

Carmichael Times

Volume 33 • Issue 2

Serving Carmichael and Sacramento County since 1981

January 9, 2013

Personal Trainer
"Secret Friend"
to Closet Clients



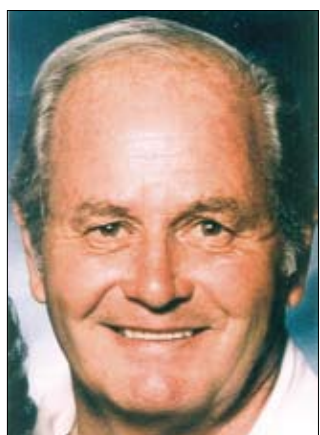
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Job Demand and
Hiring Trends for
Local Companies



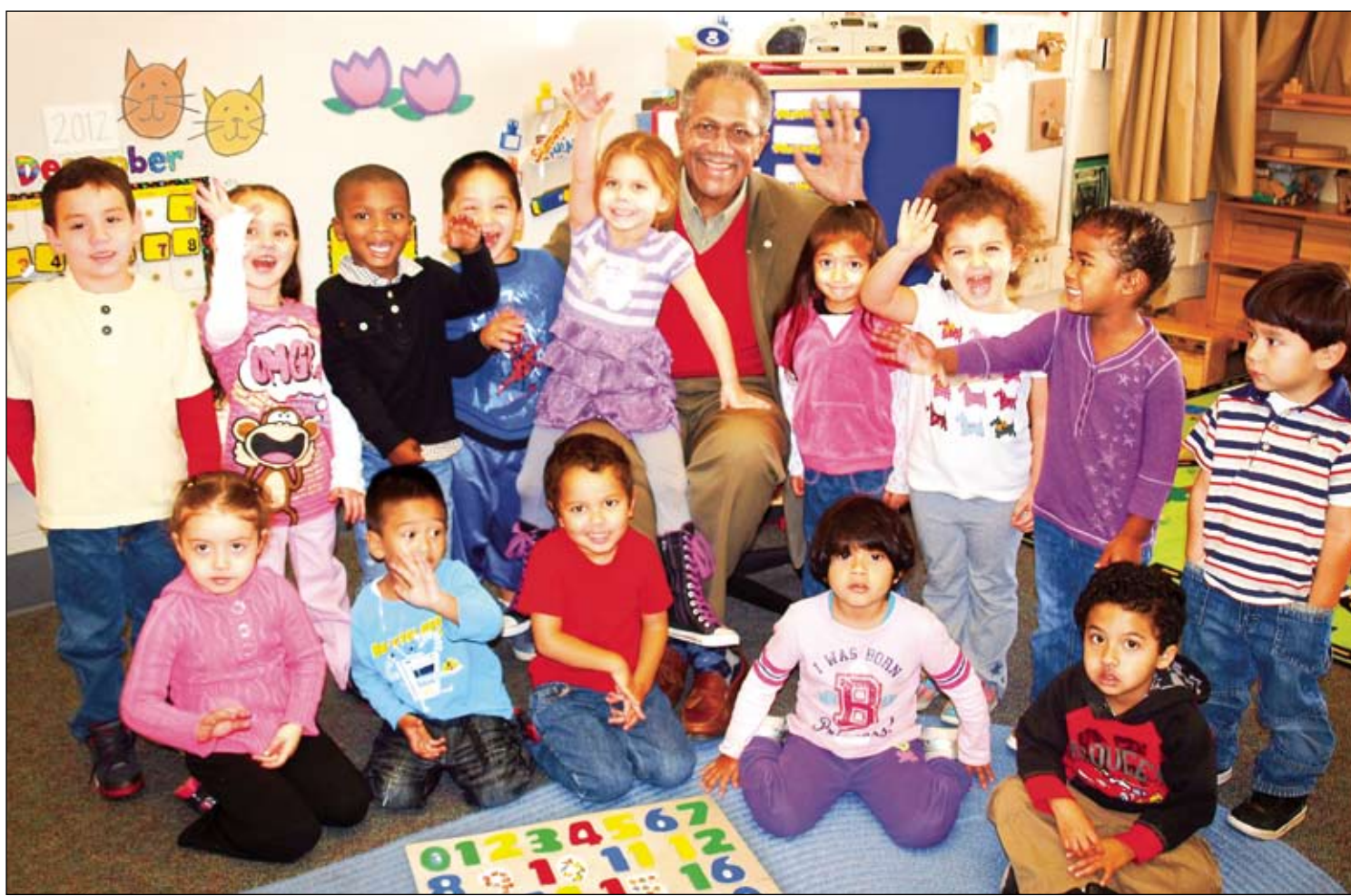
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Keith Hall, Loved
and Well Known
Local Builder, Dies



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Hero Goes Back to School



Pre-schoolers at General Davie Jr Primary Center enjoy a visit from the man whose name is on their school gate. Dr Davie (center) is a former Superintendent for the San Juan School District. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

CARMICHAEL, CA – (MPG) At 6ft 2 ins, the visitor at General Davie Jr Primary Center is all arms and legs in a toddler-sized chair. Smiling, avuncular, he is immediately engulfed by preschoolers. "They don't know their school is named after me," laughs 'Doctor General.' To them, I'm just someone who comes by to help their teacher.

After a 39 year career that culminated in Superintendent posts at Natomas and San Juan School Districts, Dr Davie is back at school. This time, he is

a volunteer in the Arcade school that has been renamed for him. "It's the greatest honor of my career," says the 68-year-old.

"San Juan District is still dear to my heart. As a teacher or superintendent, I always took ownership. Pupils and staff became 'mine.' If a school has your name, it's even more personal. Of course, the children aren't impressed that General Davie's sitting at their table. But I want to help out at "my" school." Thus frequently, Dr Davie dons dapper corduroys and goes back to school. Like a Marine, a great educator is

always an educator.

The first African American superintendent for San Juan and Natomas School Districts, Davie has travelled far from the 1940s segregation practiced in his rural Georgian birthplace. In Detroit, his mom "spit-polished" and daily packed her little General off to school. "I was always well dressed," he says. "We never had much money but mom like to dress me like I was in a fashion show." Following a 1940s craze for military monikers, his name conferred lifelong distinction. "At school, I got called Colonel, Captain,

Major – I answered them all," he recalls. "One teacher called me Governor.

"I aspired to be a fireman. My twin sister played at being a teacher. We were raised in the church and taught we were all God's children; to love thy neighbor." It was inbred in us that to do anything in life, we had to go to school." Moving to Santa Rose (CA) in his elementary years, Davie later attended Sacramento State and planned to work with juvenile delinquents.

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Ami Bera Sworn into 113th Congress

WASHINGTON, D.C. – Congressman Ami Bera has been sworn in as the U.S. representative for California's 7th Congressional district. He offered the following comment: "I am incredibly honored humbled that the people of Sacramento County have placed their trust in me to represent them in the U.S. House of Representatives. Now begins the hard work of addressing the many challenges facing our region and our country. I look forward to working with my new colleagues from both parties to find common ground and to rebuild an economy that works for the middle class. My parents emigrated here from India in the 1950s with very little but the dream of a better life. I grew up believing America was a land of opportunity, where if you worked hard and played by the rules, you could reach your full potential. Thursday, my father was among those watching as I was sworn in to the U.S. House of Representatives. My family's story isn't unique; it's the story of the American Dream. I will work every day to ensure that we continue to invest in the next generation and keep the American Dream alive."

Bera was also recently named to the House Committees on Foreign Affairs and Science, Space and Technology. "I am honored to have been named to the House Foreign Affairs Committee," he said. "In an increasingly complex global landscape, relationships with other nations have tangible effects here at home and we need strategic thinking to guide our foreign policy in the 21st century. Additionally, the Sacramento region is uniquely situated to benefit from opening up new markets for our goods and services around the world. That would help create jobs here at home. Through my new role on the Science, Space and Technology, I'll also work to foster innovative industries that can bring good jobs to the 7th district."

Congressman Ami Bera represents Sacramento County in the 113th Congress.

Motorists Prepare for Change with New Laws

California Highway Patrol
Special Report

SACRAMENTO REGION, CA (MPG) – New rules that govern the California driving public went into effect on January 1, 2013. These rules are the product of legislation passed by the Legislature and signed into law by Governor Edmund G. Brown Jr. in 2012.

"The changes to California's traffic safety laws are designed to protect the motoring public," said California Highway Patrol (CHP) Commissioner Joe Farrow. "Citizens are encouraged to familiarize themselves with these new laws in advance of the new year. Adhering to the rules of the road may save your life, or the lives of your fellow motorists."

The following are summaries of some of the new laws taking effect January 1, 2013:

- **Driving Under the Influence** (AB 2020, Pan) The law no longer allows a person who has been arrested and is suspected of driving under the influence (DUI) of drugs, the option of a urine test. Prior to this change, a person had the option of submitting either urine or blood to determine the drug content of their blood.



- **Charter-Party Carriers of Passengers: Alcoholic Beverages: Open Containers** (AB45, Chesbro) This new law prohibits underage drinking in charter-party carriers (limos, buses, etc.) and makes the carrier and driver responsible for communicating this to their passengers. The law also requires a designee, who is at least 25 years of age, to be present whenever there are passengers who are under 21 years of age on board the vehicle and alcohol is being transported. The designee shall be responsible for ensuring the rules are followed, and the safety of the underage passengers throughout the duration of the trip.
- **Electronic Wireless Communications** (AB 1536, Miller) This law allows California drivers to

use hands-free technology to talk and text while driving. This will require the use of a device that is specifically designed and configured to allow voice-operated and hands-free operation to dictate, send or listen to a text-based communication. The device is required to also be used in a voice-operated, hands-free manner to be in compliance with the law.

- **Financial Responsibility and Insurance** (AB 1708, Gatto) Drivers will now have the option of providing proof of insurance and registration on an electronic device (smartphone, tablet, etc.), when it is requested by law enforcement.

- **High Occupancy Toll Lanes** (AB 2405, Blumenfeld) This law creates the Choose Clean

Cars Act, which allows cars with a Clean Air Vehicle Sticker free access to carpool lanes that are converted to High Occupancy Toll (HOT) lanes.

- **Autonomous Vehicles** (SB 1298, Padilla) This new law allows driverless cars to be operated on public roads for testing purposes, provided that each vehicle has a fully licensed and bonded operator in the driver's seat to take control if necessary. The bill also instructs the Department of Motor Vehicles to adopt regulations that govern the licensing, bonding, testing and operation of autonomous vehicle technology.

- **Emergency Services: Seniors** (SB 1047, Alquist) Similar to an AMBER Alert, the CHP would activate a "Silver Alert" upon request if a person, age 65 or older, is reported missing to a law enforcement agency and that agency determines that certain criteria is met. The criteria includes: the person is missing under unexplained or suspicious circumstances or the law enforcement agency believes the person is in danger due to age, health, mental or physical disability, environment or weather conditions; the person is in the company of a potentially dangerous person; or there are other

factors indicating that the person may be in peril. Finally, there is information available, if given to the public, may assist in the safe recovery of the missing person.

- **Driver License** (AB 2189, Cedillo) This law allows a driver's license applicant who provides satisfactory proof that his or her presence in the United States is authorized under federal law, but who is not eligible for a social security account number, is eligible to receive an original driver's license if he or she meets all other qualifications for licensure.

- **Automated Traffic Enforcement Systems** (SB 1303, Simitian) This new law establishes consistency in the operations of red-light enforcement cameras throughout the state by requiring governmental agencies to follow specified guidelines regarding intersections, signage, and the notice to appear.

- **License Plates: Obstruction or Alteration** (AB 2489, Hall) This new law prevents the altering and positioning of license plates from its original markings and clarifies the penalty imposed for obscuring the readability of license plates.

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To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@CarmichaelTimes.com. Be sure to place in the subject field “Attention to Publisher”. If you do not have email access, please call us at 916-773-1111.

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Trainer "Secret Friend" to Closet Clients

By Susan Maxwell Skinner

CARMICHAEL, CA – (MPG) Aged 45 and super-buff, Pamela Markee was a personal trainer before private workouts became fashionable.

But her specialty is people in not-so-fashionable circumstances. Indeed, many of her clients choose her Carmichael studio for its low profile: a business leader who has multiple sclerosis and hates the community knowing; a well-known entertainer with Parkinson's disease. "Their privacy is vital," says Markee. "They don't want people to know. Neurological disease is bad for business. We can't cure them but specialized exercise can keep them active for longer."

"Twelve years ago, a client came to me with Parkinson's. I researched her problem and we developed a support group. I found great need for programs for this condition. Even with progressive brain diseases, there are many options to keep neuromuscular connections firing. We can slow the deterioration process; keeping the brain talking to muscles. In tune with diet and medication, we help people stay self-sufficient for as long as possible."

Attests a client: "I'm amazed at the depth of research Pam has done on Parkinson's and her understanding of my problems. She really knows what can help me."

Rather than "personal trainer," Markee prefers the job description of lifestyle coach. "My mission is to develop programs that change lives through exercise, education and nutrition," she says. "Heart attack is still the leading cause of death in women."

If you're 200 pounds overweight, working out at a gym



"The student is my total focus," says fitness coach Pamela Markee. Photo by Susan Maxwell Skinner.

next to a skinny Minnie is humiliating. I believe you respond differently to exercise with every decade of age.

"Diet and the right exercise play a huge part in feeling lean and lowering cholesterol."

"I've had health issues of my own. I'm in tune with women's mid-life stages. Hormone changes impact metabolism but we can still tip the odds in our favor. We develop a program for current fitness and gently progress to stronger levels. Privacy takes the humiliation out of the equation. We don't allow interruptions in the studio. The student is the total focus for (associate) Lanell Martinez and me." Costs for Markee programs,

she says, compare favorably with corporate gym prices.

Boutique-sized, her Studio is tucked away near Madison Ave and patronized mostly by weight-challenged students. Other visitors reflect Markee's interest in post rehabilitative workout. Paraplegics, stroke and Alzheimer's patients — and those with neurological problems are on the mat. A graduate of the American Academy of Health Fitness and Rehabilitation, her intent is to bridge the gap between physiotherapists and fitness professionals.

One Parkinson's client, says Markee "is a community icon who wants to continue business without public sympathy. He

can count on our confidentiality. We've developed his balance and eye/hand motor skills. He takes his neurologist's medications and has worked with me for two years. Between visits, he does homework routines.

"His disease won't go away. But his muscular function seems to have stabilized. He's appearing stronger and more connected. My aim is to keep him active for a long time to come. Confidentiality is my promise."

Pam Markee's gym is at 5250 Date Ave, Suite B. Learn about training programs at www.markeepersonaltraining.com or call (916) 704-4330.

Sacramento Employment Trends Job Demand & Hiring Trends for Local Companies in the 1st Quarter of 2013

SACRAMENTO COUNTY, CA – (MPG) Sacramento's top employers are picking up the pace of hiring as fifty-seven percent (57%) say they are looking for workers in January, February and March of the New Year. In what is traditionally the slowest hiring period of the year, Q1 2013 by contrast finds thirty-six percent (36%) of Sacramento's regional companies surveyed say they are hiring for growth and increasing their workforce in the Quarter.

While Pacific Staffing learned that many are adding new positions, another thirty-four percent (34%) seek employees for changes within their workforce, as they are motivated to hire by attrition. These are significant improvements in the market from regional employment and economic conditions just three years ago. As Pacific Staffing discovered then, the first three months of 2009 sent the market crashing with hiring freezes, workforce reductions, furloughs and shortened workweeks, massive layoffs and companies going out of business as the national recession hit the area.

That was then. Now human resource contacts surveyed directly by phone are upbeat about the prospects for continuing economic improvement in 2013. When asked if they are optimistic or pessimistic about the economy in the New Year, fifty-three percent (53%) were positive, while just twenty-three percent (23%) were not. While some didn't answer, eleven

(11%) couldn't decide. Among the top regional human resource contacts fifty-six percent (56%) of employers surveyed expected their companies to grow in 2013. Another thirty percent (30%), polled between November 19th and December 11th, said their firms would not grow in the next twelve months. Seasonal demand will trim workers at six percent (6%) of Sacramento employers who plan layoffs in the first three months of 2013.

A common challenge was noted by eighteen percent (18%) of companies who cited new Affordable Care Act (ACA) changes to healthcare benefits management as their current headache in the first months of the next year.

Skills Demand?

Nine percent (9%) of employers say they are having difficulty finding information technology workers, particularly programmers for specific industry needs. Others are seeking maintenance mechanics for production lines, customer service/sales, accounting and general office help.

How does this Quarter compare to last Quarter, or last year? Find out for yourself.

For more information, employment blogs & market surveys go to www.pacificstaffing.com.

Sacramento Regional Top Companies Polled by Industry: 38% are Service, 33% are Manufacturers, 18% are Construction and 11% are Retail.

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Dr. Bob Graykowski



Many years ago I was working in Physical therapy treating spinal cord trauma patients. It was then that I saw how critical it is to have a clear goal and deep desire to reach the outcome.

A 32 year old patient had been involved in an accident and was paralyzed from the neck down. The patient's conviction to be able to walk with his young son was much stronger than the grave prognosis from the Doctors that told him he would never walk again. With every therapy treatment he would say to me; this treatment is one step closer to my goal. Miraculously 12 months later he achieved the impossible and took his first step unassisted and a walker. If he had given up or just accepted his prognosis without the drive to reach his goal, I believe he would still be in a wheelchair today. Now is the time to revitalize our dreams and even dream bigger than ever before. We must dream it first and then set the ball rolling toward our desired outcome.

Every January a new year begins and most people set resolutions to lose weight, eat better, exercise more, reduce stress etc. Make this year the year you see a bigger vision to live a healthier and more fulfilled life.

The problem with setting resolutions is that they are most

What's Your Winning Plan for 2013?

often set up to fail right from the beginning. Weight loss products fly off the shelves, gyms are packed and there is a renewed sense of 'beginning' that lasts from days to sometimes only weeks.

For over twenty five years our office conducts a January goal setting workshop to teach our patients how to create a healthy blueprint for their goals in the upcoming year. Each of us possesses all the tools necessary to change our life for the better. I believe there is no such thing as an unrealistic goal, only unrealistic time frames. Realizing that each day is a step into your future, helps to keep moving toward your goal if you are clear of your direction.

Let's review 5 steps to successful goal setting for an amazing year ahead:

- **Step one:** Be clear of what you want and make it yours. A goal should not be someone else's goal for you. When you let other people determine your definition of success, you may sabotage your own future.
- **Step two:** Take action steps daily toward your goal. Make sure the goal is specific and measurable with a date 'on or before.' Vague generalizations and wishy washy statements aren't good enough. If you make the goal tangible it is easier to move in that direction. Create a visualization board with pictures words or statements that keep you anchored to your goal.
- **Step three:** Notice if you are on track. This includes reading your goal one or more times daily. When you see the goal happening make sure it is in line with your values and feels exciting to reach. Goals are only stepping stones so I recommend chunking your goal into smaller goalposts so you can

win more often.
• **Step four:** Change your approach if it's not working. If after noticing you are off track you must be flexible to change the action steps, timelines or re-evaluate your goal.

• **Step five:** Celebrate your success. Many times we set a goal and reach it yet never stop to celebrate or reward ourselves. When setting goals it is often leveraged for success if you create more pain by not reaching your outcome and determine a meaningful reward for your success.

Follow these steps and see the year ahead unfold to become your best year of hitting goals ever.

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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.

11 Critical Home Inspection Traps to be Aware of Before Listing your Home for Sale

Carmichael - According to industry experts, there are over 33 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the eleven most common of these problems, and what you should know about them before you list your home for sale.

Whether you own an old home or a brand new one, there are a number of things that can fall short of requirements during a home inspection.

If not identified and dealt with, any of these 11 items could cost you dearly in terms of repair.

That's why it's critical that you read this report before you list your home. If you wait until the building inspector

flags these issues for you, you will almost certainly experience costly delays in the close of your home sale or, worse, turn prospective buyers away altogether.

To help home sellers deal with this issue before their homes are listed, a free report entitled "11 Things You Need to Know to Pass Your Home Inspection" has been compiled which explains the issues involved.

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The Mission Oaks Computer Club

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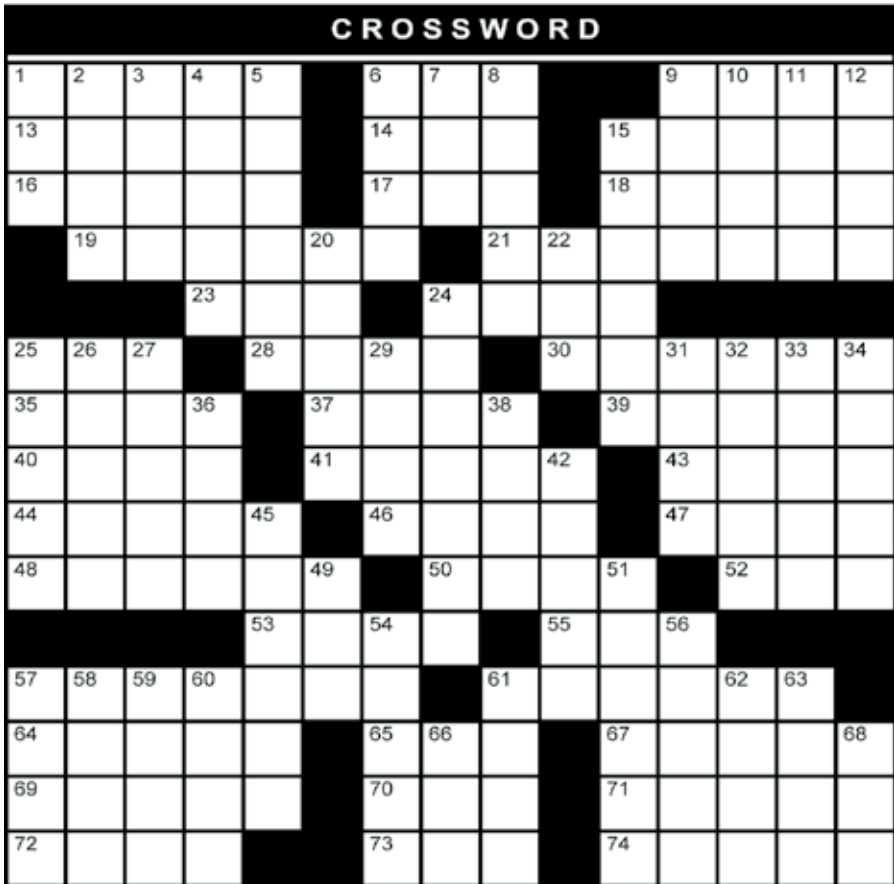


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CLUES

ACROSS

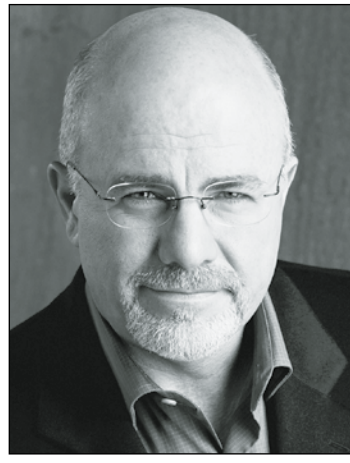
- 1. Mt. Everest, McKinley and such
- 6. Cleopatra's cause of death
- 9. Crack in a lip
- 13. "Hot toddy, e.g.
- 14. Former Chinese communist leader
- 15. Glowed or beamed
- 16. Pronouncements
- 17. "___ to Joy"
- 18. Bird of prey weapon
- 19. Hungarian composer Bela ___
- 21. "Popular winter sculpture
- 23. Thus far
- 24. Greenish blue
- 25. Former refrigerant
- 28. "A snow ___ is one for trekking on snow
- 30. Astronomer's sighting
- 35. Miners' bounty, pl.
- 37. One who "___ on the safe side"

- 39. Start eating!
- 40. Heaven's Gate, e.g.
- 41. 1:3, e.g.
- 43. Captured in fun
- 44. "Well-___ machine"
- 46. Falls behind
- 47. Like tiny print
- 48. Like number 1 to hydrogen
- 50. Cuzco valley empire
- 52. Jack Kerouac's Paradise
- 53. Pottery oven
- 55. Everybody or everything
- 57. "___ break
- 61. Done after a trip
- 64. Wombs
- 65. Gas station abbreviation
- 67. Florida Key, e.g.
- 69. Turf, as opposed to surf
- 70. Unagi
- 71. "Heard on sleigh ride?"
- 72. Cab blower
- 73. "Snow falls from it
- 74. Irregularly notched

- 1. Sum it up
- 2. Where a baby goes
- 3. Maryland Institute College of Art
- 4. Diary note
- 5. "Used for gliding
- 6. In a frenzy
- 7. "___ but true"
- 8. Literature in metrical form
- 9. Tobacco mouthful
- 10. River islet
- 11. Dwarf buffalo
- 12. In the Ivy League
- 15. Pitted peach, e.g.
- 20. Not the same one
- 22. Indian restaurant staple
- 24. Feeling no doubt
- 25. "Hot treat
- 26. "Ingredient in infamous cake
- 27. Played by Yo-Yo Ma
- 29. Kind of surgeon
- 31. Marty McFly's antagonist
- 32. Tangerine-grapefruit

- hybrid, pl.
- 33. Tarzan's swing rope
- 34. "Snow impression
- 36. Kind of cell
- 38. "Capricorn or Aquarius, e.g.
- 42. Extinct Italic language
- 45. Tiny antelope
- 49. Result of Truman's National Security Act of 1947
- 51. "Kind of skiing
- 54. Ancient Greeks' harps
- 56. Lightsaber beam
- 57. Be quiet!
- 58. "The Simpsons" palindrome
- 59. Malicious look
- 60. Ayatollah's home
- 61. Pre-swan state?
- 62. Greek muse of history
- 63. Party casks
- 66. Expresses mild alarm or surprise
- 68. "___ End" by The Doors

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.

Better Safe Than Sorry

Dear Dave,
My wife and I are 70, and we have \$950,000 in annuities in the market, plus \$68,000 in our emergency fund. The only debt we have is our mortgage. I'm considering converting our stocks to a money market account to lower the risk. What do you think?

- Howard

Dear Howard,
There are two sides to this. One is the asset allocation method, where as you grow older you move away from equities like mutual funds toward safer, more conservative investments like money markets, bonds and certificates of deposit. This is standard financial planning theory.

I disagree with that theory, and here's why. Statistics show that if you make it to 72 years of age and are in good health, you have a high probability of living into your nineties. If you're making around one percent on your money market and inflation is four to five percent, then your money isn't going to be worth a lot. You need to outpace inflation, at least with your investments, in order to break even.

You might move some cash over to money markets and CDs for your own peace of mind, but I'd also recommend growth and income mutual funds along

Dave Says

with some balanced funds. You want the entire group to be hitting the four to five percent range over the next several years, so you can at least keep up with the rising costs of gas and bread.

In my mind, you're avoiding one type of risk by moving everything to money markets, but you're taking on a different kind of risk—the chance you'll get tackled from behind by inflation. My advice is to balance things out so you can sleep better at night, but at a pace where you and your money stay ahead of the curve!

- Dave

Is This An Emergency?

Dear Dave,
My wife just had our first child. As a result, we now have \$2,500 in medical bills not covered by insurance. We've got \$7,000 in our emergency fund, and I make about \$25,000 a year. Should we dip into our savings for this or set up a payment plan with the hospital?

- Matthew

Dear Matthew,
Congratulations on your new baby! I know this is going to

make the new year extra-special for you.

If I were in your situation, I'd write a check today and knock out that hospital bill. This definitely falls under the heading of "emergency" in my mind, so pay the bill and jump back into rebuilding your emergency fund.

You've done a good job of saving on \$25,000 a year, but let's look around and see what you can do about making more money, too. Additional classroom education or extra training in your field could increase your income pretty quickly. Your emergency fund probably needs to be a little bit bigger as well, and it'll be a lot easier to make this happen if you're bringing in more cash.

I'm sure you're a hard-working guy, but the truth is it's going to be pretty tough for even a small family to make it on what you're bringing home now. Life happens, and the unexpected can become a common occurrence when there's a little one loose in the house!

- Dave

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

Come back every week for Sudoku!

For Solution See Page 7.

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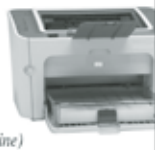
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FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-09827. James Richard Heberling, 9328 Whittemore Dr., Elk Grove, CA 95624 is doing business under the Fictitious Business Name "Lifeline Industries" at 9328 Whittemore Dr., Elk Grove, CA 95624. Filed with the Clerk of Sacramento County on December 11, 2012. Publish: December 19, 26, 2012, January 2, 9, 2013.
LIFELI 121203 1-9-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-09763. Cypress Avenue Baptist Church, 5709 Cypress Ave., Carmichael, CA 95608 is doing business under the Fictitious Business Name "The Church on Cypress" at 5709 Cypress Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on December 7, 2012. Publish: December 19, 26, 2012, January 2, 9, 2013.
THECHU 121203 1-9-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-09922. Soquoa Green, 2112 Evergreen Ave. #24, West Sacramento, CA 95691 is doing business under the Fictitious Business Name "For The People Tax Service" at 3105 Fite Circle #102, Sacramento, CA 95827. Filed with the Clerk of Sacramento County on December 13, 2012. Publish: December 19, 26, 2012, January 2, 9, 2013.
FORTHE 121203 1-9-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-09876. Shah Nawaz Khan, 946 S. Central Ave., Lodi, CA 95240 is doing business under the Fictitious Business Name "Smog Tech Pros" at 2701 Riverside Blvd. #A, Sacramento, CA 95818. Filed with the Clerk of Sacramento County on December 12, 2012. Publish: December 19, 26, 2012, January 2, 9, 2013.
SMOGTE 121203 1-9-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-09132. Daisy Caridad Mirazo, 7456 Center Park Way, Sacramento, CA 95823 is doing business under the Fictitious Business Name "Tito's Auto Sales" at 5121 23rd Ave. #A, Sacramento, CA 95820. Filed with the Clerk of Sacramento County on November 13, 2012. Publish: December 19, 26, 2012, January 2, 9, 2013.
TITOSA 121203 1-9-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-09782. Kelly Upchurch, 3402 Hunnicutt Lane, Sacramento, CA 95821 is doing business under the Fictitious Business Name "Stonebrook Realty; Stonebrook Property Management" at 3402 Hunnicutt Lane, Sacramento, CA 95821. Filed with the Clerk of Sacramento County on December 7, 2012. Publish: December 19, 26, 2012, January 2, 9, 2013.
STONEB 121203 1-9-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-09918. Paul Howard, 7200 Ryan Ranch, El Dorado Hills, CA 95762; and Julien Lux, 2913 Summerfield Dr., West Sacramento, CA 95691 are doing business under the Fictitious Business Name "Old Glory Brewing Company" at 8251 Alpine Ave., Sacramento, CA 95826. Filed with the Clerk of Sacramento County on December 13, 2012. Publish: December 19, 26, 2012, January 2, 9, 2013.
OLDGLO 121203 1-9-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-09810. Shelley Balla-Hawkins, 7610 San Nita Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "The Nest: A Gathering Place" at 10120 Fair Oaks Blvd. #F, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on December 10, 2012. Publish: December 19, 26, 2012, January 2, 9, 2013.
THENES 121203 1-9-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-09683. Petr Kapakly, 3612 Kranhold Way, Sacramento, CA 95827 is doing business under the Fictitious Business Name "P.K. Cleaning" at 3612 Kranhold Way, Sacramento, CA 95827. Filed with the Clerk of Sacramento County on December 5, 2012. Publish: December 19, 26, 2012, January 2, 9, 2013.
PKCLEA 121203 1-9-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00133945 WHEREAS, Timothy Michael Frederick has filed a petition with this court for a decree changing name of Timothy Michael Frederick to Meghan Michaela Frederick. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on January 18, 2013 in Department 53, located at 800 9th St., Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Dec. 7, 2012. David I. Brown Judge of the Superior Court Publish: December 19, 26, 2012, January 2, 9, 2013.
FREDER 121203 1-9-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00128964 WHEREAS, Baby Price has filed a petition with this court for a decree changing name of Baby Price to Bryan Baby Price. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on January 22, 2013 in Department 54, located at 800 9th St., Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: December 12, 2012. Shelleyanne W.L. Chang Judge of the Superior Court Publish: December 19, 26, 2012, January 2, 9, 2013.
PRICE 121203 1-9-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00080777 NOTICE OF SALE OF REAL PROPERTY [Prob. C. §10300] Estate of THOMAS DALE GILMORE, deceased. Notice is given that Douglas Nowka, as Administrator of the Estate of Thomas Dale Gilmore will sell at private sale, subject to confirmation by the Superior Court, on January 23, 2013, at 9:45 a.m., in Department 129 of the Superior Court of California, County of Sacramento, at 3341 Power Inn Road, Sacramento, California, the following real property of the estate: a 50% undivided interest in Lot 2 as shown on the "Plat of Love Tract" recorded in Book 26 of Maps, Map No. 22, Records of Sacramento County; ABN 008-0281-007-0000, commonly known as 1362 50th Street, Sacramento, California. The amount of the first bid is \$143,000.00 for the 50% interest in the property that is the subject of the sale. The first bidder is the current owner of the other 50% interest in the property. The required amount of the first overbid will be \$151,000.00. At least ten percent (10%) of the amount of the bid that is accepted by the court must be paid with the offer at the time and place set forth above. The terms and conditions of the sale are: The property is sold "as is", land and improvements to be accepted by the buyer in their present condition, without warranty as to condition, zoning, permitted use of the property, or any other matter. The balance must be paid all in cash with no loans, no contingencies, and no repairs, upon close of escrow after confirmation of sale by the Court. Seller (estate) to pay no more than one-half of any and all expenses of drafting, recording, notary, escrow, title, city and county transfer taxes, and other expenses of sale and conveyance. Buyer to pay a 50% pro rate share of the second installment of 2012-2013 property taxes & assessments without

proration as to time. Shares of rents and liability for insurance, utilities and other expenses of property maintenance and management to be prorated from recording date. Bids or offers for this property may be made in writing and directed to the personal representative, in care of his attorneys LAWSON & MAYER, 3161 Cameron Park Dr. #223, Cameron Park, CA 95682; (530) 676-6860, or may be filed with the clerk of the Superior Court at any time after publication of this notice and before the date and time of sale, or presented in open court at the date and time of sale. Dated: Dec. 12, 2012. By: Catherine Lawson, Esq. Publish: December 26, 2012, January 2, 9, 2013.
LAWSON 121204 1-9-13

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, 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 Names "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, 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, 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 Names "California Alliance Group; P/J 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, 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, 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 Manlove 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 #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 #FBNF2012-10183. 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 Alvaire Circle, Sacramento, CA 95835 and Tim Ming Tan, 8242 Adelberg 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 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.
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. 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. Dharand Singh, 1204 Lambertson 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 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

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 AMENDEDDORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00134135 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.
COLEMA 130102 1-30-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00134135 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.
NGUYEN 130102 1-30-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO AMENDEDDORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00134135 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.
COLEMA 130102 1-30-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00134135 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.
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SUPERIOR COURT OF CALIFORNIA COUNTY

Keith Hall, Well Known Local Builder, Dies

Keith Hall, a well known figure in the construction business in the greater Sacramento area for over 60 years died Thursday 12/27/12 at his home in Sacramento.

The Hall family, moved to Carmichael in 1938 when Keith was 11 years old. Carmichael had about 300 residents. The family attended Carmichael Presbyterian church. He graduated from Carmichael Elementary School and then from San Juan High School in 1945. Marvin Marshall, Jimmy Van Maren, Harry Dewey and Ancil Hoffman were boyhood friends and Laurel Ruff was his elementary school principal, not names of schools, streets and parks.

As the youngest of eight, his work life started early at age 11 working on Mr Henshaw's farm earning 50 cents a day and the value of hard work. He enlisted in the US Navy after high school and during WWII served as Sonarman aboard the USS Gainard with a mission to locate one man submarines trying to leave Tokyo Bay.

After returning home he went to work for H. S. Crocker Co, a stationery and office supply company in Sacramento. His job was to call on businesses in the area. For those that knew him,



Keith Hall, Builder, Active community Member and Patriot.

he knew your name – from the first meeting –and remembered it. That remained a lifelong passion. UPK, Ukropina, Polich & Kral, a commercial builder, and one of his clients, offered him as job as a timekeeper and more importantly the position also included job cost accounting and with that the construction career was born.

With experience as a bridge construction superintendent at UPK, he formed Folsom Ready Mix with partner Bob Skamnes and later with Knox Easterling formed Easterling & Hall concrete contracting

company where he remained until joining long time friend Ken Duncan and Carmichael Construction Company in 1967. Over the next 45 years the company completed over 200 tilt up buildings, 150 restaurants and numerous warehouses, banks and churches. Commercial projects included the Metro Business Center, PG&E regional office, Sunrise East Business Park, UPS-West Sacramento and most recently the Meyers Cookware Distribution center in Fairfield.

Hall was also an active community member and a passionate patriot. He would always, always thank every veteran he saw. He is a past President of the Orangevale Chamber Commerce, a past Folsom Lion and past Folsom Rotarian. He is also a proud member of American Legion post 637 in Citrus Heights.

His wife of 44 years, Marilyn Hall, died in July 2011. He is survived by his former wife Lorna Thorson and children-Cristie Gerard, Bryan Hall, William Gutenberger, Terri Soloman, Donna Gary and Lynda Kahn, 18 grandchildren and 18 great grandchildren. Very few men have been as big an influence in our lives as he has and is already greatly missed.



By Karen Anderson

There is something in your home and work that is all-revealing. It is relentless in its continual observations of you. It will show you every kindness, happiness, joy, awe, and wonder but it can also show sadness, cruelty, anger, depression, and whatever else you can think of. It can be heartless in its reality. The only thing it doesn't show is love and true emotions. You guessed it...your mirror and any reflective surfaces in your home. This item can be a rude awakening of your humanness and flaws. How many times have you looked in the mirror to walk away in disgust, because your hair's not right, you're heavier than you want to be, or you now have a blemish

Accepted Just As You Are

on your face? You may feel like something is always wrong with you and wonder who could ever care about you.

If you think about it, you know there is someone who cares for you, imperfections and all. Remember that your Maker took delight in the mere idea of you before you even existed. His Word says, "For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth."

It really bothers me when I hear others putting themselves down, saying that they can't do anything right, or they must be the dumbest person in the world. Don't you realize, dear ones, you are forgetting about the God who made you? He is perfect, and He don't make no

junk. I personally feel that when you put yourself down like that, it's like slapping God across the face with the judgment of yourself. Instead, you should be thanking Him for making you unique. There is no one like you! You are special! In His eyes you are precious!

Now is the time to accept yourself for how God made you. Get on your knees and thank Him for every imperfection you have. This is a really liberating act. Don't worry about what other may think. The only opinion that counts is God and yourself. ACCEPT YOURSELF TODAY! Live in the freedom that God loves you unconditionally, "warts and all."

PASSAGE: Psalm 139:13-15 (NIV)

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.

Carmichael Cactus and Succulent Society

Meeting February 7 10am

Carmichael Park Clubhouse, 5750 Grant Avenue
Carmichael, CA 95608

Program: Slide Show by Nicki Larson, "Springtime in South Africa"
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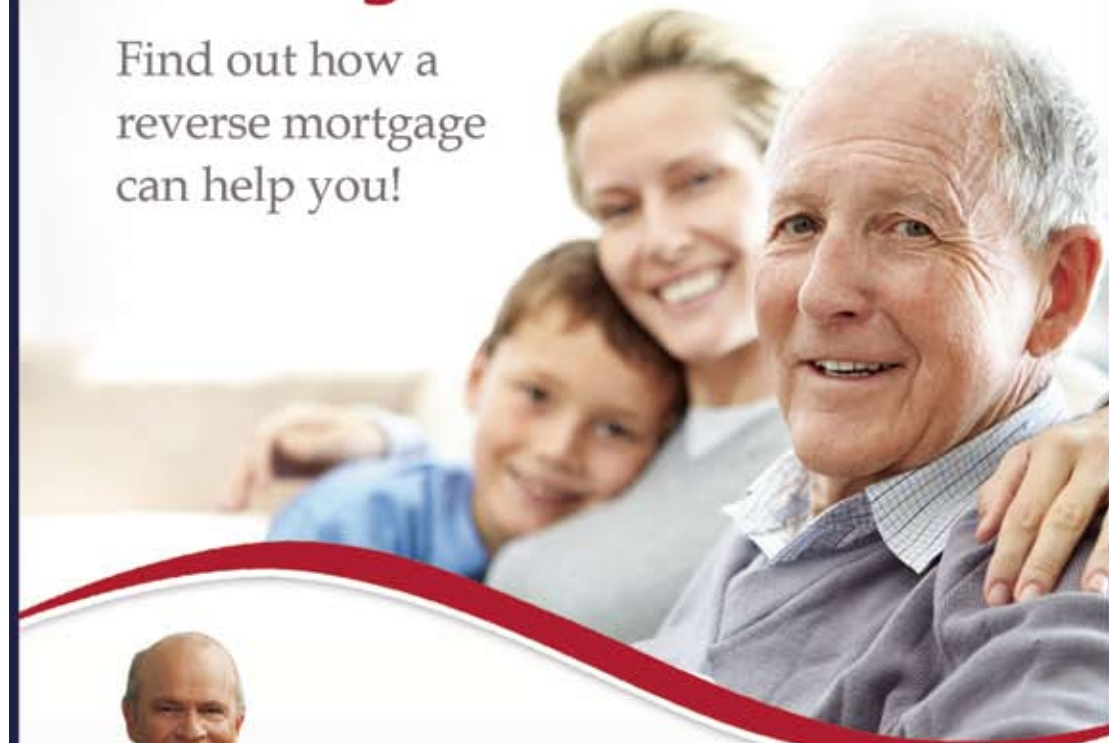
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Sacramento County DA Reports Recent Cases of Interest

CASE: Nathaniel Carter (01/04/13)

PROSECUTOR: Deputy District Attorney Charles Gonzalez

District Attorney Jan Scully announced that Nathaniel Carter was convicted by jury of first degree murder and attempted robbery in the October 29, 2010 murder of Steven Carmassi. The jury also found true the special circumstance that the murder was committed in the course of an attempted robbery and that Carter personally discharged a firearm causing Carmassi's death.

Carter, along with co-defendants Latice Collins and DeJohng Taylor, attempted to rob Mr. Carmassi at gunpoint as he sat in his truck in the parking lot of a supermarket on Garfield Avenue. When Mr. Carmassi tried to drive away to escape the attempted robbery, Carter shot him in the left side of his chest through the open driver's side window.

Prior to jury selection, co-defendant Latice Collins pled guilty to first degree murder and attempted robbery. Collins will receive a sentence of 26 years to life in prison. Co-defendant DeJohng Taylor pled guilty to voluntary manslaughter and will receive a sentence of a maximum of 12 years in prison.

Carter faces a potential sentence of life in prison without the possibility of parole. Sentencing is scheduled for February 8, 2010 in Department 10 before the Honorable Greta Fall.

CASE: Jose Moreno (01/04/13)

PROSECUTOR: Deputy District Attorney Michelle Restrepo

District Attorney Jan Scully announced today that the Honorable Ernest Sawtelle sentenced Jose Moreno to 19 years and 4 months in prison. Moreno is also required to register as a sex offender for the rest of his life. Last month, Moreno was convicted by jury of 21 counts, including stalking, first degree burglary, wiretapping, and installing spyware.

When the victim ended her relationship with Moreno in July 2010, he repeatedly broke into her home, stole personal items, installed spyware on her computer, and installed hidden cameras in her bedroom. When the victim found the hidden cameras, she left her apartment and stayed with a friend. Moreno tracked her down at her friend's house and spent hours photographing her without her knowledge. The victim then obtained a restraining order and moved to another residence with an alarm system. Moreno again tracked her down at the new residence, where he disabled her alarm, removed the locking mechanism from her back door, and created a key allowing him access to her house. He repeatedly burglarized her third residence, including taking personal items and installing a camera in a heater vent.

On October 2, 2010, Moreno was arrested inside the victim's home. Two search warrants of Moreno's residence revealed multiple items of the victim's property and computer devices revealed Moreno's stalking efforts, including a folder entitled "Stalking" containing pictures of the victim.

Deputy District Attorney Michelle Restrepo states, "I hope the sentence imposed today will help the victim regain a sense of security in her own home."

www.CarmichaelTimes.com

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- ❖ Entrants must be of good physical health and good moral character.
- ❖ Mrs. / Ms. Entrants must be at least 18 years of age.

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POPOFF!

with Mary Jane Popp

surprised at what they told me.

Were they looking for more money and fame? No way!!!

Do you remember **Martin Kove**? He was the villain in "Karate Kid" and his credits run deep from "Wyatt Earp" with Kevin Costner to "Rambo II" with Sylvester Stallone. Over 100 films under his belt, and what do you think he shared with me. Yes, he wanted to be more disciplined with his exercises on a regular basis, but he also wanted to meditate more, like a couple of times a day. He wanted to develop more positive thinking...as much as he can. And I loved this one, he wants to better his skills. You'd think it would be his acting, but no, his computer skills. Seems like he wants to better himself in as many ways as he can.

Then I got the inside track from **Dr. Elmo**, the man behind "Grandma Got Run Over by a Reindeer" fame. Did you know the Gray Panthers actually picketed him at a club for singing that song? He thought they were fans outside the club with signs honoring him. Instead, they wanted to attack him. But that's history. Now Dr. Elmo vows to run a double marathon, and he ain't no spring chicken. He also vows to tell his dear wife how much he loves her everyday and what she means to him. Ain't that sweet?

Stanley Livingston wants to do something his mom always wanted him to do. Of course, we will always love Stanley as "Chip" on the "My Three Sons" TV classic. He has done so much since then from director to writer to producer. But his mom always wanted him to follow his natural talent as an artist. He's done stained glass work too along with his landscapes, florals, and street scenes. He wants to devote his time to getting back to that talent his mom always loved. You can see some of what Stanley is doing at www.stanleylivingstonart.com. I'm sure we can look forward to some real beauty from the heart!

Then I had the opportunity to speak with former Olympic Gymnast **Cathy Rigby**. She was in Sacramento playing Peter Pan on stage, a part she has perfected to the max. At 60 years old, she is

still flying high as Peter, but this will be her last time playing the fanciful boy! Her resolution is to pray for patience, so she can move on and reach out to new goals in her life. I don't think there will be a problem there. She and her husband Tom McCoy are executive producers in the McCoy/Rigby Entertainment series at LaMirada and they have a conservatory for the arts too. I'll have more on Cathy's story in another article.

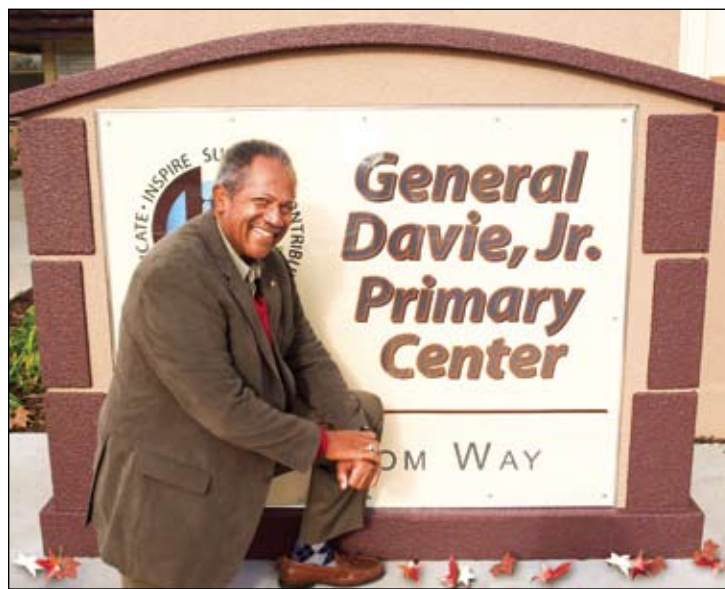
And then there was **The Amazing Kreskin**. Remember him all the way back to being on with Johnny Carson to today's Jimmy Fallon. From bending spoons to predicting our president, he has done it all and not a regret in life. No, he is not a psychic, but he is a mentalist. Yeah, just like the TV show. He doesn't make New Year's Resolutions generally because he gets his energy from everybody anyway. But he said his favorite Christmas song is "I'll be home for Christmas." Why? Because he has done 447 performances in 2012, and that's being on the road for a very long time. Ten days before Christmas, he was in Saudi Arabia. I'm sure home looked pretty darn good to him!

I know, you are wondering what my New Year's resolution is. How about to keep bringing you the best and brightest interviews on POPPOFF. I will vow to inquire, challenge, and dig in to get the truth because the truth is out there! Oooops! Do I hear the theme from "The X-Files"?

And so our hopes and dreams go on. I love to hear the resolutions from all walks of life. I will finish 2012 with the saying I always use at the end of my show, because it is so appropriate for this time. Always live simply, laugh often, love deeply, and most of all dare to dream! Why? Because without a dream, how can you make your dreams come true? **A HAPPY AND BLESSED NEW YEAR TO YOU AND YOURS!!!**

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

San Juan Hero Back to School



Dr General Davie at the San Juan District school that now rejoices in his name. Formerly Thomas Edison Elementary, the facility serves preschoolers. Photo by Susan Maxwell Skinner.

Since retiring from Superintendent at San Juan, bachelor Davie has kept busy in the Carmichael Kiwanis Club. He plays clarinet with several volunteer orchestras and is a champion of music in schools. "It's tough when funds are reduced," he says. "But I believe music and arts are essential in a balanced education for our kids."

As a volunteer, Davie has enjoyed helping First Grade teachers at Cameron Ranch Elementary. "I relate best to small kids," he considers. "I enjoy their smiles and energy. At my age, there's nothing like seeing the light go on in a kid's eyes when he's finally got it. It means I've got it, too - I've done my job."

"Working with kids is something I'll do till I can't move. Sometimes I hear a voice calling "Mr Davie!" in the street. It's someone I taught 30 years ago. They introduce me to their kids as someone who changed their life. That's humbling. That's the biggest compliment a teacher will ever hear."

Continued from Page 1

A summer job in the Elverta School District changed everything. "The superintendent thought I related well to children and parents. He asked if I'd like a teaching job," Davie explains. "I said yes. It was a paying job. My

mom said a bird in the hand was worth five in the bush.

Teaching credential fresh in hand, he returned to teach 5th Graders at Elvira's Alpha Elementary. "Changing careers was a leap of faith for me," says Davie. "But after 39 years, I'm glad I took that leap."

Motorists Prepare for Change: New Laws

Continued from Page 1

- **Child Passenger Restraints** (AB 1452, Hill) Hospitals, clinics, and birthing centers will now be required to provide and discuss contact information regarding child safety seat requirements, installation, and inspection to parents and caregivers upon discharge of a child, if the child is less than eight years of age.
- There are also two new laws related to **recreational off-highway vehicles**. One (AB 1595, Cook) defines an off-highway motor vehicle to include a recreational off-highway vehicle (ROV) and establishes additional requirements governing its safe operation. The other law (AB 1266, Cook), which goes into effect July 1, 2013, prohibits a passenger in an ROV from riding in a seat location not designed and provided by the manufacturer. It also prohibits

operation of the ROV if the passenger is not seated with both feet on the floorboard and able to grab the occupant handhold with the seat belt and shoulder belt or safety harness fastened.

• **Additional Registration Fees** (AB 1404, Feuer) This law authorizes three counties (Los Angeles, San Diego and San Bernardino) to increase vehicle registration fees to help fund vehicle theft programs. Increases would be from \$1 to \$2 for passenger vehicles, and \$2 to \$4 for commercial vehicles.

• **Inflatable Restraint Systems** (AB 1854, Brownley) This law makes it illegal for a person to knowingly distribute or sell a previously deployed air bag or component that will no longer meet the original equipment form, function or proper operation.

• **Driving Under the Influence: Alcoholic Beverage or Drug** (AB 2552, Torres)

Although this change in the law does not take effect until January 1, 2014, it distinguishes whether an individual was arrested for driving under the influence of alcohol or drugs.

Ultimately this change, singling out drugs with its own subsection in the Vehicle Code, will make it easier to track the prevalence of drugged driving in California. This new law, coupled with the efforts requiring the use of Ignition Interlock Devices, will help reduce impaired driving throughout California.

These points are only a synopsis of some of the new laws adopted. For complete information on chaptered bills enacted in 2012, please refer to the Legislative Counsel website at www.LegInfo.ca.gov.

Employer Mandate a Recipe for Unemployment

Commentary by **Sally C. Pipes**

Wal-Mart just announced that it will not offer health insurance to new employees who work less than 30 hours a week. It's reserved the right to do the same for existing workers.

For these new policies, Wal-Mart's employees can thank Obamacare.

The federal health reform law's "employer mandate" requires companies with over 50 employees to provide insurance for anyone working 30 or more hours a week or face fines. That creates a strong incentive for companies to push their workers into a work-week fewer than 30 hours — and thereby avoid the additional costs Obamacare intends to saddle them with.

Wal-Mart isn't alone. The employer mandate will make it harder to for many businesses to operate efficiently, to hire new employees — or to ensure that existing employees can stay on full time.

Papa John's CEO John Schnatter recently came under fire for stating that the employer mandate will take a bite out of his company's pie. He said that his pizza chain's franchisees would likely cut back employee hours — and that Obamacare would add up to 14 cents to the cost of each pizza.

The owner of several Denny's franchises in Florida has contemplated slapping a 5-percent Obamacare surcharge on every meal, and a New York Applebee's franchisee has said he may stop hiring because of the additional costs borne by the law.

Obamacare's defenders suggest that these businessmen are

just greedy. But it's been widely known that the employer mandate would deliver a hefty blow to businesses since the president's healthcare reform law was merely a bill.

In early 2010, the Congressional Budget Office (CBO) estimated that the employer mandate would force businesses to pay \$52 billion in tax penalties from 2014 to 2019.

That money will have to come from somewhere — whether higher prices for consumers or reduced wages for workers.

Further, the CBO recently cautioned that the employer mandate would cause a 0.5-percent reduction of the American labor force. That may not sound like much — but it's equivalent to eliminating about 700,000 American jobs.

These job cuts will hurt the working poor most. According to a paper by Harvard economist Katherine Baicker and University of Michigan economist Helen Levy, those who earn within three dollars of the minimum wage are at the greatest risk of losing their jobs thanks to an employer mandate. Baicker and Levy concluded that "1.4 percent of uninsured full-time workers would lose their jobs" under the mandate."

In some cases, the employer mandate may backfire — and actually encourage businesses not to provide health insurance.

Businesses that do not furnish coverage must pay \$2,000 per employee, excepting the first 30, if at least one of their workers receives subsidized coverage through the new insurance exchanges. Folks with incomes of up to four times the poverty level, or nearly \$90,000, could qualify for subsidies.

So a firm with 50 employees could be looking at a fine of \$40,000.

But health insurance is expensive — far costlier than the fine. Average premiums for single coverage were north of \$5,600 in 2012 — and above \$15,700 for family policies, according to the Kaiser Family Foundation.

Many employers may find it more economical to pay the fine and turn their workers loose in the exchanges.

Indeed, former CBO Director Douglas Holtz-Eakin estimates that as many as 35 million Americans out of about 160 million could lose their existing employer-provided insurance thanks to — ironically enough — the employer mandate.

Taxpayers will pay the price. Richard Burkhauser and Sean Lyons of Cornell and Kosali Simon of Indiana University estimate that the feds could have to spend an additional \$48 billion a year if employers dump their workers into the exchanges.

For now, though, the employer mandate's impact will largely be felt in the business community, at firms as big as Wal-Mart and as small as the local diner. "I don't know what secret [the politicians] know, where they just assume we can write them a check," Sam Facchini, owner of Metro Pizza in Las Vegas, recently told a Nevada newspaper. "We can't pay for this. Most of us operate on a thin margin and trying to stay in compliance [with the law] will make things much tighter."

Sally C. Pipes is President, CEO, and Taube Fellow in Health Care Studies at the Pacific Research Institute. Her latest book is *The Pipes Plan: The Top Ten Ways to Dismantle and Replace Obamacare* (Regnery 2012).



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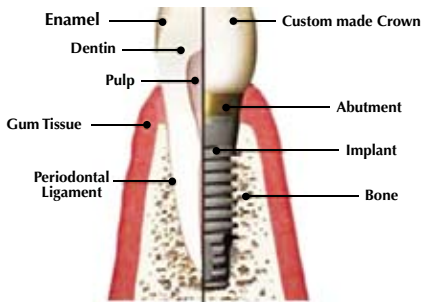
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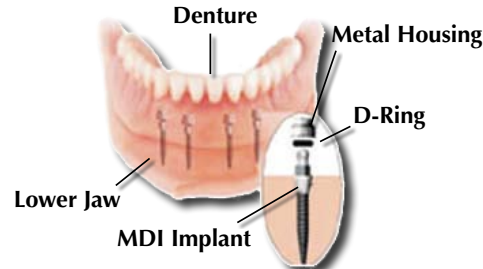
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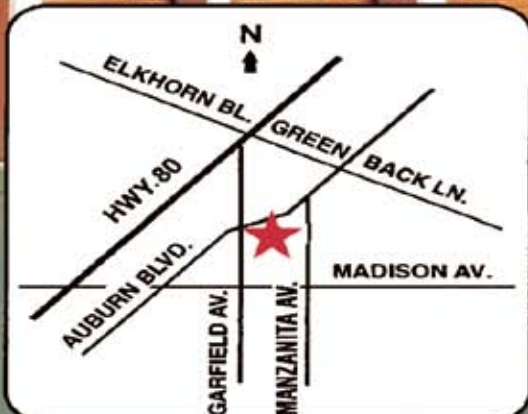
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