wonder why job creators avoid California like the plague? Business owners in our state never know what new government tax or mandate will hit them next.

Rather than cooking up more complicated taxes and fees, the California Legislature ought to spend its time finding ways to help California job creators succeed. Instead of passing the costs of its excessive laws and regulations on to consumers and business owners, it ought to address those issues directly by determining how costs could be reduced overall.

Elected in November 2010, George Runner represents more than nine million Californians as a member of the State Board of Equalization. For more information or assistance, visit boe.ca.gov/Runner.

To learn more about the Lumber Products Assessment, visit boe.ca.gov/industry/lumber_products.html

15th Annual "Sacramento Museum Day"

A Record 30 Participating Sites Offer Free or Half-Priced Admission

SACRAMENTO Region, CA – (MPG) A record 30 Sacramento area museums will offer free or half-priced admission all day on Saturday, February 2, 2013, during the 15th Annual Sacramento Museum Day. Twenty-eight of the 30 museums will offer free admission whereas two destinations located in residential areas – the Sacramento Zoo and Fairytale Town – will offer half-priced admission to offset parking control and security costs. With assistance provided by the Sacramento Convention & Visitors Bureau, this hugely popular community event is presented by the Sacramento Association of Museums (SAM) and proudly supported by Umpqua Bank and Chipotle Mexican Grill. Sacramento Museum Day event hours are 10 a.m. to 5 p.m. (with the last guests admitted at 4 p.m.).

Sacramento Museum Day, a popular Sacramento cultural tradition, is designed to encourage all members of the community to experience the Capital City's incredible wealth of art, history, science and wildlife – at little or no cost.

Many of the museums are within walking distance of each other and easily accessible via public transportation. Event coordinators suggest that guests plan to visit no more than two or three different museums on this day in order to allow adequate time to enjoy the experience and to travel between individual sites.

"We are thrilled to celebrate 15 years of this incredibly popular community event," said Sacramento Association of Museums Chair Roxanne Yonn. "With each passing year, more and more community members are introduced to the amazing array of arts, culture and museum offerings available in the Sacramento region. We are especially pleased that Chipotle Mexican Grill has joined Umpqua Bank as a title sponsor this year as the support of generous corporate sponsors help to make Sacramento Museum Day such an overwhelming success."

While admission is free at 28 of the participating museums during Sacramento Museum Day, admission to two destinations located in residential areas are half-priced as follows: Sacramento Zoo is \$5.75 for adults, \$3.75 for children ages 2-11 and free for children under two; Fairytale Town is \$2.50 for everyone and free for children ages one and under.

Due to the popularity of Sacramento Museum Day, some locations must limit the number of admissions for safety reasons. More detailed information about participating museums, limitations, suggested parking and public transit options is available at www.sacmuseums.org (click on "Events"), or by calling the Sacramento Convention & Visitors Bureau at (916) 808-7777.

Source: T-Rock Communications

More than 1,500 Animals Find Homes for the Holidays!

SACRAMENTO COUNTY, CA (MPG) – The Sacramento SPCA, City of Sacramento Animal Care Services, Sacramento County Animal Control & Regulation, and Happy Tails Pet Sanctuary teamed up over the holidays with the goal of placing 1,000 homeless animals in new homes between Black Friday and the end of the year. The group was able to facilitate a total of 1,561 adoptions during this period – 561 more than the group had initially hoped for.



“We are happy to announce that Sacramento’s animal shelters surpassed our goal by more than 500 adoptions this holiday season,” said Rick Johnson, Sacramento SPCA Chief Executive Officer. “The 1,561 adoptions that were done between the four shelters means 1,561 happy endings. We all work hard for those happy endings.”

In 2012, adoption rates increased at all four Sacramento

animal agencies, thanks in part to a continuing partnership between the organizations and the ASPCA. Through a variety of adoption specials and outreach, the four Sacramento animal shelters will continue to work together in 2013 and beyond to place an increasing number of animals into new homes.

Source: Sacramento SPCA

Assemblyman Ken Cooley Re-Appointed to the Alfred E. Alquist California Seismic Safety Commission

RANCHO CORDOVA, CA (MPG) – Assemblyman Ken Cooley was appointed by Speaker John A. Pérez to the California Seismic Commission. The Speaker is allotted one appointment to the Commission which is composed of 20 commissioners. The body investigates earthquakes, tsunamis and volcanoes; researches earthquake-related issues and reports; and recommends to the Governor and Legislature policies and programs needed to reduce earthquake risk. Mr. Cooley was previously appointed by Governor Schwarzenegger in April of 2007 to represent California’s Cities on the Commission.

“I believe the design of the Seismic Safety Commission — a unique multidisciplinary body which fosters peer-to-peer collaboration among our state and nation’s top emergency, engineering, and seismic specialists — can be relied upon to formulate and refine practical insights which can reduce loss of life and

property damage when a catastrophic earthquake strikes,” said Assemblyman Cooley.

His re-appointment brings the Commission a unique storehouse of knowledge on disaster resilience and earthquake safety public policy. As a University of California, Berkeley student in the 1970s, Mr. Cooley interned at the Association of Bay Area Governments as it surveyed members on disaster readiness following the San Fernando Valley “Sylmar” earthquake of 1971. When the 1989 Loma Prieta earthquake hit, Mr. Cooley’s work as Assembly Finance and Insurance Chief Counsel included collaboration on legislative responses to that destructive earthquake. Additionally, he gained expertise on resilience issues while serving on the League of California Cities Flood and Infrastructure working group which addressed issues of disaster resilience especially vital to Sacramento County.

“The Seismic Safety



Assemblyman Ken Cooley

Commission is honored to have Assembly Member Cooley as its newest commissioner. His long experience in developing and implementing earthquake risk reduction and recovery policy will greatly help reduce the earthquake risk to the people and property of California”, said Richard McCarthy, Executive Director, Alfred E. Alquist Seismic Safety Commission.

“I sought re-appointment to the Seismic Safety Commission to further, on behalf of California’s

cities, Senator Alfred Alquist’s vision of a California which uses its time well to steadily improve its state of readiness to weather the earthquakes we know are a part of living in earthquake country,” said Cooley.

The Seismic Safety Commission was established by the 1975 Seismic Safety Act to advise the Governor, Legislature, and state and local governments on ways to reduce earthquake risk. The name was revised in 2006 by Senate Bill 1278 which changed the name to the Alfred E. Alquist Seismic Safety Commission.

Assemblyman Ken Cooley represents the 8th Assembly District which includes the communities of Arden-Arcade, Carmichael, Citrus Heights, Rancho Cordova, Rancho Murieta, Rosemont, Wilton and other portions of unincorporated Sacramento County. For more information, please visit <http://asmdc.org/members/a08/>

SCOE 20 Districts Part of Groundbreaking Program

SACRAMENTO COUNTY, CA – (MPG) The Sacramento County Office of Education (SCOE), in partnership with over 20 districts throughout the greater Sacramento region, will be part of a new state program designed to help students graduate from high school prepared to succeed in college and careers.

State Superintendent of Public Instruction Tom Torlakson announced that twenty participants throughout California will participate. Combined, the selected local educational agencies serve approximately 600,000 high school students across the state. Legislation (AB 790) by former Assembly Member Warren Furutani approved last year called for the establishment of these Linked Learning pilot programs. The pilot program will be used to assess how Linked Learning can be expanded to schools across California.

“Linked Learning is helping to create a productive future workforce for California that is ready to succeed in college, career and life,” said David W. Gordon, Sacramento County Superintendent of Schools. “Studies show that when students love what they are learning, they work harder and learn more.”

“Linked Learning” programs use coursework, technical training, work-based learning and related support mechanisms to forge real connections between high school

and college and career. Students in these programs are demonstrably more likely to graduate from high school than their statewide counterparts, and do so with the skills and knowledge that California employers say they need.

SCOE is part of the Capital Region Academies for the Next Economy (CRANE) Consortium. It is a multi-county regional partnership that includes El Dorado, Nevada, Placer, Sacramento, Sutter, Yolo and Yuba counties. The consortium comprises 21 school districts and county offices of education reaching some 70 high schools and 197,000 students. Led by SCOE through collaboration with NextEd, the consortium also includes community colleges, businesses and business associations, hospital systems, labor organizations, city and county government, and a wide range of public sector agencies. CRANE will create a region-wide system of support to assist individual districts implement, develop and sustain rigorous career academies aligned critical industries identified by Next Economy, the Capital Region’s economic development strategy.

“Rigorous career academies are not only key to improving public education, but they are critical to the economic competitiveness of our region and its residents,” noted Dave Butler, CEO of NextEd. “CRANE, written in partnership

with nearly two dozen local districts, will create a competitive edge for the Capital Region, and is, by far, the most ambitious – and potentially the most transformative – career academy initiative in California, if not the nation.”

NextEd (formerly known as LEED) is an employer-educator partnership serving the six county Sacramento region and is the education/workforce affiliate of the Sacramento Metro Chamber. NextEd will serve as a primary partner with SCOE and the other districts on CRANE, serving as intermediary to employers, post-secondary institutions and civic partners.

With such far-reaching collaboration, the CRANE Consortium has the potential through Linked Learning to completely shift how schools throughout the greater Sacramento region prepare students for careers and college.

Members of the statewide Linked Learning Alliance, including ConnectEd, The California Center for College and Career, National Academy Foundation, and the College and Career Academy Support Network, worked with the CDE on the development of a Request for Applications for the pilot program and provided intense outreach, coaching, and support to prospective applicants.

Source: Sacramento County Office of Education (SCOE)

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Taking Personal Responsibility for Your Own Spiritual Growth

life survey made eight key discoveries about how people grow spiritually. Spiritual growth is defined as increasing your love for God and for others following Jesus' teaching in Matthew 22:37. The survey identified a clear progression of spiritual growth prompted by a.) An early commitment to basic Christian Doctrines. b.) Sunday worship, small groups and service in a local church. c.) Spiritual practices such as reading and reflecting on the Bible and praying. d.) Spiritual friendships. My sermon series in January and February will cover these important decisions for growing spiritually.

But if churches of all denominations could do only ONE thing to help people at all levels of spiritual maturity to grow in their love for God and others the survey said. "They would inspire, encourage, and equip their people to read the Bible - specifically to reflect on Scripture for meaning in their lives."

The Bible is the number one bestselling book of all time, but only 1 of 5 churchgoers read it regularly! Reading and reflecting on Scripture isn't the only thing that will help you grow spiritually but it is more effective than any other program, practice or service the local church may provide. All those sermons, all those retreats, all those service projects, all those musical or dramatic events, all those you name it... though helpful in spiritual growing... won't achieve the results that 15 minutes of daily Bible reading and reflection will do for your soul!

I challenge you to start the New Year by making the decision to take personal responsibility for your own spiritual growth. Find and Bible and starting reading and reflecting on it.

Reverend Richard Reimer,
Lead Pastor
American River
Community Church
3300 Walnut Ave., Carmichael
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By Pastor Rich Reimer

In 2004 one of the largest protestant churches in America which boasts a weekend attendance of nearly 20 thousand put together a survey to measure spiritual growth. The results shocked and surprised them. Since then the REVEAL spiritual life survey has been taken by over 250,000 people in 1,000 churches throughout America. If a person becomes interested in spiritual things the most logical place that person will turn is to a local church to look for help in exploring and growing in that important dimension of human nature.

Is the local church, either Protestant or Catholic, really helping people grow spiritually or are they just giving people a nice place to attend church?
The REVEAL spiritual

State Seeks End To Court Orders Capping the State's Prison Population

California prison health care now exceeds constitutional standards; Prison emergency declared over.

SACRAMENTO, CA – (MPG) Governor Edmund G. Brown Jr. announced January 8th that the State of California has taken legal action to end a federal court order that caps the state's prison population and another that requires "intrusive supervision" of prison mental health care.

"After decades of judicial intervention in our correctional system and the expenditure of billions of taxpayer dollars, the time has come to restore California's rightful control of its prison system," said Governor Brown.

The state also complied with the court's order to identify options to achieve additional reductions in the number of inmates held in state prison. This filing, made under protest, asserts that further reductions "threaten public safety and interfere with California's independent right to determine its own criminal justice laws."

"California's prison health care system is now a model for the nation," said CDCR Secretary Jeff Beard. "Independent expert reviews have found that California's prison medical and mental health care systems meet constitutional standards. It would be both unnecessary and unsafe for the courts to order further inmate reductions."

In 1991, California prison inmates filed a class action lawsuit, Coleman v. Brown, alleging

that California's prison mental health care system was unconstitutional. Subsequently, prior administrations entered into various consent decrees that set in motion vast judicial oversight of our prison system. In the intervening years, California has rebuilt its prison mental health care system into one of the best in the nation, investing billions in additional treatment capacity and hiring hundreds of mental health care professionals. The state seeks to end this judicial oversight because the mental health care provided to prisoners now exceeds constitutional requirements.

In 2007, the Coleman case along with Plata v. Brown, a case concerning medical care, was assigned to a three-judge court. That court found that overcrowding was the primary cause of the failure to deliver constitutional medical and mental health care in California prisons, and in 2009 ordered the state to reduce crowding to 137.5 percent of "design capacity." The U.S Supreme Court affirmed that order in 2011.

Since 2006, the inmate population in the state's 33 prisons has been reduced by over 43,000 and crowding is down from more than 200 percent to just below 150 percent. More than half of the population decline has happened since October 1, 2011, as a result of Public Safety Realignment.

Lowering the prison population beyond this point—as ordered by the court—would require rewriting or disregarding the California Constitution and numerous state laws that limit the early release of prisoners. The result would be shorter sentences for inmates incarcerated for serious and violent offenses, increased burdens on counties, and expanded use of contract facilities at considerable cost to the taxpayers.

Governor Brown also announced that he has signed a proclamation ending the prison overcrowding emergency that has been in place since 2006.

This will allow the state to phase out the use of private out-of-state prison beds for California inmates starting in July of 2013. At this time, there are approximately 8,900 California inmates in out-of-state prisons.

"The extreme circumstances of overcrowding in California's prisons no longer exist," said Secretary Beard. "With improved health care systems and additional state capacity, it is no longer necessary to send prisoners and California taxpayer dollars to other states."

To read the court filings, go to the State Reports section of CDCR's Three-judge Court web page: http://www.cdcr.ca.gov/News/3_judge_panel_decision.html

Source: Governor's Press Office

Metro Fire Crews Avert a HazMat

SACRAMENTO REGION, CA – (MPG) On January 8, 2013 at 3:33 am, Metro Fire units were dispatched to a railroad car fire. The first arriving unit found a moving locomotive engine with smoke and flames billowing from multiple engine compartments. Besides extinguishing the fire, firefighters were presented with multiple other concerns: a railcar next to the fire with 200,000 LBS. of an unknown substance and diesel tanks on the locomotive engine that can contain up to 4,000 gallons of diesel fuel.



The firefighters on scene were quickly able to identify the substance inside the railcar with the assistance of Union Pacific officials and the Metro Fire HazMat team.

The substance was identified

as potassium sulfate: a non flammable, white salt commonly used in the manufacturing of fertilizers. The crews were then able to activate the emergency fuel shut off to eliminate an additional fuel source for the engine fire and then extinguish it.

The cause of the fire is still under investigation at this time.

The quick thinking and actions of the Metro Fire crews turned a call that had the potential to escalate into a hazardous materials call into a common, single alarm response.

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Carmichael Rotary Club

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Date: Saturday February 2, 2013
Time: 6pm (dinner served promptly at 7pm)
Place: La Sierra Community Center in Carmichael



ALL proceeds from our huge raffle and Live & Silent Auctions (including the best desserts ever) go directly to providing support to projects you care about in our shared community.

Tickets are \$40 per person. Contact a Carmichael Rotarian today or call 916.730.7812 to secure your tickets now.

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.

Local Girls Gear Up for the 2013 Girl Scout Cookie Program

A "Learning by Earning" Opportunity

SACRAMENTO, CA - (MPG) 1/7/2013 – Buying Girl Scout cookies is more than just handing over money for a delicious treat. It's about the skills a girl gains from interacting directly with customers. It's about the experience of running her own cookie business and working with others. It's why troops both train for and celebrate the beginning of the time-honored program every year at local cookie rallies.

Girl Scouts are now hosting these cookie rallies in order to learn things like safety guidelines, FAQs regarding the cookie varieties, how to track sales goals, money management and more. Data shows that girls who prepare for the cookie program collaboratively are more likely to have a successful sale. Girls will begin taking cookie pre-orders on Friday, Jan. 11. After preorders, Girl Scouts will sell cookies at booths outside of local storefronts Feb. 22 to March 17. Cookies are \$4 per package. To place an order from a local Girl Scout, call 1.866.GSCOOKS.

From its earliest beginnings in 1917 to its current popularity, the Girl Scout Cookie Program has helped girls have fun, develop valuable life skills, and make their communities a better place. Cookie earnings help pay for the leadership activities and field trips Girl Scouts do all year long. Plus, the cookie program benefits more than just the girls selling them. With their earnings, Girl Scouts fund important



2013 Girl Scout Cookie Season is Jan. 11 through March 17, 2013. Photo courtesy of Girl Scouts of the USA.

community projects at the local level. When you buy Girl Scout cookies in your neighborhood, you are keeping your dollars in the community.



About Girl Scouts:

Founded in 1912, Girl Scouts is the premier leadership development organization for girls. The local council, Girl Scouts Heart of Central California, stands

behind its mission to build girls of courage, confidence and character who make the world a better place. Through the Girl Scout Leadership Experience, girls discover their interests and talents, connect with others, and take action to improve the world around them. The council is headquartered in Sacramento and serves more than 29,000 girls in 18 counties* in Central California. For more information on how to join, donate or volunteer with Girl Scouts Heart of Central California, visit www.girlscoutshcc.org.

*Alpine, Amador, Calaveras, Colusa, El Dorado, Glenn, Mariposa, Merced, Nevada, Placer, Sacramento, San Joaquin, Solano, Stanislaus, Sutter, Tuolumne, Yolo and Yuba.



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Sacramento Public Library Program Sacramento Public Library Branches Host AARP Tax-Aide Program

SACRAMENTO COUNTY, CA (MPG) – The Sacramento Public Library is providing meeting space for the AARP Tax-Aide program that offers free tax assistance for seniors and people with low to moderate income at the following library branches:

- Valley Hi-North Laguna Library, 7400 Imagination Parkway, Sacramento: Fridays, 10 a.m. to 4 p.m., starting January 18.
- Rancho Cordova Library, 9845 Folsom Boulevard, Sacramento: Tuesdays and Wednesdays, 1 p.m. to 5 p.m., starting February 5.

- Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento: Fridays, 10 a.m. to 4 p.m., starting February 8.

Appointments are required by calling the City of Sacramento information resources telephone at (916) 498-1000.

Senator Gaines Announces New Committee Assignments

Gaines Assigned Vice Chair of Environmental Quality; Will Make CEQA Reform a Priority

SACRAMENTO, CA – (MPG) Senator Ted Gaines (R-Rocklin) announced January 7th he has been appointed to serve as vice chairman of the Senate Environmental Quality Committee and as a member of the Senate Appropriations Committee for the 2013-14 legislative session. “I am honored to have been given these committee assignments in critical areas that affect the lives of all Californians,” said Gaines. “I will work hard to achieve bipartisan solutions to the important issues facing our state and defend the interests of hard-working taxpayers.”

The Environmental Quality Committee reviews legislation dealing with environmental quality, air quality, water quality, integrated waste management, toxics and hazardous waste. Senator Gaines plans to focus his time looking at necessary

reforms of California’s environmental laws and regulations. “For years I have been calling for reforms to the often-abused California Environmental Quality Act (CEQA),” said Gaines. “With California’s unemployment rate still hovering at close to 10-percent, economic growth must be our number one priority. One of the best ways to accomplish that is through CEQA reform. While on the Environmental Quality Committee, I will advocate for reforms that allow job creation and businesses to flourish while protecting California’s beautiful natural environment.”

The Appropriations Committee is responsible for fiscal bills that are not referred to the Budget and Fiscal Review Committee, as well as bills that constitute a state-mandated local program. “I take this responsibility very seriously and will

work hard to make sure we are maintaining the people’s trust in their government by holding the Legislature financially accountable,” said Gaines. “Californians must be assured that their elected officials are enacting legislation that spends their hard-earned tax dollars in a fiscally responsible manner.”

Senator Gaines will remain in his posts as vice chairman of both the Senate Insurance Committee and the Transportation and Housing Committee. He is also a member of the Senate Public Employment and Retirement Committee.

Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra and Siskiyou counties.

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Senior Health Care Laws Outlined Feb. 19 at South Natomas Library

SACRAMENTO COUNTY, CA – (MPG) The Sacramento Public Library will feature the informative program, “The Health Care Law and You – What Older Adults Need to Know,” at 11 a.m., Tuesday, February 19, at its South Natomas branch, 2901 Truxel Road, Sacramento. Joe Rodrigues, State Long Term Care Ombudsman of the California Department of Aging, will outline the Affordable Care Act provisions, (aka Obamacare), that affect adults age 60 and over will be discussed. Attendees will learn how the Act benefits older adults and provides better health care coverage at lower costs. For more information, telephone the Sacramento Public Library at (916) 264-2920 or visit www.saclibrary.org.

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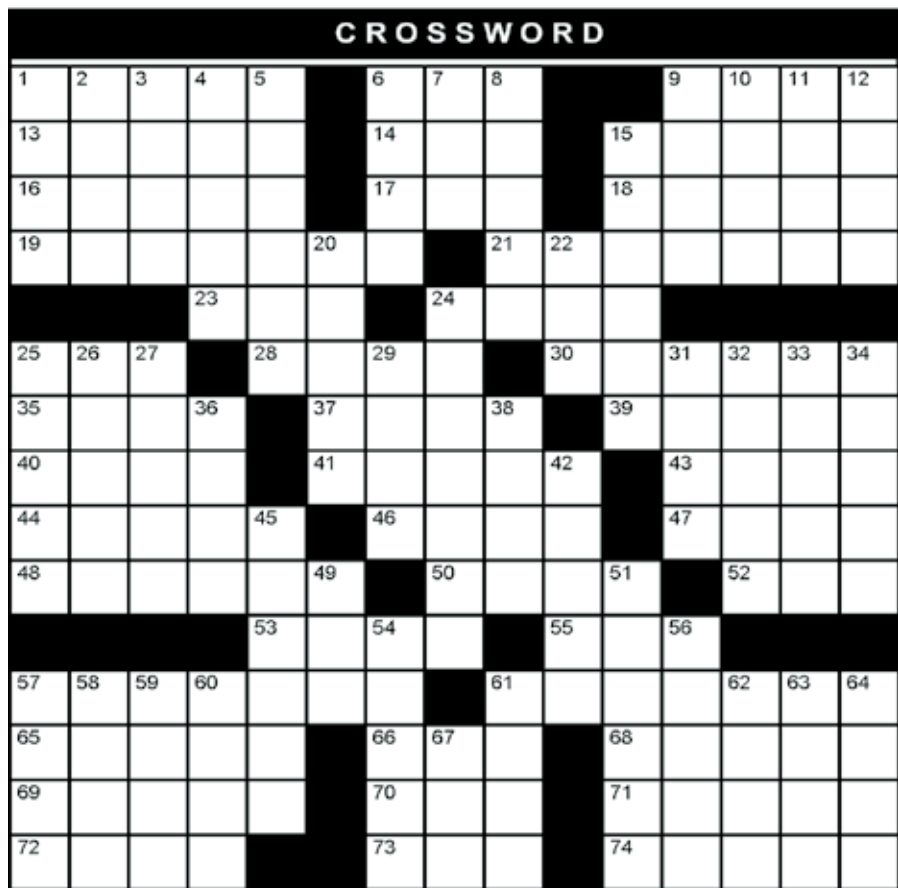
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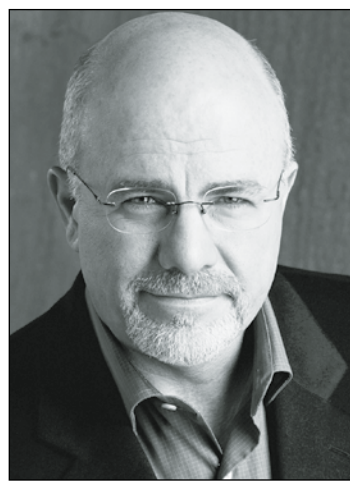
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CLUES

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| <p>ACROSS</p> <ol style="list-style-type: none"> Alfred Hitchcock in his movie, e.g. "Banned insecticide" "Infamous weapon in Persian Gulf War" "The Hitchhiker's Guide to the Galaxy" author Two halves Chummy Site of witchcraft trials Fred Flintstone to Barney Rubble, e.g. Stupid or silly "Code name for detonation of first nuclear device" "1945-1990 antagonism" Batman and Robin, e.g. "Rock and _____" Unit of absorbed radiation Manufactured Stubbornly unyielding Prima donna problems Clever Used to indicate compliance over radio | <ol style="list-style-type: none"> It hovers Red Cross supply Like something that can't fit anymore Stay clear "Ernest Hemingway's nickname" Blue-green "Split by a wall" "Like Dr. Evil's tiny self" Hog heaven? Openmouthed astonishment Recipe amount "Salk's discovery" Sea dog "_____ Last Night," movie "Shock and _____" Wide open One who "_____ it like it is" 100 lbs. Attach to, as in a journalist Editor's mark Lamb's mother Plural of lysis <p>DOWN</p> | <ol style="list-style-type: none"> Those in a play Purim's month "French Sudan after 1960" Correct Heaviest known metal Showing stupidity "Its discovery had a huge impact on crime investigation" "Ma Bell, e.g." Equivalent to hands on clock? Eagle's talons, e.g. Long forearm bone Textile worker _____ talk A despicable person, pl. "Hemingway's 'The _____ Man and the Sea'" Sometimes done to an argument Betty Ford Center, e.g. Type of nectar Sorrow Like a billionaire's pockets Received on special occasions They can be Super or Crazy Enthusiastic approval "First cloned mammal" Potting need South American Indian people Kind of ray 20 on a human body "A Bobbsey twin" "Newly-founded state, 1948" "Gerald Holtom's sign" Unusually small individual Giant kettles Lend a hand "First African-American to host a TV show" "Branch Davidians or Heaven's Gate, e.g." "Out" usually follows it Captures D'Artagnan's weapon of choice "Bolsheviks" "A huge web" |
|---|---|--|

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.

Responsible After Death?

Dear Dave,
My daughter died. She was 32 years old and single, and she had lived with me for the last few years because she was recently disabled. I did not support her financially, and when she died she had no assets and no will. Is it my responsibility to pay the student loans and medical bills she left behind?

- Jim

Dear Jim,
I'm so sorry you're experiencing this kind of grief. Losing a child is a heartbreaking experience, no matter their age.

The short answer is this: If you didn't sign for it, you're not liable. If a friend were to move in with you, that doesn't make you responsible for their debts. The fact that it was an adult family member doesn't matter either. She was a legal adult who signed her name on the debts in question.

If I were in your shoes, I'd try to find any papers attached to these debts and make copies of them. Then, I'd write up a form letter stating the total debt amount and the fact that she died with no assets. By doing this you're notifying them that she passed away, and they're not going to be paid. There's no

Dave Says

will or estate to be probated, so they can close the accounts.

Doing this will make creditors aware of the situation, and it should also protect you from getting hammered with collection calls. But the creditors get nothing in this kind of situation.

God bless you, Jim.

- Dave

Make Decisions Together

Dear Dave,
My husband doesn't like dealing with money. For years, I've handled everything from paying the bills to making the decisions, and he just does whatever I tell him. This makes things really hard on me, but he says financial issues cause him stress. Do you have any suggestions?

- Carol Lee

Dear Carol Lee,

The plain truth is you need your husband to step up and be a man. I'm sure he's a nice guy, but it's unfair for you alone to carry the weight of all financial and household decisions. It would be unfair, too, if he were the one carrying it all. This isn't a gender issue.

My wife and I are involved in all the decisions in our home, and that's especially true when it comes to money. We do a budget, and we decide together where the money's going. It's not a situation where she's a little girl, and her daddy named Dave takes care of her and everything else. That's the kind of thing you've got going on now. You feel like his mom rather than his wife, and that's not what a healthy marriage is about.

You need to sit down with him and explain why this is so important to you and how it makes you feel. You're not asking him to be a number cruncher, but he has to grow up and become part of the team. You can play the role of CFO and write all the checks. But you and he together are the board of directors. You just need 15 to 20 minutes of his time each week, so you guys can discuss what's going on and how to handle things - together!

- Dave

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For Solution See Page 7.

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FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-10114. G.S.H.L.E., 1404 28th St., Sacramento, CA 95816 is doing business under the Fictitious Business Name "G.S." at 1404 28th St., Sacramento, CA 95816. Filed with the Clerk of Sacramento County on December 20, 2012. Publish: December 26, 2012, January 2, 9, 16, 2013. G.S. 121204 1-16-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-10101. Sukhwinder Bhullar, 1545 Manasco Circle, Folsom, CA 95630 is doing business under the Fictitious Business Name "Coast Hospitality Advisors; Coast Financial; Coast Realty; Coast Mortgage;" at 1545 Manasco Circle, Folsom, CA 95630. Filed with the Clerk of Sacramento County on December 20, 2012. Publish: December 26, 2012, January 2, 9, 16, 2013. COASTH 121204 1-16-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-10025. Henry Valentin and Susie Valentin, both of 2621 Stonecreek Dr. #40, Sacramento, CA 95833 are doing business under the Fictitious Business Name "Valpro Attorney Services" at 2621 Stonecreek Dr. #40, Sacramento, CA 95833. Filed with the Clerk of Sacramento County on December 18, 2012. Publish: December 26, 2012, January 2, 9, 16, 2013. VALPRO 121204 1-16-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-10090. Paul Fickas, 717 Santa Rita Way, Sacramento, CA 95864 is doing business under the Fictitious Business Name "California Alliance Group; PUF Communications" at 717 Santa Rita Way, Sacramento, CA 95864. Filed with the Clerk of Sacramento County on December 19, 2012. Publish: December 26, 2012, January 2, 9, 16, 2013. CALALL 121204 1-16-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-09971. Sukhcharjit K. Grewal, 5645 Celine Dr., Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "Mountain Mikes Pizza" at 5267 Sunrise Blvd., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on December 17, 2012. Publish: December 26, 2012, January 2, 9, 16, 2013. MOUNTA 121204 1-16-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-09973. Ping Qiu, 8462 Ceonothus Court, Elk Grove, CA 95624 is doing business under the Fictitious Business Name "Hunting Eagle Media" at 8462 Ceonothus Court, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County on December 17, 2012. Publish: December 26, 2012, January 2, 9, 16, 2013. HUNTIN 121204 1-16-13

FICTITIOUS BUSINESS NAME STATEMENT #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, 2013. Publish: January 9, 16, 23, 30, 2013. SOLASC 130102 1-30-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-10193. Ana Brito, 2801 Manloe Road #59, 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 1-30-13

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 130102 1-30-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00020. KBYL Enterprises, LLC, 4626 Las Lindas Way, Carmichael, CA 95608 is doing business under the

Fictitious Business Name "Golden 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 130102 1-30-13

FICTITIOUS BUSINESS NAME 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 130102 1-30-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-10169. Com Zhu, 240 Allave Circle, Sacramento, CA 95835 and Tim Ming Tan, 8242 Adelberne 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 130102 1-30-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-10201. Rebecca Amber Hartler Wall, 5264 Elmer Way, Sacramento, CA 95822 is doing business under the Fictitious Business Name "Tall Wall Creations" at 5264 Elmer Way, Sacramento, CA 95822. Filed with the Clerk of Sacramento County on December 27, 2012. Publish: January 9, 16, 23, 30, 2013. TALLWA 130102 1-30-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-09454. Hana Kim and William Tohang, 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. DEALBU 130102 1-30-13

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 112 Doubletree Court, Folsom, CA 95630. Filed with the Clerk of Sacramento County on December 27, 2012. Publish: January 9, 16, 23, 30, 2013. DOUBLE 130102 1-30-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-10165. Majid 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 130102 1-30-13

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. Gupta and Gretchen M. Gupta, 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 County on December 20, 2012. Publish: January 9, 16, 23, 30, 2013. CORNER 130102 1-30-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-09875. Ann Ly, 761 El Encino Way, Sacramento, CA 95864 is doing business under the Fictitious Business Name "Simply Teas" at 6930 65th St. #133,

Sacramento, CA 95823. Filed with the Clerk of Sacramento County on December 12, 2012. Publish: January 9, 16, 23, 30, 2013. SIMPLY 130102 1-30-13

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. IFYANA 130102 1-30-13

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 Tulsii Ram, 3931 Huron St., Sacramento, CA 95838. The Fictitious Business Name Statement 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 CHANGE OF NAME #34-2013-00134739 WHEREAS, Ana Cristina Myers 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 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. MYERS 130102 1-30-13

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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00134534 WHEREAS, Danielle Coleman has filed a petition with this court for a decree changing names of Conazzo Jerome Novels to Conazzo Juan Novels; and Michael Jerome Novels to Michael Sean Novels. IT IS ORDERED that all persons

interested in the above entitled 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. VONK 130102 1-30-13

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 Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on December 31, 2012. Publish: January 16, 23, 30, February 6, 2013. ANYKIN 130103 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 7, 2013. Publish: January 16, 23, 30, February 6, 2013. IFGTAX 130103 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 7, 2013. Publish: January 16, 23, 30, February 6, 2013. CORNER 130103 2-6-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00164. Marilyn White, 9177 Giant Panda Dr., Sacramento, CA 95829 is doing business under the Fictitious Business Name "Private Wealth Management" at 1104 Corporate Way, Sacramento, CA 95831. Filed with the Clerk of Sacramento County on January 8, 2013. Publish: January 16, 23, 30, February 6, 2013. PRIVAT 130103 2-6-13

FICTITIOUS 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 with the Clerk of Sacramento County on January 2, 2013. Publish: January 16, 23, 30, February 6, 2013. BRAVOS 130103 2-6-13

FICTITIOUS BUSINESS NAME 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. Filed with the Clerk of Sacramento County on December 17, 2012. Publish: January 16, 23, 30, February 6, 2013. TOPCOA 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 Business Name "High View Preservations" at 2257 Hurley Way #36, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on January 7, 2013. Publish: January 16, 23, 30, February 6, 2013. HIGHVI 130103 2-6-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00135323 WHEREAS, Logan Collin Trevino has filed a petition with this court for a decree changing name of Logan Collin Trevino to Logan Collin Prewitt. 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 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. PREWIT 130103 2-6-13

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 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. RAMIRE 130103 2-6-13

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 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. XIAO 130103 2-6-13

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. Dated: January 9, 2013 David I. Brown Judge of the Superior Court Publish: January 16, 23, 30, February 6, 2013. XIAO 130103 2-6-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00135332 WHEREAS, Gindarat Chavalithamrong and Suttasak Chavalithamrong have filed a petition with this court for a decree changing names of Gindarat Chavalithamrong to Arny D. Xiao; Suttisak Chavalithamrong to Daa M. Xiao; and Supton 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. Dated: January 9, 2013 David I. Brown Judge of the Superior Court Publish: January 16, 23, 30, February 6, 2013. XIAO 130103 2-6-13

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. Dated: January 9, 2013 David I. Brown Judge of the Superior Court Publish: January 16, 23, 30, February 6, 2013. XIAO 130103 2-6-13

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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. Dated: January 9, 2013 David I. Brown Judge of the Superior Court Publish: January 16, 23, 30, February 6, 2013. XIAO 130103 2-6-13

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First Year of Celebration with Mother of God, Our Lady of Sacramento



Photo courtesy of Carolyn Aboubechara, Mission Pastoral Advisory Council, Maronite Catholic Community of Sacramento.

From Maronite Catholic Community of Sacramento

CARMICHAEL, CA – (MPG) Our Lady of Sacramento celebrated now its new year and its first year the feast of Mother of God on the first of January where all the Aramaic churches in Sacramento gathered to offer praises and thanksgiving to God for allowing us to have here a shrine for Mother of God, Our Lady of Sacramento.

Father Mouannes and the Maronite Catholic community welcomed Fr. Boulos and the choir of the Chaldean church in

Hazel, Our Lady of the Perpetual Help, and he introduced their choir to the community and they sung two praises to Mother of God in Chaldean.

Fr. Mouannes welcomed Fr. Abdel Massih who came with his choir from the Syriac Orthodox church to offer two hymns in Syriac to Mother of God. It was followed by the choir of Our Lady of the Rosary in Carmichael, the home of the shrine of Mother of God, Our Lady of Sacramento. They offered two special hymns, one is called "Shlom Lech Mariam," which means "Hail Mary"

and the other one, "Halleluiah Lmariam yoldat alloho" which means "Oh Mary Mother of God."

The evening continued with a Maronite Mass offered for the City of Sacramento, for the fiscal problems of our nation, and for the peace in the Middle East especially in Syria, Iraq, Egypt, Palestine, Jordan, Lebanon and many other places in the Middle East.

Our Lady of the Rosary is located at 6811 Fair Oaks Blvd., Carmichael, CA 95608

For more information see www.maronite-sac.org



By Karen Anderson

I need to close myself in somewhere. I don't want anyone to see me or even know I am anywhere in the area. I welcome the darkness but I am also afraid of the unknown that is in that dark place. In times of fear and even devastation I have felt very vulnerable and alone. I want to get out of sight of everything and everyone, even though I am still afraid. Sometimes I would rather stay afraid than let anyone know how I am feeling. On the outside I may show that perfect calm; that there is nothing is wrong. Outward appearance does not show the real, the insides which are tied up in knots. It reminds of

God's Lullaby

the picture of a clown that looks happy on the outside, but his heart is breaking on the inside.

How can God deal with that? Can He really take care of everything? I think about Brahms Lullaby and the soothing and calming effect it has on a baby and they contentedly drift off to sleep. When I am afraid that is what I want to feel like. God's Word says, "Look at what's happened! This is our God! We waited for Him and He showed up and saved us! This GOD, the one we waited for! Let's celebrate, sing the joys of his salvation. GOD's hand rests on this mountain!" When I think that God will show up, even in my most vulnerable times it gives me such comfort.

This is my vision when He comes: First He has His arms open wide for me to come and join Him. His arms are large and warm. I can feel the soft cloth of His royal robe on my face. I can feel the strength and security in His arms. Then in a whisper He

gives me words of encouragement. Remember, God doesn't always answer in the thunder storms, He speaks in a whisper and that is what He is doing for me at that moment. His voice is sweet to my heart, it is like that lullaby that I so crave to soothe my aching spirit.

In your times of fear, anxiety, and vulnerability run to His loving arms. He is waiting for you. He will help you with whatever you are facing. Believe me, I run to His arms all the time. Sometimes it is so comforting that I don't ever want to leave. He loves me and He loves you. NOW RUN BABY RUN!

PASSAGE: Isaiah 25:9-10 (The Message)

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

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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

HoopDance 101. Work up a sweat and smile in this dynamic full body toning and cardiovascular workout using specially crafted hoops. All levels are welcome and no previous experience is required. This class is held monthly on Mondays beginning at 6pm.

Hoopnotica HoopDance

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!

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Office Hours: 8 am-5 pm

Registration Hours: 8:30am-4pm Monday-Friday

www.morpd.com

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(916) 488-2810 • Fax (916) 488-4349

3344 Mission Ave., Carmichael, CA 95608

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Dare to Live Without Limits

WHERE DO
YOU START?



by Bryan Golden

You have lots of dreams. There are many goals you would like to accomplish. Your wish list probably contains many items. It's a little overwhelming. Your thoughts jump from one desire to another.

Where do you start? How do you decide what you should do first? There are a number of strategies you can utilize. The right approach for you depends on how much experience you have bringing your dreams to reality.

Perhaps you are adept in realizing your goals. You have been through the process before. You understand that you start with a goal, formulate a plan, and then put the plan into action. You recognize that the key to being successful is taking one step at a time, never giving up until your destination is reached.

If you are seasoned in bringing goals to reality, you can start with whatever dream is most important to you. Regardless of how out of reach your dream initially seems, you have confidence in your ability to do whatever is necessary to be successful.

To those with less experience in this area, your accomplishments may appear to fly in the face of what you should be able to do. People who don't understand how this process works, tend to have a negative attitude. They look at life as an endless struggle with little opportunity. Success is something that happens to others who have some advantage that they themselves lack.

If you have little or no experience making your dreams come true, you need to build confidence while gaining experience as you realize successes. This can only be done with practice. When undertaking any new endeavor, the best approach is to begin with simple tasks.

Start with a relatively easy goal. It's OK to use one with a low priority. A goal is low priority when it won't make a big difference in your life when it is accomplished or if it's accomplished at all. By beginning in this fashion, you won't be under any undue pressure to succeed. The more relaxed you are mentally, the greater the chances of you realizing your goal.

Your first task should be as uncomplicated as possible. For example, you could organize or paint a room. You might make a phone call you have been avoiding. Accomplishing any task you have been avoiding is a great place to start.

Maybe you would like to lose weight but are confused by all of the options. Up to this point you have done nothing. Make it really simple; at your next meal eat a little less than you normally would have. By accomplishing your first goal, you will be successful. It doesn't matter what you did, but rather that you did it.

Once you have your first success, you are ready for the next one. Take another simple goal. It's more important to accumulate successes than to rush to more challenging objectives. Should something not work as planned, don't give up. Either try again or move to another task. As you become more adept at reaching goals, you can begin tackling more ambitious ones.


Regardless of whether a goal is easy or difficult, the process for its attainment is exactly the same. Identify your goal, create a plan to reach it, and then take action. Those who fail have given up. People who succeed keep going until their destination is reached. It's that basic.

So start with one goal. Avoid trying to do many things at once. Your efforts will be diluted, reducing your chances of success. As each goal is reached, you are ready for more challenging ones.

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Rose Parade Provides Health Tips for New Year



Commentary by Eric Nelson
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In a play on Dr. Seuss' popular children's book, *Oh, the Places You'll Go!*, the theme of health care giant Kaiser Permanente's entry in this year's Rose Parade was "Oh, the Healthy Things You Can Do."

Featuring well-known characters such as The Cat in the Hat, Sally and Conrad, Thing One and Thing Two, and Karlos K. Krinklebein, the purpose of this colorful and fragrant display was to show folks that there's no single prescription for staying healthy.

"We're sending a message with this float that you can find your thing in anything, whether it be dance, swinging on a swing or whether it be relaxing and reading a book, or taking a moment to meditate," said Linda Mirdamadi, Chief Wellness Officer at Kaiser Permanente's West Los Angeles Medical

Center in an interview with the Daily News (Los Angeles). "It's all about finding inner peace in mind, body and spirit."

Also appearing on the float were a number of real-life individuals who have made staying healthy their top priority. These included three senior citizen tap dancers, a marathon-running nurse, and a remarkable 14-year old girl whose positive outlook has helped her to confront and overcome lymphoma – an impressive array of role models, indeed.

I think what impressed me most about this float, however, was its nod to the mental aspect of health, something that is only recently becoming part of mainstream medical care. While I have yet to run a marathon and likely will never take up tap dancing, one thing that continues to have a major impact on my health is the decidedly mental exercise of prayer.

For years I felt like the odd man out in this approach. As turns out, though, nearly 50% of all U.S. adults are using prayer for their health concerns, either as a complement to or in lieu of conventional medical care.

And the number is growing.

Of course, there will always be those who question the effectiveness of prayer as a healing agent. Even if the majority of scientific studies indicate a positive relationship between prayer and health (and they do), without an agreed upon definition and a broader understanding of its application, it's difficult if not impossible to determine if prayer

is actually responsible for the body getting better.

What is certain, however, is that the quality of our thoughts – even the expectation of healing – can and does have an effect on our physical well being.

With this in mind, Kaiser's Rose Parade float might serve as a reminder to keep our thoughts on the health-inducing up and up – one of the many, if not most essential, "healthy things [we] can do" in the coming year.

Question is, what exactly constitutes a quality thought? For me, the divinely inspired words of St. Paul have never failed to point both my thoughts and deeds in the right direction:

"Finally, brethren, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things."

Integrity. Honor. Justice. Purity. Loveliness. Grace. Quality thoughts, one and all, and a pretty good start to 2013.

Eric Nelson is a Christian Science practitioner whose articles on the link between consciousness and health appear regularly in a number of local, regional, and national on-line publications, including The Washington Times. He also serves as the media and legislative spokes-person for Christian Science in Northern California (www.norcalcs.org). This article shared with permission by Communities @ WashingtonTimes.com.



A Special Article by Tim Riley

NATIONAL GEOGRAPHIC MAKES A BIG SPLASH ON ITS TV CHANNEL

National Geographic is not just a magazine anymore. It's a growing cable channel with a presence on television that goes beyond travelogues and stories about animals, either the wild or domestic kind.

For the first time ever, come February, National Geographic Channel will present its first original scripted drama, "Killing Lincoln," based on Bill O'Reilly's best-selling novel.

At the winter press tour gathering of the nation's TV critics, Howard T. Owens, president of the Channel, announced the "next foray into factual drama" comes with the purchase of O'Reilly's "Killing Kennedy."

No announcement was made about who will play JFK. Bill Pullman stars as a fictional president in NBC's new comedy "1600 Penn." He was also commander in chief in the film "Independence Day." Maybe he's a candidate; we just don't know.

Now back to the Lincoln film, writer and executive producer Erik Jendresen told critics that the recent Steven Spielberg film is a "prequel" to his "Killing Lincoln," which is focused exclusively on the events leading up to the assassination.

Jendresen delivered his assessment after being asked by a critic about what was being covered that was not addressed in the Spielberg film or in "Abraham Lincoln: Vampire Hunter."

Critics sometimes can't distinguish fact from fiction, which is why they make lousy historians.

Riley Reviews

For National Geographic's film, Billy Campbell plays the role of Great Emancipator, and he is certain to endure inevitable comparisons with Daniel Day-Lewis, especially with the Academy Awards season upon us.

Yet, it is important to note that Spielberg's film celebrated the victory of Lincoln on the passage of the 13th Amendment, while "Killing Lincoln" is really the story of the tragedy that came so quickly after the end of the Civil War.

Documentaries about the military are not new to the Channel, but "Inside Combat Rescue" will take viewers within the harrowing world of the brave airmen who risk their own lives to rescue fallen warriors.

For the first time in history, the United States Air Force is allowing cameras to follow the elite unit of rescue warriors during a four-month deployment in Kandahar, Afghanistan.

As we all know, the world did not end in December according to the Mayan calendar. Nevertheless, the Channel's big hit series "Doomsday Preppers" continues to follow those awaiting a catastrophic event.

New episodes of "Doomsday Preppers" will include a Florida businessman fearing an electromagnetic pulse will make the world go dark; a Native American convinced economic collapse will result in social chaos; and a family hiding away in the mountains waiting for a comet to hit the Earth.

A different test of survival skills will be found in "Ultimate Survival Alaska," where eight tough Alaskans are dropped into the harshest wilderness for fifty days with nothing more than a backpack and their own endurance capabilities.

The Alaskan adventure will probably make the new series "Mudcats" look easy in comparison. The Okie Hand Fishing Invitational is a fierce

competition as teams hunt for colossal flathead catfish using only their bare hands.

Bragging rights and a \$10,000 grand prize are on the line for the 10 week contest, as mud-catters dive into river caves and dangerous deep waters to wrestle the big fish out of the water.

Rod and reel enthusiasts may want to tune into the second season of "Wicked Tuna," which follows a group of spirited fishermen from Gloucester, Massachusetts, as they make their living searching for the elusive bluefin tuna in the turbulent waters of the North Atlantic.

Dog lovers already know about renowned dog behaviorist Cesar Millan, who gained wider fame and success as the result of the long-running and aptly named series "Dog Whisperer."

In his new Nat Geo WILD series "Leader of the Pack," Cesar Millan is combating the global issue of canine abandonment and giving "unadoptable" dogs a second chance at life.

Millan's new show takes place in the beautiful country of Spain, where each week he transfers extreme canine cases to his new Dog Psychology Center in Miraflores, just outside of Madrid.

In each episode, three candidates from the U.K., Italy or the Netherlands compete for the chance to adopt one special pup, with their dog skills put to the test in a series of special challenges.

The potential owners all share one passion – they want to become the "Leader of the Pack." But first, Millan evaluates each prospective adoptee to assess their canine compatibility.

Given that some people go to extremes to pamper their domestic pets, it's probably not surprising that Nat Geo WILD's new series "Spoiled Rotten Pets" spotlights some of the most outrageous and hilarious examples of pet owners being excessive and extravagant.

Frankly, I found it hard to believe that there is a spa for pet pigs where domesticated swine are pampered by having their skin exfoliated. Hey, we never saw this type of treatment for Arnold on "Green Acres."

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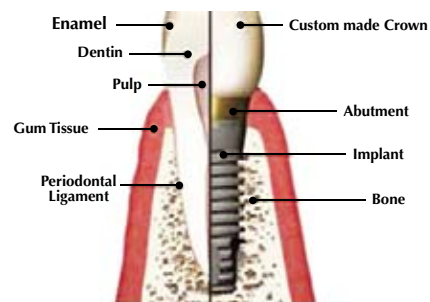
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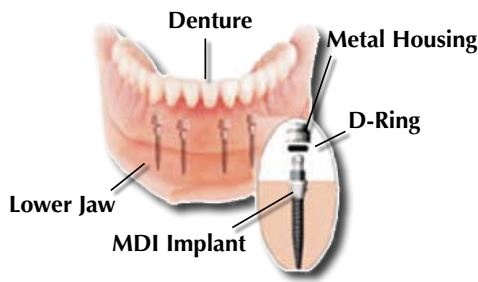
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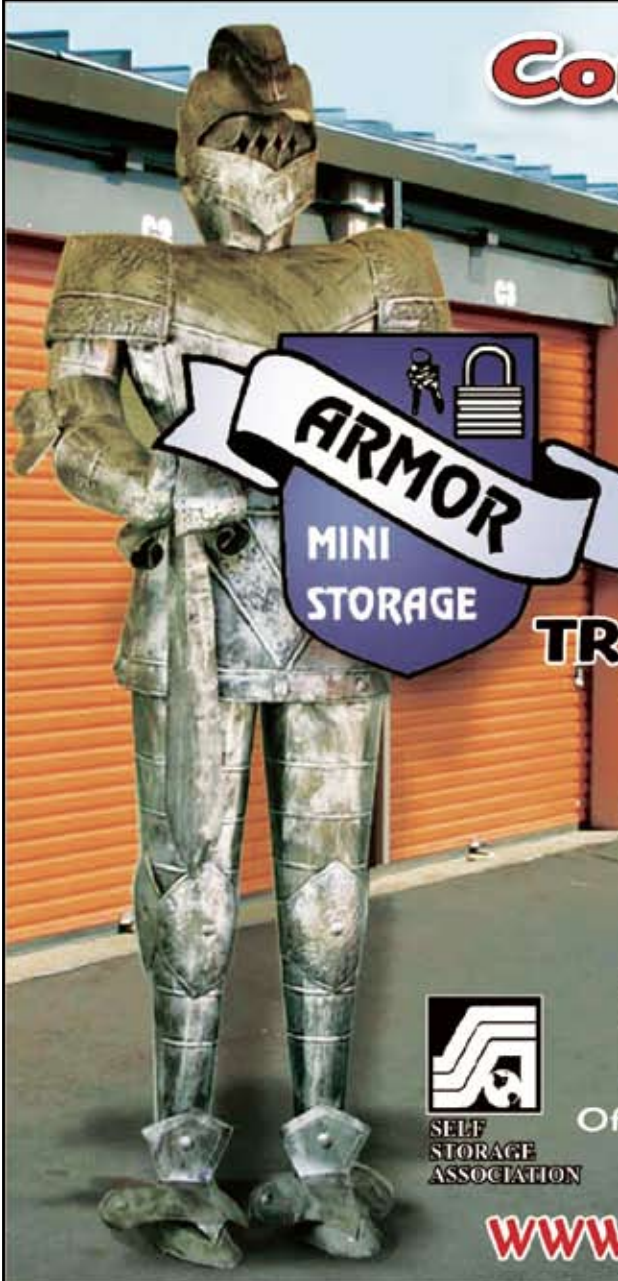


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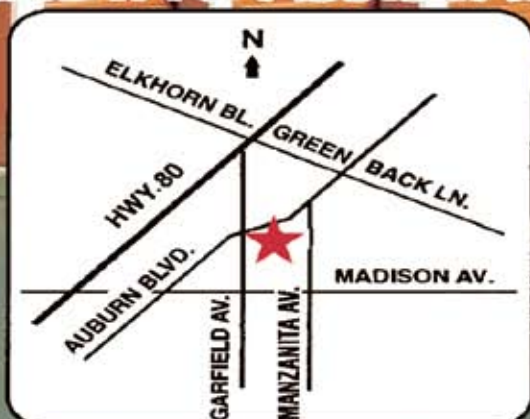


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