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September 19, 2012

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Carmichael Plans 103rd Birthday Bash

By Susan Maxwell Skinner

CARMICHAEL – A helicopter flyover, a kids' carnival and hula demonstrations will help celebrate Carmichael's 103rd birthday this Saturday, September 22nd.

Founders Day events center on Carmichael Park's Grant Ave and Fair Oaks Blvd area, beginning with a fundraiser breakfast from 8 a.m. The Fair Oaks Lions Club will host the pancake feast, which costs \$5 for adults and \$3 for children. From 10 a.m., the Cappuccino Cruisers' car show will offer under-the-hood views of scores of classic models.

The El Camino High Pep Band will fanfare opening ceremonies at 11 a.m. County Supervisor Susan Peters and other civic leaders will launch celebrations and thereafter make themselves available to meet the public from among an avenue of vendor booths.

Sacramento Metro Fire Department promises machines and men; a department helicopter is scheduled to salute from above (but not to touch down) at about 11:15 a.m. On ground level, the Sacramento River Cats Baseball team mascot Dinger will join stroll among fans. Also on the stroll, magician "Albert the Amazing" will add to the celebrity lineup. Free children's activities are provided by a mini carnival. Radio Disney will



Classic cars, pancakes, children's activities and craft vendors are among Founders Day traditions. Photo by Susan Maxwell Skinner.

broadcast live from the event.

Musical headliners are the Sacramento cover band Group Therapy. This concert runs from 12:20 to 3 p.m. Throughout celebrations, food will be available

for purchase. Picnickers are welcome.

Held annually, Founders Day commemorates the 1909 establishment of Carmichael colony by Sacramento realtor

and politician Daniel Webster Carmichael.

Event sponsors include Carmichael and Mission Oaks Park Districts, SMUD, Milagro Investments, the Cappuccino

Cruisers, Western Hay and Feed, Safe Credit Union, Fair Oaks Lions Club and the Carmichael Chamber of Commerce. For information, call (916) 485-5322.

Stitches in Time Recall Many Missions

By Susan Maxwell Skinner

CARMICHAEL – For 28 years, retired Carmichael Park District manager Ken De Young led service missions by teenage parishioners of his church. He and acolytes built village schools and houses. They drilled wells and re-roofed churches in Mexico and Arizona.

Each year, he and Carmichael Presbyterian volunteers headed south in uniform tee shirts. These were embellished with mottos like "Holy Sweat" and "Radically Committed". Once the teens returned home, sweat was laundered and the garments committed to rag bags. Now living in Igo (near Redding) 70-year-old De Young unearthed his own well-worn tees. He decided the faded logos had

some inspiration left in them. Assisted by a quilter friend, De Young had 25 cotton panels made into a patchwork. "There are 1500 young volunteers' memories sewn into the quilt," he says.

The church's charges learned more than brick-laying while in poor villages. "For years, a dentist from our congregation came with us and worked on people's teeth," recalls De Young. "Our young people were his assistants; holding flashlights to see into mouths. They helped the dentist make a suction device, powered by a shop-vac. They learned to be practical and inventive.

"We were always sorry to go home. We'd established relationships with the villagers. My wife and I helped one of their children

through college. While she was in Mexico, a Carmichael girl decided to make her career as a minister. What she experienced on her mission was a turning point in her life."

De Young's quilt of memories now hangs in the Carmichael Presbyterian Church youth room. Says the donor: "It's appropriate there. It represents 25 years of life changing events for me and our church youth. I hope it inspires others that they too, can find ways to serve."

Spring youth missions are still sponsored by Carmichael Presbyterian; in recent years their focus has been on needy areas of the United States. Anyone seeking to participate or to assist these projects may call the church at (916) 486-9081.



Former Carmichael Presbyterian Church youth mentor Ken De Young (left) had old tee shirts stitched into a quilt of many colors. Panels represent nearly three decades of service missions by teenage parishioners of the Carmichael Presbyterian Church. Photo by Susan Maxwell Skinner.

Not a Mom? Not a Problem. Girl Scouts Seeks a Variety of Role Models as Volunteers.

Adult volunteers are needed to lead Girl Scout troops, plan events in Sacramento & beyond

SACRAMENTO REGION – Every girl has the ability to lead, but only one girl in five believes she can. A lack of role models, unhealthy images of beauty, peer pressure to not stand out, and a mean-girl culture are just some of the obstacles that stand between girls and their full potential. But when caring adults get involved, girls are one step closer to breaking down those barriers.

Girl Scouts needs adult volunteers to empower girls to realize their dreams and become leaders. As the new Girl Scout year begins, Girl Scouts seeks adult volunteers to form troops, plan events and manage programs in Sacramento and beyond.

There are more than 29,000 Girl Scouts in grades K-12 within the 18-county jurisdiction of Girl Scouts Heart of Central California. Any adult passionate about building girls of courage, confidence and character is encouraged to apply to become a volunteer. It's important to note that it is not necessary for women and men to have daughters in Girl Scouts in order to volunteer.

Cheryl Leviton, for instance, is not a parent; yet, she has volunteered for Girl Scouts in South Sacramento since 2002. A former Girl Scout herself, she is currently a Girl Scout Cookie Program manager, using her 25 years of experience in sales to

and share opinions with other volunteers." Volunteering opportunities with Girl Scouts are tailored to fit each adult's calendar, skills and interests. Available volunteer positions include troop leader, first-aid, assistant leader, special event chair, registrar, secretary and more. It's all about fun, flexibility and providing a safe environment for girls. Plus, Girl Scouts Heart of Central California provides free training and support to help volunteers succeed.

As Girl Scouts, girls have unforgettable experiences that help them become leaders. Each girl gets the chance to voice her opinion about what types of

crunch numbers and aid girls in goal-setting and confidence-building. "I'm involved in Girl Scouts as much for me as I am for the girls," Leviton said. "Girl Scouts teaches girls how to work as a group, and as an adult, I enjoy being able to make decisions

hands-on activities and field trips her troop will do. With volunteer support, girls stand up, stand out, and stand tall. For more information, visit girlscouts.org/join.asp or call 1-800-322-GIRL.

Founded in 1912, Girl Scouts is celebrating 100 years as the premier leadership development organization for girls, building girls of courage, confidence and character who make the world a better place. The local council, Girl Scouts Heart of Central California, is headquartered in Sacramento and serves more than 29,000 girls in 18 counties* in Central California. For more information, visit www.girlscoutshcc.org.



Eskaton Escapades



Chorus line. Singer Rudy Moll (center) joined the Rhythm and Shoes dance troupe at Eskaton, Carmichael. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

CARMICHAEL – Eskaton seniors were recently treated to blast from entertainment’s glittering past with a performance by the Rhythm & Shoes troupe.

The “tapping seniors” (average age 72) danced to movie themes and classic rock in the facility ballroom. While hoofers changed from tuxedos to jazzy sailor suits, veteran singer Rudy Moll (83) crooned Sinatra

favorites. Formed in 2009, the ensemble rehearses regularly at the Mission Oaks Community Center, Carmichael. The tappers are among acts scheduled for the center’s annual review

Bev’s Angel Project to Hold Nifty 50’s Classic Car Show

From Judie Shoemaker

CARMICHAEL – Bev’s Angel Project annual Nifty 50’s Classic Car show is Saturday, September 29th in the Beverly’s Fabrics parking lot at the corner of Marconi and Fair Oaks Blvd., 9:00a.m. to 3:00 p.m. Entry fee is a new unwrapped toy(s). They will have raffle prizes, baskets raffle, free coffee and donuts, a hot dog lunch for participants, people’s choice award, and live rock and roll music provided by Todd Morgan and the Emblems from Noon to 2:00 p.m. This is their kick-off to their gift collecting for the holiday season.

Mrs. Claus and her helpers visit school classrooms, hospitals, crisis nurseries, Mustard Seed School for the homeless, Children’s Protective Services, Alta Regional Center, and Serna Village. Schools served by Bev’s Angel Project include Cameron Ranch, Carmichael, Dyer Kelly, Ethel Philips, Hilldale, Joseph Bonheim, and F. C. Joyce Elementary Schools, Starr King/Ralph Richardson Center, Churchill Middle School, and Mira Loma High School. We also assist St. John’s Shelter for Women & Children, St. Mathews Presbyterian Church, and Sacramento Sheriff’s Department.

If you would like to support our project and donate toys or other items we need, please call 402-



Your donated toys will go to thankful children this Christmas. Photo provided by Judie Shoemaker.



Come and enjoy the Classic Car Show! Photo provided by Judie Shoemaker.

7202 or email to topredrvr1@comcast.net

Bev’s Angel Project Inc. is a nonprofit organization that provides items for needy families during the Christmas season. Each year Bev’s Angel Project serves over 3,500 children and families providing them with homemade blankets and quilts, stuffed animals, wrapped toys, gloves, hats,

stuffed stockings, games and puzzles.

The continued success of the Angel Project would not be possible without the generosity of those that donate their time, as well as receiving monetary donations. Thank you and “Angel Hugs” to all of you who continue to support our program.

Source: Angel Project

Maronite Catholic Community to Dedicate New Statue of the Blessed Mother

CARMICHAEL – Mother of God, Our Lady of Sacramento has arrived! With great joy, the community of Our Lady of the Rosary, the Maronite Catholic Church is announcing to all the brothers and sisters and the churches and communities in Sacramento County the great news of the presence of the huge statue of Mother of God, Our Lady of Sacramento standing high in front of the church’s entrance.

We are impatient to announce to you that Bishop Jaime Soto is going to be with us to dedicate and bless the statue on the 20th of October at 10:00am during the Walk for World Peace, which we are organizing every year, and this year is going to be the second year. Economically, the world is in crisis, politically the middle east is in crisis, a lot of Christian communities are being persecuted in the world.

Many tensions do exist between cultures. That’s why the whole world needs peace. Let us come and be united for this walk. World peace deserves our courage, our attention, our prayers, and our goodwill.

At the same time, we can announce to you that Our Lady of the Rosary is taking a new start. Reverend Nabil Mouannes now became the first permanent Maronite priest in Carmichael, Sacramento County. The church is taking a new route. The garden is remodeled. The hall is renewed. The chapel is furnished now with many Eastern features. The liturgy is now at 11:30am every Sunday.

For all those who would like to be immersed in an environment very close to that of the temples when Jesus was in Palestine and hear the Aramaic language, the language of Jesus, and surrounded by a biblical

environment which goes back to time of Jesus, you can come and share one of the oldest divine liturgy offered in Thanksgiving to God.

As Jesus said in the Gospel of Mark, the Kingdom of God is at hand. The divine liturgy in our church is now close to you to bring to you this special experience and this special touch of Jesus preserved throughout the years by the people of God by the fathers of the church, the patriarchs of Antioch and the pope of Rome. All those blessings are now close to you and at hand. Come and let us join hands in this Aramaic spirituality, Antiochian theology, Christian brotherhood, and a very rooted Catholic tradition.

Our Lady of the Rosary Maronite Catholic Church is located at 6811 Fair Oaks Blvd., Carmichael.

...and Upcoming Festival Information

Our Lady of the Rosary Maronite Catholic Church will be hosting a Lebanese and Middle Eastern Festival on Saturday, October 6 from 10:00am to 11:00pm and Sunday, October 7 from 11:00am to 6:00pm at 6811 Fair Oaks Blvd., Carmichael.

Come enjoy and satiate your palate with a cuisine that has been luscious and generous for generations. The Lebanese cuisine has had a long history of including fresh and organic ingredients in abundance. The Lebanese culture is known for its immense hospitality and joys of sharing ones food with others.

“Sahtein” is an expression often used by Middle Easterners. Its literal translation is wishing someone to have twice their health. It’s sort of an expression of welcoming the sharing of a meal. Listen for this expression at the Festival!

Our healthy and delicious Mediterranean menu will be served all day. Come and enjoy the homemade Shawarma (Gyro), Falafel, Hummus, Tabouleh and much more. Plus, we will have a Saj booth; serving Mana’esh zaatar (thyme) & cheese.

Don’t miss our delicious dessert

menu: Balklava, Nammoura and much more, along with your Turkish cup of coffee freshly made and served with “Ahla w Sahla” (you’re welcome).

There will be entertainment for all ages so that every member of a family can enjoy! Come and enjoy a live Middle Eastern band performance, international DJ & Dabkeh dance performance. Kids will have their big part too with a bouncing house, carnival games, face painting and much more. If you like Tarneeb and Backgammon, you will have a great time while trying to win the tournament.

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The Sacramento Symphonic Winds Concert Season to Begin!

CARMICHAEL – The Sacramento Symphonic Winds 2012-2013 Season is entitled "Musical Seasoning" and will feature world premieres as well as instrumental soloists.

Highlights of this season are West Wind Overture by Julie Giroux, Turkey in the Straw by Michael Markowski, second movement Lothlorien from Symphony No. 1 "Lord of the Rings" by Johan de Meij,

Overture to Candide by Leonard Bernstein, marches, and more!

October 28, 2012 "Around the World in 90 Minutes"

December 9, 2012 "Pops Potpourri"

March 17, 2013 "Musician's Choice"

Location: La Sierra Community Center, 5325 Engle Road, Carmichael, CA 95608 (on the north side of Engle between

Garfield and Walnut Ave).

All concerts begin at 2:30 pm. Tickets at the door: \$10 General Admission, Students/ Seniors (65+) \$5, children free. There is plenty of free parking and the venue is wheelchair accessible.

Please join us in our 11th season of making wonderful music just for you!

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CalFresh Makes it Easier to Eat Healthy and Live Better



CARMICHAEL – No one should go hungry. But still, many men, women and children in Sacramento go day-to-day without having enough to eat. For some, it's because they lost a job in the recession. For others, it's because medical bills or prescriptions are crippling their budgets. Whatever it is, many people are working to stretch every dollar and just make it through these tough times.

CalFresh is a program that aims to end hunger and provide access to healthier foods for low-income families. Working families, senior citizens, returning veterans, college students - anybody needing assistance - can apply.

Formerly called Food Stamps, CalFresh is California's Supplemental Nutrition Assistance Program (SNAP) designed to help low income individuals and families receive the healthy, fresh food they otherwise wouldn't be able to afford. More than 46 million people across the country have SNAP to thank for putting food on their table, according to the USDA Food and Nutrition Service. The name change and rebranding from Food Stamps to CalFresh took place in 2008 in connection to former Governor Arnold Schwarzenegger's push to counter obesity and promote a healthier lifestyle. California

chose the name "CalFresh" to emphasize fresh food as a key to the program and to highlight the importance of agriculture to the state's economy.

CalFresh aims to make it easier for Californians to live healthier lives, empowering them to eat better foods and take care of themselves. Whether standard cook-at home items or plants and seeds to raise your own food are on the shopping list, CalFresh purchases are limited to food. Better yet, some farmers markets accept CalFresh. This allows people to buy nutritious, locally grown food they may otherwise miss and increases business for those farmers.

Despite the existence of CalFresh, many who could be receiving benefits choose not to apply. A study of SNAP participation by the USDA found that only about half of all eligible Californians are enrolled in CalFresh. Sacramento County fares a bit better than others by having 72 percent of eligible recipients enrolled as of 2011, according to Sacramento County Department of Human Assistance. But, there are still hungry people in the Sacramento region that could be receiving aid. A study by the Food Research and Action Center shows there are 110,000 people eligible for benefits that aren't getting the help they need.

So, why aren't people who need help getting it? The stigmas attached to CalFresh are a key factor in preventing people from seeking aid. Some may see a stigma attached to the act of asking for help or think if they accept CalFresh, people will think less of them or that they have shown weakness. The CalFresh program has been streamlined so benefits are put on an Electronic Benefits Transfer (EBT) card, also known as the Golden State Advantage card. This works like a debit card and eliminates embarrassing moments of delaying a supermarket line while pulling crumpled coupons out of a wallet or purse.

Since 2006, the number of CalFresh recipients in Sacramento County has nearly doubled, according to the county's DHA. The increase seen across the state is 93 percent, according to the California Food Policy Advocates, totaling to more than 3.8 million recipients statewide in 2011. But this number can and should be bigger.

How does it work?

Benefits are issued through an Electronic Benefits Transfer (EBT) card and used like an ATM card at most grocery stores, neighborhood stores and farmers markets.

What can I buy?

CalFresh benefits can be used to purchase fresh fruits, vegetables, whole grains, lean proteins and more.

Do I qualify?

You can have savings, a house and cars, you may still qualify.

How do I apply?

In Sacramento County you can choose to apply online at www.benefitscalwin.org or call (916) 874-3100.

Visit www.DHA.saccounty.net for more information.

Preventing Plantar Fasciitis



Dr. Bob Graykowski



As you step out of bed to begin a new day, your breath is suddenly taken away by a dual sensation of sharp pain and tenderness directly beneath your heel. Does this sound familiar? If so, you aren't alone. nces of obesity in children.

Plantar Fascia

This annoying and disabling foot condition, which is aggravated by running or walking (especially upon waking), is known as plantar fasciitis: an inflammation in the band of connective tissue along the sole of the foot. Each year, an estimated two million people develop plantar fasciitis. The good news is that it's avoidable. Because scientific research indicates that no single technique is effective in all circumstances.

Read on to learn what specific techniques Chiropractic USA uses when caring for patients with plantar fasciitis.

Postural Alignment

Plantar fasciitis doesn't usually result from a single event. Rather, it develops slowly from repetitive trauma. The body as a whole is a connected unit: each part affects the others. Even the slightest misalignment can wreak havoc on the entire body. Misalignments in the hip joints, causing one hip to rest slightly

higher than the other creates a disproportionate amount of force on one knee or foot – sparking a plethora of musculoskeletal disorders, including plantar fasciitis.

Stretch and Strengthen

To speed healing time, we teach our patients customized stretches that increase flexibility in the plantar fascia, Achilles' tendon and calf muscles. Stretching several times during the day is most effective.

Activity Restrictions

Rather than impact sports, switch to swimming or water aerobics to maintain cardiovascular fitness while you recover. Stationary bicycles and elliptical trainers are also non-impact.

Shoes

The more shoes wear out, the less shock they absorb – and the more stress they transfer to the foot. This lack of cushioning accelerates the onset of plantar fasciitis.

Shoes, like car shocks, need regular inspections and replacement. Sneakers that are worn several times a week should be replaced after three to six months – or about 500 miles.

Arch Supports

The plantar fascia works to maintain the foot's three arches, which aid in shock absorption and provide support and stability. We often recommend arch supports or custom-made orthotics to achieve optimum foot health. This not only helps in the healing process but will reduce the chance of ongoing flare-ups.

Heel Cups

In addition to suggesting arch supports, we may also prescribe heel cups. They slip into the

rear part of the shoe, cradling the heel bone and preventing the protective fat pad at the base of the heel from spreading out during heel strike.

New research reveals that foot and ankle maladies are the second most common musculoskeletal disorder.

Proactive Prevention

If you suspect that you have plantar fasciitis, consult a doctor. It's essential to rule out other foot problems that could mimic similar pain. This differential diagnosis can only be performed by a health professional.

At Chiropractic USA our specialty is to correct postural alignment problems of the entire body from the feet up to reduce stress on the nervous system. If you or someone you know is suffering from Plantar Fasciitis put your best foot forward and call us for a complimentary consultation to determine the proper treatment approach.

Learn more about our community office; Fan us on Facebook! For weekly health tips go to www.applestozen.blogspot.com.

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Sacramento Symphonic Winds to Present "Oh Mr. Sousa!"

SACRAMENTO REGION – The one-time performance of the "Oh Mr. Sousa!" 2-hour musical biography is coming to Three Stages at Folsom Lake College, Sunday, September 30, 2012 at 4 pm. Tickets are on sale now at the Three Stages Box Office 916-608-6888 or go to www.threestages.net. Hurry! It WILL sell out!

"Oh Mr. Sousa!" is a delightful musical biography and exhilarating, toe tapping, bring you to your feet, performance about the life, times and music of John Philip Sousa, "The March

King." Featuring a rousing 60-piece band, The Sacramento Symphonic Winds conducted by Dr. Les Lehr, and the San Francisco cast of 8 singer/actors, perform 37 different costumed roles telling his story and singing the songs of Sousa. This is a show you surely will not want to miss!

Music Director, Dr. Lester E. Lehr, is available for in-costume photos and interviews. 916-489-2576

Date: Sunday, September 30, 2012
Time: 4 pm

Intermission: 20 minutes

Location:

Three Stages at Folsom Lake College
10 College Parkway
Folsom, CA 95630

Show Offerings:

One time only!
Ticket info: \$15, \$20, \$25, \$30
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or www.threestages.net
General Info: 916-489-2576

More show info:
www.ohmrsousa.com

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Check our schedule at our website for special events at our weekly Farmers Markets. These might be contests, demos, special guests, and more! Don't miss anything fun... Sign up for the newsletter which will remind you of fun things going on at the Markets!

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Seating is limited to 30 attendees per seminar

Wednesday, Sept 12, 2012 - 11:30 a.m to 12:30 p.m.
Friday, Oct 19, 2012 - 11:30 a.m to 12:30 p.m.
LOCATION: East Lawn Elk Grove Memorial Park
9189 E. Stockton Blvd., Elk Grove, CA 95624 (I-99 @ Laguna)
RSVP to MEL OSBORNE @ (916) 732-2031

PRESENTER: Mel Osborne

Tuesday, September 25, 2012 - 11:30 a.m to 12:30 p.m.
Wednesday, October 31, 2012 - 11:30 a.m to 12:30 p.m.
Thursday, November 29, 2012 - 11:30 a.m to 12:30 p.m.
LOCATION: St. Francis Community Hall
6700 Verner Ave., Sacramento, CA 95841 (I-80 @ Greenback)
RSVP to LISA WEST @ (916) 732-2020

PRESENTER: Josh Tuttle

Please note – this is not a sales seminar. "The Privilege of Planning" is a 30-minute presentation followed by a question and answer period. It will focus on the importance of getting your family involved in the entire process of advance funeral planning and all of the options available. Done properly – at the right time and in the right way – pre-planning can become a privilege instead of a chore. Get valuable information on Veteran's benefits, cremation and burial options and receive a FREE Emergency Planning Guide. Come and learn the steps you can take now to make sure those you care about are always cared for.

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DWR Awarded Top Honors for Central Valley Flood Protection Plan

SACRAMENTO – Western flood management experts will recognize the California Department of Water Resources (DWR) Wednesday for its comprehensive plan to protect lives and property in the Central Valley. At its annual conference, held this week in Sacramento, the Floodplain Management Association will give its “Award for Excellence” to DWR for its Central Valley Flood Protection Plan. The association’s members work to reduce flood damages through planning and infrastructure. Required by 2008 legislation, the Central Valley Flood Protection Plan was written by DWR’s Division of Flood Management.

The plan describes a comprehensive framework for improving public safety, ecosystem conditions, and economic sustainability while recognizing the financial challenges facing local, state and federal government agencies. The plan and its program environmental impact

report will receive the association’s top honor during a noon luncheon at the four-day Flood Management Association conference. Judges from the association praised the plan as “forward-thinking” and said it will have “multiple benefits on a broad, regional scale including flood protection and mitigation, environmental protection and enhancement, and smart fiscal management.”

Development of the plan is a part of the FloodSAFE California Initiative, launched by DWR in 2006 to address the increasing flood risks throughout California. The Central Valley Flood Protection Board, charged with reducing flood risk along the Sacramento and San Joaquin rivers and tributaries, will share the “Award for Excellence” during the presentation.

The Board unanimously approved the Central Valley Flood Protection Plan in June. The Floodplain Management Association’s 2012 Annual

Conference is under way through Friday, September 7, at the Hyatt Regency Sacramento, 1209 L Street. The association serves as an unbiased forum to advance best practices, technologies, policies, regulations, and legal and financing strategies, with a focus on California, Nevada and Hawaii.

On Friday, all sessions are open and free to the public, including a session focused on Central Valley Flood Protection Plan implementation. Afterwards, the public is invited to visit DWR’s Integrated Water Management public poster session and talk with various managers. This event features posters illustrating many aspects of DWR’s work, including flood emergency operations, floodway ecosystem sustainability, and regional partnership.

For more information on FMA and the conference, visit <http://www.floodplain.org/>.

Source: DWR



Commentary by Tom Scott, Executive Director CA Citizens Against Lawsuit Abuse

California has over 1,000 schools districts and governing boards. Some of these districts represent just a small number of students, while the largest, Los Angeles Unified School District, represents nearly 800,000 students. Managing a school district is a big and difficult job, but California’s legal climate makes one aspect of that job much more difficult: keeping legal costs at a reasonable level. Every dollar spent on legal costs is one that

School Districts and Legal Bills

can’t be spent on books, classrooms and teachers.

One school district in particular, Twin River School District in the Sacramento area, indicates how litigation costs can affect a school district’s budget. The district is involved in myriad lawsuits, and the costs to the district have been astounding: \$2.6 million and counting since January 2012, and \$1.3 million for the months of June and July alone. The leaders of the district, the superintendent and the trustees, have all expressed frustration at this situation, and I don’t blame them.

The story of Twin Rivers School District is just another example of why our state badly needs legal reform. Every aspect of California’s economy, from our private businesses to our public agencies, faces higher costs due to the state’s legal environment

that encourages more lawsuits. A few years back, CALA looked at how much school districts pay in verdicts, settlements and outside counsel, and it was not a pretty picture. CALA’s report found that between 2006 and 2009, 12 of the state’s 967 school districts (the number of districts has since increased to more than 1,000) spent a total of \$98.7 million on verdicts, settlements and attorneys. That amount – almost \$100 million – is mind-boggling. And the situation in Twin Rivers indicates that it’s getting worse, not better.

What can you do to help? All citizens and taxpayers should ask their candidates for election offices at all levels – local, state and federal – where they stand on legal reform. This situation won’t end until our elected officials take a stand against allowing this sort of abuse to occur.

Sacramento County DA Reports Recent cases of interest

CASE: Daniel Milburn (09/10/12)
PROSECUTOR: Deputy District Rod Norgaard, 916.874.4631

District Attorney Jan Scully announced that she was disappointed with the decision of the Honorable Thadd Blizzard who sentenced Daniel Milburn to 365 days in jail with 30 of those days at a residential treatment in Tennessee. Milburn pled no contest to felony driving under the influence of alcohol causing injury with a great bodily injury enhancement.

Monserrat Garcia was stranded on the shoulder of northbound 99 with her two daughters, ages 2 and 7. Monserrat called her father Soloman Garcia and a tow truck. Solomon arrived in his Nissan Titan and Monserrat and her daughters got into his truck, which was parked behind her disabled Hyundai Elantra. Jose Mirazo arrived in his tow truck and was in the process of hooking up to the Elantra when a Dodge Ram pickup driven by Milburn struck the rear of the Nissan causing a chain reaction. The Titan was flung into the Elantra, which was then flung into the tow truck. Jose Mirazo and Soloman Garcia were crushed between the tow truck and the Elantra.

Milburn failed multiple field sobriety tests the night of his arrest and a subsequent blood test revealed his blood alcohol level (BAC) was .20%. Milburn admitted to drinking and driving, but downplayed the level of his impairment saying he had only consumed four glasses of beer, which is clearly false given his BAC.

Monserrat and her daughters suffered bumps and bruises, while Soloman Garcia suffered a broken rib and an injured disk in his back. Jose Mirazo suffered three fractured ribs, a collapsed lung, a torn tendon in his right knee, a broken left kneecap, and a laceration to his head that required stitches. He spent 10 days in the hospital, was in a wheelchair for three months after his release, and needs more surgery on his leg. Due to his injuries, he is unable to work and his towing business is suffering as a result.

The People’s offer was 5 years, 4 months in prison. At the preliminary hearing Judge Blizzard resolved the matter for probation over the People’s objection. At the time of the plea, Judge Blizzard indicated that he would at least remand Milburn to serve 365 days in jail as a condition of probation. However, at sentencing Blizzard granted the defendant’s request to serve 30 of those days at a residential treatment facility over the People’s objection and after the most seriously injured victim, Jose Mirazo, told probation he thought the offer was unfair and just a “slap on the wrist.”

CASE: Javionne Flenory-Davis (09/07/12)
PROSECUTOR: Deputy District Attorney Leland Washington, 916.874.5771

District Attorney Jan Scully announced today that the Honorable Judge Patrick Marlette sentenced Javionne Flenory-Davis to 82 years to life in prison. Flenory-Davis was convicted by jury for the first degree murder of Lanajah Dupree and the attempted murder of Chanderea Melson. The jury also found true all firearm and gang allegations relating to both charges.

On July 11, 2010, Flenory-Davis, a validated G-Mobb/Stick-up Starz gang member, attended an under age 18 club event on Auburn Blvd. While at the club, he got into a brawl with several rival gang members believed to be connected to the Gunz-Up street gang. He then ran to a nearby car, retrieved a 9mm handgun, went back to the area near the front of the club, and fired six shots into the crowd of teenagers. One bullet hit 14-year-old Lanajah Dupree in the chest and exited her back. A second bullet hit 16-year-old Chanderea Melson in the elbow and abdomen. Melson survived the attack, but Dupree died at the scene.

DEFENSIVE DRIVING CLASS

Our next Defensive Driving Class will be held on 19 and 20 Sep 2012 from 0930 to 1330 hrs. Class is open only to military retirees/spouses and widows of retirees. Location of the class is the Aerospace Museum of CA on Freedom Park Drive, McClellan Park. Sign up must be accomplished in person in the Retiree Activities Office. For AARP members, cost is \$12. Non-AARP members, cost is \$14. Questions may be directed to our volunteer staff at 916-923-4979, Mon thru Thurs, 9 to 3PM.

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On July 4, 2012, Stryker Orthopaedics

announced a voluntary **USA Recall** of certain models of its Rejuvenate and **ABG II** hip implants, leading to increased concern.

Weitz & Luxenberg can help you understand your legal options. For a free consultation please call us today at **1-800-LAW-6789** or visit us on the web at www.HipDeviceRecall.com

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FALL CRAPPIE

Fall is a transition time for crappie, making them very unpredictable but still catchable. Where to find crappie can change day to day and even hour to hour.

The best area to focus on is where shallow water rapidly drops off into deep water. Crappie can move quickly up and down in this area, yet they will still hold on some type of structure or cover. Food draws crappie to an area, while available light and cover determines the depth the crappie will hold.

Vertical jigging, casting and retrieving, even long poling will all catch fish. Lure choices should be 1/16 to 1/8 ounce jigs.

Use balanced equipment, determine the food source, find their hideouts, determine the depth they are holding at and you should go home with a mess of those good eating fall crappie.

Larry Whiteley is Host of the award-winning Outdoor World Radio

For more tips, log onto basspro.com

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SEPTEMBER 2012 ACTIVITIES

Free Presentations and Nature Walks

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Saturday the 22nd at 10:30 AM

Birds of Prey
 Come in out of the heat for

this program on raptors and view some raptor “biofacts.” Meet a resident raptor from the Nature Center up close. All ages welcome.
Sunday the 23rd at 1:30 PM
Tracks & Scat
 Stroll through the Nature Preserve with a naturalist and learn to identify the tracks,

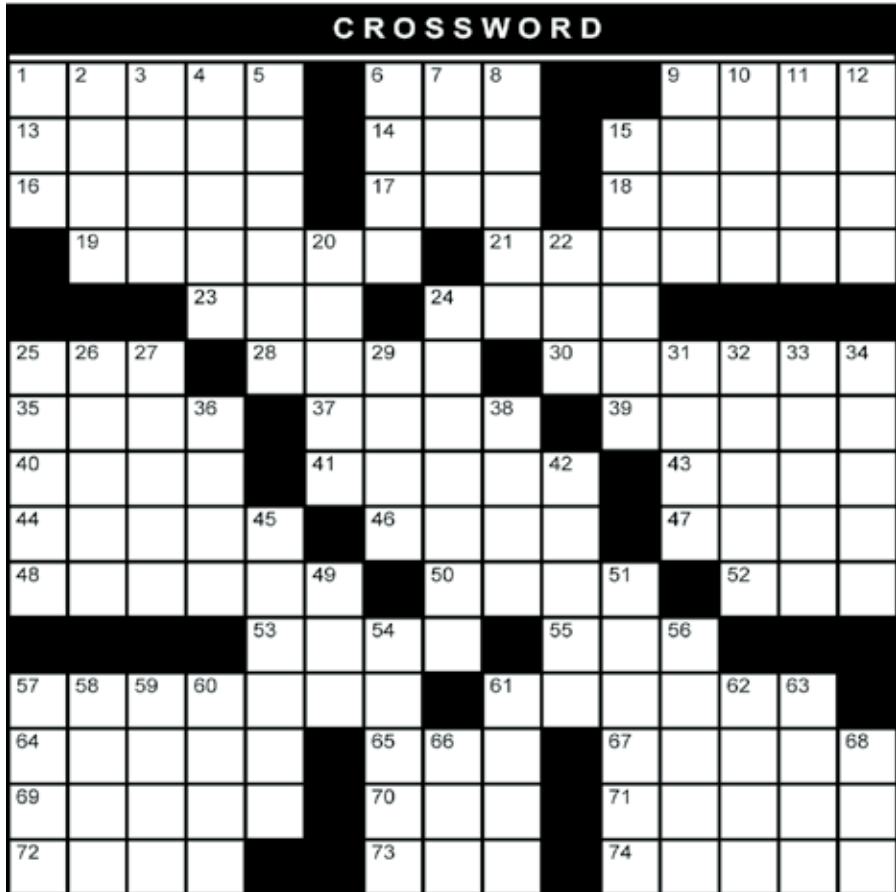
scat and other signs left behind by resident wildlife. All ages welcome.
Saturday the 29th at 10:30 AM

Sunday, October 7, 2012
 Ancil Hoffman Park, Carmichael
 10-3 p.m.

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A Male Wood Duck on a Snag.
 Photo Terry Pappas (from website)

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CLUES

ACROSS

1. Put to the metal?
6. British rule over India prior to 1947
9. Gas giver
13. Grooves in rocks, e.g.
14. Flightless bird
15. Mr. in Mexico
16. Arm-_-_-
17. _-_- Kempner, famous socialite
18. Speak one's mind
19. From times long ago
21. "Anna Karenina" author
23. _-_- date
24. C&H crop
25. Pacquiao move, e.g.
28. a.k.a. "The Biggest Little City in the World"
30. Preserve, as in body
35. Inspired by feeling of reverence
37. R in RPM, pl.
39. Titled peer of the realm
40. First _-_- on a ship
41. *Romantic novelist

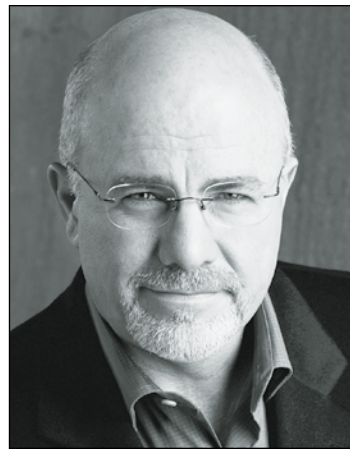
DOWN

43. *Oscar Wilde's character Dorian _-_-
44. _-_- Park, CO
46. *Betty Smith's grew in Brooklyn
47. Equal
48. Mohammed's descendant
50. To, archaic
52. Sea in Spain
53. Lump of stuff
55. Remains container
57. *Creator of Inspector Maigret
61. *Rabbit's chronicler
64. Found in the air
65. Transgression
67. Napoleon's time on Elba, e.g.
69. Ralph in Paris
70. And so forth
71. Follows wash
72. They march one-by-one
73. Likewise
74. Passover meal

DOWN

1. Tire measurement
2. Volcano in Sicily
3. Crossdresser's garb
4. Plan or appeared
5. *Prolific Western fiction writer
6. Tear violently
7. Medical group
8. Military-led government
9. To live, as in "it _-_- him up"
10. Used for measurement
11. Kissing disease?
12. *Michael Crichton's novel about nano-robotic threat to mankind
15. In earnest
20. Sneers
22. The top seed
24. The corrupt often do this
25. "The Turn of the Screw" author
26. Inundated
27. Davis or Midler, e.g.
29. As opposed to gross
31. Peat wetlands
32. Biblical Abraham's original name
33. Camel's cousin
34. *The Twilight Saga author
36. It freezes in headlights?
38. "As _-_- on TV"
42. Reduce pressure
45. Communication that encodes a message
49. _-_- Rida, rapper
51. Superior commands
54. Early stages, as in sickness
56. Female water-elf
57. "Pretty Little Liars" author, _-_- Shepard
58. Islamic Republic of _-_-
59. Debatable point
60. Plural of #14 Across
61. Beyond what is natural
62. Type or sort
63. Other than what's implied
66. International trade organization
68. Poetic "ever"

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.

Get Your Affairs in Order

Dear Dave,

One of my relatives just discovered she has cancer. She's a single mom with two young kids, and I'm not sure if she's prepared to face something like this. What are the best steps she can take financially at this point?

- Shannon

Dear Shannon,

I'm really sorry to hear about this. I know cancer is a scary thing to hear, but please remember to pray and be there for her all you can. God willing, things can still turn out okay.

When people ask if a person has their affairs in order, they're usually asking a couple of different questions. Are you right with God? Do you have life insurance and a will? Another important thing is to have all the paperwork of your life organized and in a safe place, so someone you trust can handle the details if things don't turn out well.

Everyone should have a good term life insurance policy in place. My advice is to have a policy worth 10 times your annual income. When it comes to a will, make sure it's state specific. Probate and estate regulations are not federal laws, they're state laws. So any will should be drawn up according to guidelines for the state in which you live.

Dave Says

Make sure, too, that she has made arrangements for any minor children. It might be a good idea to sit down and talk with two or three trusted family members or close friends and decide who will take them if the worst should happen. Whoever this is should be incredibly responsible and caring, and willing to love and raise these kids as if they were their very own.

Good luck, Shannon. And God bless you and your family.

- Dave

Going into Emergency Mode

Dear Dave,

My wife just received news that her company will experience significant layoffs in the next two months. On top of all this, she's one of the newest workers there. We've been trying to follow your plan, but what should we do with the possibility of unemployment on the horizon?

- Tyler

Dear Tyler,

It's a pretty safe bet that your wife will lose her job, especially if she's new to the company. If what she makes right now is a significant portion of your overall income, my advice would be to press pause on your Total Money Makeover and build up your savings as much as possible.

I love that you guys are trying to take control of your money, but right now there are storm clouds brewing in your financial lives. Sit down together and come up with a seriously belt-tightening budget. Scrape together every nickel you can from every area of your lives and put it into savings. Things like going to the movies or eating out are going to be a big no-no for a while. And you may have to look at the possibility of cutting some other non-essentials, like television. There's nothing good on these days anyway!

If they do lay her off, she might be looking at a severance package, but at this point you can't really count on that happening. So batten down the hatches and prepare for the worst while hoping for the best. The best way to do that right now is save, save, save!

- Dave

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

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

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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Singh's Lawn & Garden. Call 916-965-8224 for a Free Estimate on Basic Lawn Care. (MPG 09-30-12)

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SOCIAL SECURITY DISABILITY BENEFITS. You WIN or Pay Us Nothing. Contact Disability Group, Inc. Today! BBB Accredited. Call For Your FREE Book & Consultation. 888-630-1757 (MB 12-31-12)

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have **LOST** a yellow cocktail with orange cheeks. Lost on 7/5/12 in Grass Valley CA. I also have **FOUND** a grey and yellow cocktail with orange cheeks. Found on 7/16/12 in Colfax CA. **Contact Brittany at 530-575-5445 or e-mail at mommy_star@yahoo.com** (MPG 08-31-12)

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FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06932. Nathan T. Hayes, LLC, 9722 Fair Oaks Blvd. #D, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "All American Solutions" at 9722 Fair Oaks Blvd. #D, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on Aug. 21, 2012. Publish: August 29, September 5, 12, 19, 2012.

ALLAME 120805 9-19-12
FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06494. T.T.K. Corporation, 8375 Acorn Dr., Granite Bay, CA 95746 is doing business under the Fictitious Business Name "Ana Yoga Fair Oaks" at 5275 Sunrise Blvd., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on August 6, 2012. Publish: August 29, September 5, 12, 19, 2012.

AHAYOG 120805 9-19-12
FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06754. Les Carter and Glenda Carter, both of 1125 River Rock Dr., Folsom, CA 95630 are doing business under the Fictitious Business Names "Sherwood Florist; Citrus Heights Florist; Fair Oaks Village Florist" at 10239 Fair Oaks Blvd. #A, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on August 14, 2012. Publish: August 29, September 5, 12, 19, 2012.

SHERWO 120805 9-19-12
FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-07009. Johnston Industrial Supply, Johnston Enterprises, 2438 S. Cherry Ave., Fresno, CA 93706 is doing business under the Fictitious Business Name "Murray Industrial Supply" at 11290 Sunrise Gold Circle, #A, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on August 23, 2012. Publish: August 29, September 5, 12, 19, 2012.

MURRAY 120805 9-19-12
STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
FILE #FBNF2011-06137
The following persons have abandoned the use of the FICTITIOUS BUSINESS NAME of Murray Industrial Supply, located at 11290 Sunrise Gold Circle, Rancho Cordova, CA 95742. L.S. Johnston III, L.S. Johnston III, of 5909 E. Hamilton, Fresno, CA 93727. This business was conducted by a General Partnership. The Fictitious Business Name Statement was filed on July 23, 2012 in the County of Sacramento. Filed with the Clerk of Sacramento County on August 23, 2012. Publish: August 29, September 5, 12, 19, 2012.

MURRAY 120805 9-19-12
SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2012-00128704
WHEREAS, Salina Raquel Felder has filed a petition with this court for a decree changing name of Salina Raquel Felder to Salina Raquel Lucero. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on October 9, 2012 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: August 22, 2012. David I. Brown
Judge of the Superior Court
Publish: August 29, September 5, 12, 19, 2012.

LUCERO 120805 9-19-12
SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME AND GENDER
#34-2012-00128681
WHEREAS, Madison Hamilton Stratton has filed a petition with this court for a decree changing name of Madison Hamilton Stratton to Madison Alexandra Stratton. IT IS ORDERED that all persons interested in the above entitled

matter appear before this court at 9:00 a.m. on October 4, 2012 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: August 1, 2012. Shellyanne W.L. Chang
Judge of the Superior Court
Publish: August 29, September 5, 12, 19, 2012.

STRATT 120805 9-19-12
PIERCE COUNTY DISTRICT COURT
TACOMA, WASHINGTON
NOTICE OF HEARING
NAME CHANGE
NO. 2-2800970C
The State of Washington - Directed to: Angel David Carrillo III (Absent Parent): YOU ARE HEREBY NOTIFIED that pursuant to RCW 4.24.130, Raquell Anita Wassink has filed a Petition to Change the Names of Jayden Atreyu Carrillo to Jayden Atreyu Wassink; and Jessiah Angel Carrillo to Jessiah Joshua Wassink. The hearing on this matter shall be on Thursday, October 4, 2012 in Room 127, at 9:00 a.m. at the courthouse, located at Pierce County District Court, 930 Tacoma Avenue South, Room 239, Tacoma, WA 98402. Failure to appear at this hearing may result in the granting of the Name Change of the above listed minors. Dated: August 27, 2012. Publish: September 5, 12, 19, 2012.

WASSIN 120901 9-19-12
FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-07221. Paulo b. Arrabit and Ronald B. Veirs, both of 3108 58th St., Sacramento, CA 95820 are doing business under the Fictitious Business Names "Hair City; Medusa Salon" at 2550 Valley Road #1, Sacramento, CA 95821. Filed with the Clerk of Sacramento County on August 31, 2012. Publish: September 5, 12, 19, 26, 2012.

HAIRCI 120901 9-26-12
FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06892. Gary Wintler, 7950 Coral Oak Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Names "Performance Efficiency's; Performance Efficiency's; Automotive Performance Efficiency's; Off-road Performance Efficiency's; Street Performance Efficiency's; RV Performance Efficiency's" at 7950 Coral Oak Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on August 20, 2012. Publish: September 5, 12, 19, 26, 2012.

EMOTORSWEST.COM, INC. at 1733 Fulton Ave., Sacramento, CA 95825. Filed with the Clerk of Sacramento County on August 27, 2012. Publish: September 5, 12, 19, 26, 2012.

EMOTOR 120901 9-26-12
FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06369. Robert Edward Stovall Jr., 9668 Gamay Way, Elk Grove, CA 95624 is doing business under the Fictitious Business Name "Stovall Property Care" at 9668 Gamay Way, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County on July 31, 2012. Publish: September 5, 12, 19, 26, 2012.

STOVAL 120901 9-26-12
FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-07111. Brian A. Pellowski and Laura E. Pellowski, both of 9119 Buckskin Court, Elk Grove, CA 95624 are doing business under the Fictitious Business Name "PlanForAdulthood.com" at 9119 Buckskin Court, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County on August 28, 2012. Publish: September 5, 12, 19, 26, 2012.

PLANFO 120901 9-26-12
FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-07058. Chris Marie Michels, 862 Briernglen Way, Sacramento, CA 95834 is doing business under the Fictitious Business Name "Bowen By Kiki" at 225 30th St. #311C, Sacramento, CA 95816-3359. Filed with the Clerk of Sacramento County on August 24, 2012. Publish: September 5, 12, 19, 26, 2012.

BOWENB 120901 9-26-12
FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-07079. Arun Ohri, 1190 Meredith Way, Folsom, CA 95630 is doing business under the Fictitious Business Name "Natural Nourishment Healthy Juices" at 1190 Meredith Way, Folsom, CA 95630. Filed with the Clerk of Sacramento County on August 27, 2012. Publish: September 5, 12, 19, 26, 2012.

NATURA 120901 9-26-12
FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-07193. SacTown Real Estate, Inc., 615 27th St., Sacramento, CA 95816 is doing business under the Fictitious Business Name "SacTown Buyer's Agent" at 615 27th St., Sacramento, CA 95816. Filed with the Clerk of Sacramento County on August 30, 2012. Publish: September 5, 12, 19, 26, 2012.

SACTOW 120901 9-26-12
SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2012-00128883
WHEREAS, Adrienne Stephannie Clayton has filed a petition with this court for a decree changing name of Antonio Theodore Stuckey to Antonio Theodore Stuckey. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on October 11, 2012 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: August 29, 2012. Shellyanne W.L. Chang
Judge of the Superior Court
Publish: September 5, 12, 19, 26, 2012.

CLAYTO 120901 9-26-12
SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2012-00128673
WHEREAS, Mai Houa Vang has filed a petition with this court for a decree changing names of Mai Houa Vang to Jous Vang; and Jim Kou Toua Cheng Jr. Xiong to Jim Nkook Xiong. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on October 4, 2012 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: September 5, 2012. David I. Brown
Judge of the Superior Court
Publish: September 5, 12, 19, 26, 2012.

OSMANI 120901 9-26-12
FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-07107. Nicole Wilkerson, 4620 McDonald Dr., Sacramento, CA 95821 is doing business under the Fictitious Business Name "New Leaf Ayurveda Sacramento" at 3830 Auburn Blvd. #C, Sacramento, CA 95821. Filed with the Clerk of Sacramento County on August 28, 2012. Publish: September 12, 19, 26, October 3, 2012.

NEWLEA 120902 10-3-12
FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-07362. United Valley Inc., (CA Corp), 8121 Industrial Parkway, Sacramento, CA 95824 is doing business under the Fictitious Business Names "A Sac Val Plumbing; Sac Val Plumbing" at 8121 Industrial Blvd. #9, Sacramento, CA 95824. Filed with the Clerk of Sacramento County on September 7, 2012. Publish: September 12, 19, 26, October 3, 2012.

ASACVA 120902 10-3-12
FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-07258. Stephanie Wolfe and Nancy Ware, both of 1706 Woodacre Court, Carmichael, CA 95608 are doing business under the Fictitious Business Name "Ware-Wolfe Enterprises" at 1706 Woodacre Court, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on September 4, 2012. Publish: September 12, 19, 26, October 3, 2012.

WAREWO 120902 10-3-12
FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-07116. Arden Limousine And Transportation, Inc., 2424 Glendale Lane, Sacramento, CA 95825 is doing business under the Fictitious Business Names "Sacramento VIP Limousine; Granite Bay Limousine" at 2424 Glendale Lane, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on August 28, 2012. Publish: September 12, 19, 26, October 3, 2012.

SACVIP 120902 10-3-12
SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2012-00127886
WHEREAS, Pavel Borisovich Tsyrouch has filed a petition with this court for a decree changing name of Pavel Borisovich Tsyrouch to Paul Tsiprush. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on October 18, 2012 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: September 5, 2012. David I. Brown
Judge of the Superior Court
Publish: September 12, 19, 26, October 3, 2012.

TSIPRU 120902 10-3-12
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2012-00129041
WHEREAS, Cokie Lynn Bowlin has filed a petition with this court for a decree changing name of Cokie Lynn Bowlin to Alexis Claire Grey. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on October 17, 2012 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

CALTRA 120903 10-10-12
FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-07315. Andy Klein, 2773 McCloud Way, Roseville, CA 95747 is doing business under the Fictitious Business Name "The Monk's Celler" at 2773 McCloud Way, Roseville, CA 95747. Filed with the Clerk of Sacramento County on September 6, 2012. Publish: September 19, 26, October 3, 10, 2012.

THEMON 120903 10-10-12
FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-07209. Christian Petrator, 9325 Palmerson Dr., Antelope, CA 95843 is doing business under the Fictitious Business Name "Cal Transport" at 9325 Palmerson Dr., Antelope, CA 95843. Filed with the Clerk of Sacramento County on August 31, 2012. Publish: September 19, 26, October 3, 2012.

CALTRA 120903 10-10-12
FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-07414. Dan Niebauer, 3742 Gibbons Parkway, Carmichael, CA 95608 is doing business under the Fictitious

County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: September 5, 2012. GREY 120902 10-3-12
FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-07306. Martha Harriet McClellan-Morehouse, 8948 Landis Ave. #133, Carmichael, CA 95608 is doing business under the Fictitious Business Names "Stepintuit Oasis; Stepintuit Healing Arts Oasis" at 5948 Landis Ave. #133, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on September 5, 2012. Publish: September 19, 26, October 3, 10, 2012.

ERAUTO 120903 10-10-12
FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-07292. Ralph L. Hants, 6801 W. Elkhorn Blvd., Sacramento, CA 95837 is doing business under the Fictitious Business Name "Ralph-Norman Apartments" at 4431 Del Rio Road, Sacramento, CA 95822. Filed with the Clerk of Sacramento County on September 5, 2012. Publish: September 19, 26, October 3, 10, 2012.

RALPHN 120903 10-10-12
SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2012-00129494
WHEREAS, Tye Austin Biggs has filed a petition with this court for a decree changing name of Tye Austin Biggs to Tye Austin Castillo. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on October 26, 2012 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: September 12, 2012. Shellyanne W.L. Chang
Judge of the Superior Court
Publish: September 19, 26, October 3, 10, 2012.

CASTIL 120903 10-10-12
SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME AND GENDER
#34-2012-00129470
WHEREAS, Tison Veronica West has filed a petition with this court for a decree changing name of Tison Veronica West to Kevin Tison West. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on October 24, 2012 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: September 12, 2012. David I. Brown
Judge of the Superior Court
Publish: September 19, 26, October 3, 10, 2012.

WEST 120903 10-10-12

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Announcements & Events

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Parks scheduled to be cleaned include Jan, Odonnell, and Patriots Park
Sign-up with tracy@carmichaelpark.com

ELEMENTARY FLAG FOOTBALL
Dates: Saturdays, September 8th to October 6, 2012. Times: 10am - 12pm
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ELEMENTARY FLAG FOOTBALL
Program runs from the beginning of September to the end of October. Please check our registration form for more specific dates. Fee: \$90.00 per participant.
See website for more info.

Carmichael Founder's Day
Saturday, September 22, 2012!

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A Film Review by Tim Riley

ARBITRAGE
(Rated R)

On or around the Labor Day weekend, the quality of films, particularly those in wide release, tend to be sub-par. The public realizes this, which explains why box office receipts are always lower.

The trend of inferior product continues even beyond the holiday. We should note that the umpteenth version of "Resident Evil" has just been unleashed. Enough said.

The gems are to be found in films of limited release, which means good luck finding them at the local multiplex outside of the major urban centers.

One such film is the feature directorial debut of young writer Nicholas Jarecki. "Arbitrage," a taut and alluring suspense thriller, is so entertaining that it seems written and directed by a seasoned pro.

"Arbitrage" is a film worth finding, because more than being a truly suspenseful thriller, it is cast with brilliant actors in roles large and small.

The biggest presence of all is that of Richard Gere, whose distinguished looks, accented with silver hair and nicely tailored suits, makes him appear to be the perfect Wall Street billionaire hedge-fund magnate.

Gere's Robert Miller, approaching his 60th birthday, is fully in command of his trading empire, living the high life in a New York mansion with his socialite wife Ellen (Susan Sarandon).

Miller is the very portrait of success in American business and family life. His brilliant daughter and heir-apparent Brooke (Brit Marling) is the chief financial

Riley Reviews

THE DECEPTIONS OF HIGH FINANCE IN THRILLING "ARBITRAGE"

officer of Miller Capital. But behind the gilded walls of his mansion and financial empire, Miller is in over his head, desperately trying to complete the sale of his trading company to a major investment bank.

His personal life is also in turmoil because his delicate balancing act includes an affair with French art gallery owner Julie Cote (Laetitia Casta), a mistress far too demanding of his time and attention.

The financial problems, though, are the most immediate and troubling. Miller has borrowed \$412 million from a fellow tycoon, who is growing impatient, to cover up some major losses in a Russian mining deal gone bad.

Worse yet, Miller has concealed his money problems from his daughter Brooke, who could end up on the hook for the fraud that is being perpetrated under her nose.

At home, his wife Ellen is growing restive over Miller's infidelity and duplicity. She's not too happy about pesky NYPD detective Michael Bryer (Tim Roth) poking into their affairs.

Unfortunately, Miller was involved in an auto accident that he is going to great lengths to cover up, using the help of young Harlem kid Jimmy Grant (Nate Parker), the son of his former chauffeur.

It would be best not to say much about the accident, other than to note that it leads to great complications for Miller's business and personal life, particularly as the NYPD detective's relentless pursuit really puts the tycoon in a huge bind.

There's plenty of moral ambiguity going around on all sides. Indeed, Miller is a scoundrel, but Richard Gere plays him with so much charisma that you have to wonder if the director has

misplaced his sympathy.

Then, you have Roth's detective Bryer breaking the rules in order to pin a crime on Miller, while the tycoon pays for the services of several high-powered attorneys to game the system.

In the main, "Arbitrage" is the gripping story of a well-heeled man caught in an ever-tightening trap of his own making. Richard Gere embodies this character with passion, charisma and drive.

Gere's performance is worthy of Oscar consideration, and that's good reason enough to enjoy this entertaining suspense thriller.

DVD RELEASE UPDATE

If new movies prove unsatisfying, it appears that plenty of TV series are getting released on DVD at this time of year.

One of last season's favorite new TV comedies, "Suburgatory: The Complete First Season" provides all 22 half-hour episodes plus the special featurette "Somewhere Between Heaven and Hell: Life in Suburgatory."

The satirical comedy series centers on Tessa (Jane Levy), a witty New York City teenager who is forced to relocate to the suburbs with her dad, George (Jeremy Sisto).

Accustomed to the urban jungle, Tessa goes into culture shock, because suburbia represents to her a unique version of hell.

The updated version of "Hawaii Five-O," now starting its third season on the CBS fall schedule, has scored a big success as a hit crime drama.

"Hawaii Five-O: The Second Season" is being released on DVD and Blu-ray, including all 23 episodes and several features, including "Aloha Action! Take 2" which highlights the show's dramatic stunts.

Alex O'Loughlin stars as Detective Steve McGarrett - a far different head of the Five-O Unit than Jack Lord. But then, Scott Caan, a New Jersey transplant, is also a very distinctive Danny "Danno" Williams.

"Hawaii Five-O" is worth watching because the crime stories are riveting and the chemistry of the officers in the special unit is truly enjoyable.



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People You Know

take responsibility. How many times have you agreed to help a friend move and then felt like you really didn't want to do it? What now? How do you get out of it now? This is one situation when you say something like, "Oh, I really don't feel well." Or you say, "I forgot about a prior appointment." You will try and find any excuse you can to get yourself off the hook. Is this really the right thing to do? Let's find out what God has to say about this... God's Word says "Jesus was curt: *'Are you ready to rough it? We're not staying in the best inns, you know.'*" Jesus said to another, "Follow me." He said, "Certainly, but first excuse me for a couple of days, please. I have to make arrangements for my father's funeral." Jesus refused, "First things first. Your business is life, not death. And life is urgent: Announce God's kingdom!" Then another said, "I'm ready to follow you. Master, but first excuse me while I get things

straightened out at home." Jesus said, "No procrastination. No backward looks. You can't put God's kingdom off till tomorrow. Seize the day." Could these be your excuses for your situations?

Before your next commitment to whatever the circumstance, STOP, THINK, SAY A QUICK PRAYER and let God help you with each decision of your life. Let your word be your bond; if you give it, KEEP IT.

Don't be an Everybody, Somebody, Anybody, or Nobody in your life—be a person full of purpose and direction. Bring God into the picture and you will not have to be the "People You Know."

PASSAGE: Luke 9:58-62 (NIV)

Karen Anderson is an accomplished speaker, author, and chaplain and has a local TV show, *Move Your Mountains*. Contact Karen at www.doab-lesteps.com, or 916-961-4765.

By Karen Anderson

"There is the story about four people named Everybody, Somebody, Anybody, and Nobody. There was an important job to be done, and Everybody was sure Somebody would do it. Anybody could have done it but Nobody did it. Somebody got angry about that, because it was Everybody's job. Everybody thought Anybody could do it, but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody sure could have done..."

- Author Unknown

Does this sound like situations in your life? It is important to



Dare to Live Without Limits



STEPPING INTO THE UNKNOWN

by Bryan Golden

I received the following letter from one of my readers:

"I've been thinking about starting my own business — for years. I have read (again and again) a book about how to do it. I have done little in the four years since I registered my DBA. In reading your column, I have realized that both fear of failure and fear of success are in my way.

However, what really seems to be holding me back is financial security. There is something about the "Steady-Eddie" paycheck and the unknown income from my own business. In this economy, I'm scared to jump off the cliff. My intention would be to fly but I'm too scared to take the leap. Also, a lot of the research I need to do to see what the market is for this type of business is limited, since I'm working full-time. Your thoughts?"

My response:

Starting one's own business is a dream for many. There are numerous benefits to being independent. There are also a lot of fears. Is there a market for my business? Will I make it? Will I go bankrupt? What if I lose my investment? Am I making a mistake? Will I be giving up the security of a steady paycheck?

Fear of the unknown is a normal emotion. Rather than becoming paralyzed by fear, turn it into a motivator. You conquer an overwhelming task by taking small manageable steps rather than becoming fixated on

your destination. As you take each step, your confidence will increase.

Starting and running a business isn't for everyone. It requires commitment, desire, drive, and knowledge. You have to be self-motivated and willing to do whatever it takes. But for those people who really want it, having their own business provides satisfaction and opportunity they can't realize as an employee.

Investigating the market for your products or services is essential. The more background you have, the better your chances for success. The internet is a powerful research tool that can be used to gather a great deal of information. Additionally, many local colleges and continuing education programs offer classes on starting a small business.

Speaking with people who own a business such as the one you want to start will also provide you with invaluable insights. To avoid the appearance of competition, visit businesses outside of the area you will be servicing.

Any new business requires a certain amount of time before it becomes profitable. Exactly how much time is needed is hard to determine and is based on a variety of factors. One common cause of anxiety and business failure is not having enough money to survive from inception to the point of profitability.

Starting a full time business while working full time is difficult. The amount of energy required for your job, combined

with what's needed for the business, can be draining. You have several options to ease the transition.

You can work full time and start your business on a part time basis. You can work part time while spending full time on your business. If you are part of a couple, your spouse or significant other can continue to work while you devote your efforts to the business.

Another strategy is to save up enough money to start your business plus provide for living expenses. An additional source of start up capital is Small Business Administration loans or grants.

In desiring to start your own business, There are many successful businesses in your own town you can use for inspiration. Every prosperous business started with someone's dream. So, if you really want to become a successful entrepreneur, you can do it also.

To my readers: If you have a question or issue you would like me to address, please send it to this paper or email me at Bryan@columnist.com.

NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. © 2007 Bryan Golden.

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ROCK DOC

By Dr. E. Kirsten Peters

My brown mutt and I went for a walk recently on an old railroad grade at the edge of a ghost-town where we sometimes stroll. Buster Brown is a Lab mix, with an emphasis on the mix.

Buster likes to visit the ghost-town in part because it still has one occupied house, and friends of mine live there with their chickens, a cat and a dog. The resident dog is a small, insanely intense cattle dog mix. He dedicates his considerable energies to retrieving pine cones kicked along the road by willing walkers.

While Buster is willing to retrieve sticks thrown into water, he won't play that game for more than 10 minutes. But I can't tire out his country friend, who will chase pinecones as long as you are willing to kick them. The little cattle-dog has a deep and unshakable concentration for his

Fetching for a Living

self-assigned "work."

Humans have bred that kind of intensity into some dogs. And science is now revealing that along with focused energy, some dogs have more intelligence than we ever really understood. Here's the story:

A border collie in South Carolina named "Chaser" was adopted by a research psychologist. John W. Pilley took Chaser home when she was 8-weeks of age and started intensive, 5-hours per day training of the young pup. For three years the dog worked with Pilley and a few others, learning a variety of commands and behaviors through the process of game-playing, with nothing more than verbal praise as a reward for a job well done.

What's impressive is how much Pilley was able to teach the collie to ultimately do. Pilley acquired second-hand stuffed toys and went to work teaching Chaser to fetch individual toys by name. In the end, Chaser learned over 1,000 proper names for the toys and could reliably fetch them from another room or a different part of the yard and bring them back to Pilley.

What's even more impressive is how Chaser responds to situations that might overwhelm a 4-year old human. Let's say you put a new toy among the

ones Chaser knows – a toy she has never seen before. Then you ask her to fetch and give her a specific name she's never heard before. Chaser goes to her toys, looks them all over, and apparently thinks pretty deeply about her work. She then selects the toy she's never seen and doesn't know. This is called "learning by exclusion" and is the mark of some serious thinking in her furry noggin.

One thing seems clear. Chaser looks awfully smart to us not because she was a really special border collie pup, but because she fell into an extremely rich learning environment.

Some would say my Buster Brown is not in the same mental league as Chaser. But if Buster could speak he might point out he gets his kibbles every day just like she does, and without slavish devotion to tiring work.

Which canine really is the smarter dog?

Dr. E. Kirsten Peters, a native of the rural Northwest, was trained as a geologist at Princeton and Harvard. Follow her on the web at rock-doc.wsu.edu and on Twitter @RockDocWSU. This column is a service of the College of Agricultural, Human, and Natural Resource Sciences at Washington State University.



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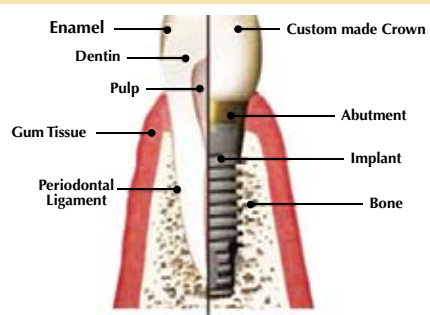
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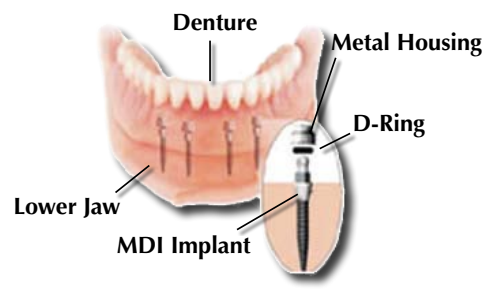
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