

Carmichael Times

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August 8, 2012

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Grieving Families Recall Lost Hero

By Susan Maxwell Skinner

CARMICHAEL—Two families torn apart by a fatal Carmichael hit and run have spoken out.

They last week praised the courage of an American River College student who died after protecting his girlfriend, Gemily West, from the same vehicle that killed him. Gemily's four much-loved Australian cattle dogs also died at the Garfield Ave and Engle Rd corner. "Although my brave son is gone," said Gail Randall, "I will always remember the kind and compassionate man he had become. I am honored to be his mom for 22 years."

Randall's leg was severed and his pelvis destroyed by the July 16 vehicular crime. After progressing for 13 days at Mercy San Juan Medical Center, he died suddenly last week of complications from blunt force trauma. "My heart broke into many pieces," said his mom.

The tragedy occurred near the home where Gemily's mother Sally West has lived for 38 years and raised six children. "We went to (Garfield Elementary) school just down the road," said her oldest son Trevor. "Every morning for years, mom held her breath as we crossed that road. Gemily was the youngest. After her, Mom thought we were all safe." That relief ended on the night of July 16, when Sally saw the horror at the street corner. Dead dogs were strewn all over the road. Harison was critically injured and Gemily was on the tar seal, screaming and unable to move.

The 23-year-old survived with 42 pins in her broken leg. Though she is healing, her heart is broken beyond therapy. She lost the man she loved. Having raised her dogs from pups and trained them to win shows with acrobatic feats; she effectively lost her four children. Her favorite, tan-colored Winry, was eight years old. "She never went anywhere without him and he never left her side," said sister in law



Gemily West (center), with her family and kin of Harison Long-Randall. Long-Randall died protecting Gemily from a speeding vehicle. From left, relatives are: Chris and Mary Beth Randall, Brooke, Trevor and Corben West and Bryce Randall. Inset: Teenage Gemily dressed her beloved Winry in her old toddler clothes for a 2006 Carmichael dog show. Winry and three other trained dogs were killed in the hit and run. Above photo by Susan Maxwell Skinner.

Cari West. "Winry was her right arm."

Said Harison's father Chris: "Hari loved her dogs, too. He and Gemily were perfect together. She was the love of his life."

The couple had been dating for eight months. On their final outing, they wore light-reflecting clothing to play fetch with the canine quartet in Garfield Elementary School grounds. Heading home at 10 pm, they stepped onto the (four way stop) cross-walk at Engle and Garfield. A car — moving at about 80 mph — failed to make the corner. It hit a stop sign and ploughed into the couple. "We tried our hardest to get our feet moving," Gemily said later. "But we couldn't move out of the way fast enough." At the last second, Harison pushed his girlfriend aside. The driver,

Paul Walden, sped away. He had previous DUI convictions and was under the influence of drugs when arrested, days later.

Harison inched toward recovery in hospital. He received huge amounts of donated blood and endured multiple surgeries. One day, he regained consciousness. According to his father, the patient immediately thanked his doctors and medical staff. "He was his normal self: chit-chatting," said Chris Randall. Harison seemed amazed by an outpouring of public sympathy — and cash donations — for medical expenses. "He said he was only one person," recalled his dad. "He couldn't believe how many people had written from all over the nation. He saw Gemily before he passed. When he learned what he'd done to

save her, he broke down. We all broke down. This young gentleman is a hero to me." The family has pledged activism for legislation called "Hari's Law;" to keep DUI-convicted drivers off the road.

Driver Paul Walden appeared in court before Harison's death. He was arraigned on nine counts, including felony hit and run and cruelty to animals. The CHP has since indicated that vehicular manslaughter counts might be added.

The Wests and Randalls have asked the Carmichael Times to convey their gratitude to law enforcers, First Responders, Mercy San Juan staff and the community for "overwhelming support" to the crime victims and their families. Learn how to assist them on page 4.

Two Dogs Perish in Residential House Fire



Sac Metro Fire District Special Release

CARMICHAEL — On July 31, 2012 at 6:35pm, Metro Fire responded to a reported structure at 2844 La Colina Ave in Carmichael. They arrived to find a one story residential home with a well-involved garage fire, extension to the interior of the home and to a boat located in the driveway.

The two adult occupants of the home were able to escape the fire. However they were unable to retrieve two small dogs. The dogs were later found, however they did not survive the fire. One occupant, an adult female, suffered minor injuries in a reported attempt to retrieve the dogs prior to the arrival of Metro Fire. She was transported to UCD Medical Center, where she was treated and later released. Firefighters performed a primary search of the residence, locating one of the dogs while they initiated fire extinguishment and vertical ventilation. The second dog was found during a secondary search.

The fire consumed the garage with considerable extension to the living areas of the home. The boat located in the driveway was completely destroyed and at least two other vehicles sustained heat damage. The fire was contained to the home of origin, with only minor heat damage to the exterior of a neighboring home and to a vehicle parked in the driveway of that home. The cause of the fire is under investigation.



Convoy of Hope: Our Community Standing Together

SACRAMENTO REGION — "It was unimaginable," said Pastor Dan Axtell, of the traffic jam he encountered on his way to the first Sacramento Convoy of Hope in the early morning darkness of November 6th, 2010. "Cars were backed-up to the freeway trying to get into the parking lot at Cal Expo before the sun rose. It brought tears to my eyes and made me realize that there are a lot of people in our City that care about people in need." By the end of the day, more than 7,000 honored guests would be served by over 2000 volunteers



Hairstylist Malea Heim offers her services at last year's event. Photo courtesy of Sacramento Convoy of Hope.

a hot meal, given hair-cuts, groceries, bikes for the kids, family photos, a job fair, clothes and shoes.

The main stage brought a steady stream of entertainment and encouragement while the kids zone was buzzing with excitement over pony rides, bounce houses and carnival games. The following year, Sacramento Convoy of Hope was breaking attendance records as more than 13,000 guests came to be served.

Sacramento Convoy of Hope is a grass-roots team effort that combines the resources of area

churches, businesses and non-profits from as far away as Woodland and Auburn. Now, in its third year, the Sacramento Convoy of Hope is planned for September 15th, 2012 at Cal Expo. Event Director, Robin Smith, says, "We expect this year's event to be even larger than last year."

The number of people who show up for services this year could be as high as 20,000. Sacramento, like much of the nation, is in the middle of an economic downturn that has pushed many who were on the financial

edge, into the world of homelessness, despair and desperation. One little boy wrote on a prayer card, "Please pray for my family, that my mom and dad would stop fighting and that they would stop hitting me."

Sacramento Convoy of Hope is an opportunity to stand together with our own neighbors here in Sacramento who are in need." Neighbor helping Neighbor" You can volunteer to serve on the web site at www.sacramentocoh.org or call 916-549-9922. Donations of new clothing, shoes and bikes are welcome.

Governor Brown to Use Money to Keep Parks Open

SACRAMENTO — Governor Edmund G. Brown Jr. recently pledged to work with the California State Legislature to direct millions of dollars in state funds to keep parks open, fix serious park maintenance problems and match donor contributions. He also thanked all Californians who have contributed time and money to save state parks.

"Much remains to be done to keep our parks open," said Governor Brown. "The disclosure that the Parks department had millions in additional revenues is mixed—it's better to have more money than less, but it's totally unacceptable for

Parks personnel to squirrel away public funds. I extend my deepest appreciation for the donors who have come to the aid of our parks in this time of need. I ask for their patience as we take all necessary steps to make sure this never happens again."

Specifically, Governor Brown called for the \$20 million from the State Parks and Recreation Fund (SPRF) to be used to:

Make critically needed maintenance fixes to keep parks from closing - for example, fixing water and waste treatment facilities that, if left as-is, will cause park closures.

Establish a matching fund for

contributions, so that donors know every dollar they give will go further.

The State Parks and Recreation Fund is one-time funding that can only be used for one-time costs.

The Governor is also seeking a \$10 million appropriation from Proposition 84 funds for immediate maintenance projects.

"We are grateful for our generous, committed donors. I can't thank them enough," said California Natural Resources Agency Secretary John Laird. "The good news is we will have more to spend on parks this year. The bad news is the problem is much bigger than that. State

parks will still have over \$1 billion in deferred maintenance and ongoing costs."

To ensure more sound and accountable financial reporting, the Department of Finance is requiring all departments to follow new procedures to reconcile and confirm balances between the Controller's Office and the Governor's budget. In addition to implementing these new procedures, the Department of Finance's Office of State Audits and Evaluations is conducting a thorough audit of all Parks fiscal actions.

Investigations into the Parks funds are ongoing. On July 20,

the California Natural Resources Agency announced that the Parks department had not reported \$20 million in the State Parks and Recreation Fund, and \$34 million in the Off-Highway Vehicle Fund, to the Department of Finance. The Attorney General launched an investigation at the request of Governor Brown, who ordered a full Parks department audit by the Department of Finance. The Governor also accepted the resignation of then-Parks Director Ruth Coleman, appointed a new acting interim director and directed the dismissal of three senior Parks employees.



The Authorities That Exist Have Been Established by God

By Pastor Rich Reimer

This being an election year I thought it appropriate to do a little study on what the Bible says about government. Be comforted by the truth that the Christian Bible speaks only about the *functions* of government not about the *forms* of government. This means that the Bible does not affirm or condemn any particular form of government. The Bible also boldly declares that God is sovereign over all human authorities. Romans 13:1b says, "The authorities that exist have been established by God." This reality is difficult to accept given the evils and abuses of governments both now and in the centuries past.

What then are the four functions of government taught in the Christian Scriptures?

First, Government should administrate justly. King Solomon asked the Lord to give him a "discerning heart to govern your people and to distinguish between right and wrong." (I Kings 3:9) Thus, governing authorities must be sound in judgment, must not show partiality to the small or to the great. (Deuteronomy 1:7) They must detest wrong doing, refuse bribes, remove wicked advisors from its ranks, and

never forget that though they make laws and enforce laws they are not above the law. (Proverbs 25:5, Deuteronomy 17:14-20) Secondly, Government should advocate for all under its domain. Proverbs 31:4-9 says, "Speak up for the people who have no voice, for the rights of all the down-and-outers. Speak out for justice! Stand up for the poor and destitute!" Government is to make sure all citizens get the rights and benefits they deserve by law. Good government advocates and defends, stands up and speaks up for the voiceless and the powerless on the fringe of society. Who are such persons in our country?

Thirdly, Government is to be an agent for good. In Romans 13:4a the Apostle Paul writes, "For he (human authorities) is God's servant to do you good." If you are a law abiding citizen you should have no fear of your government. Government ought to provide an environment that enables its citizens to "live peaceful and quiet lives in all godliness and holiness." (I Timothy 2:1-2) This verse gives the provision for freedom of religion. People ought to be able to peacefully practice their religious beliefs when government is functioning Biblically.

Fourthly, Government is to function as God's avenger of evil. Romans 13:4b says "But if you do wrong, be afraid, for he does not bear the sword for

nothing. He is God's servant, an agent of wrath to bring punishment on the wrongdoer." When any person violates the laws of the country or state then it is the function of government to seek out and punish the person accordingly. The punishment should fit the crime and may, in my understanding, include even the death penalty. The use of force to maintain good order is the principle taught here.

Those who adhere to the Christian Faith, as I do, take these biblical functions and use them in measuring our governing authorities both local and national.

Furthermore, Christ followers are commanded to "submit yourselves for the Lord's sake to every authority instituted among men..." (I Peter 2:13) Thus our behavior toward our government is much more than mere outward obedience to law or obedience to avoid punishment. Our submission is for the Lord's sake, indicating that our ultimate allegiance is to Jesus as King and ruler of the earth. When human government violates these functions we must obey God rather than men and engage in peaceful protest and civil disobedience. (Acts 4:19-20)

It is my hope that these biblical truths give direction to your conduct and your votes. *Rev. Richard P. Reimer, Pastor American River Community Church 3300 Walnut Ave., Carmichael*

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CARMICHAEL COMMUNITY UPDATE



By Supervisor Susan Peters

Through the generosity of The Carmichael Times this column serves to provide an update periodically about matters affecting the Third District, which includes the unincorporated community of Carmichael.

ALCOHOL & CROWD CONTROL ON THE PARKWAY

In past years holiday weekends were major problems along the American River because of fights, profanity and littering fueled by excessive alcohol consumption. The Board of Supervisors restored decorum by implementing an alcohol ban starting on Labor Day weekend 2006 which is also applicable for the weekend of Memorial Day as well as the Fourth of July.

Last month a large crowd of party-going rafters converged upon the American River Parkway through the use of social media resulting in problems similar to those in the past before the holiday alcohol ban. Fortunately law enforcement, rescue personnel and our

Park Rangers had learned about the affair in advanced and were prepared for the event, which apparently had been organized to avoid the holiday alcohol restriction.

This disturbing episode required utilizing extra resources to manage and control the crowd as well as to clean up the trash left along the river. The likelihood that another event could occur necessitates Sacramento County have the ability to deal with these spontaneous events created through social media in order to maintain order as well as ensure everyone can safely enjoy the river.

A report on available options to address the issue is expected to be presented to the Board of Supervisors during a workshop in August. No date has been formally set as of yet but the Board's agenda is posted online by the Clerk of the Board prior to every meeting. You can check each meeting's agenda online at saccounty.net by clicking on the "Public Meetings" button to see when the workshop will be held. Reports, materials, etc. related to agenda items are also available online for viewing.

SLOWING DOWN TRAFFIC AT ANCIL HOFFMAN PARK

If you drive on Tarshes Drive be sure to slow down because two speed bumps were recently installed by the Department of Transportation.

The first device is approximately 150 feet from the park's entrance followed by another spaced 250 feet apart. The second location is about 200 feet before coming to an existing pedestrian crosswalk. The posted speed is 15 Miles per Hour.

These improvements came

about following discussions I had with the Carmichael Colony Neighborhood Association.

RANGERS ON THE BEAT

Our regional parks and each mile of the American River Parkway have a distinct personality with a variety of dedicated community groups that care deeply about those facilities.

Through the leadership of Chief Ranger Stan Lumsden, the Department of Regional Parks is working to develop a Ranger Stewardship Program that will assign Rangers to specific geographic locations including along the American River Parkway.

The assigned Ranger will be the primary point of contact for non-emergency issues within a specific geographic area for Homeowners' Associations and community groups as well work with other Rangers and staff to identify solutions to concerns expressed by the general public. While patrol assignments and coverage performed by Rangers will remain consistent with current practices, the assigned Ranger will be the first point of contact for that specific geographic area to deal with matters unique to the assigned area.

Once details are finalized, assignments and specific contact information will be available which the Department of Regional Parks hopes will continue the positive face to face relationships between our Ranger staff and the community they serve.

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susanpeters@saccounty.net.

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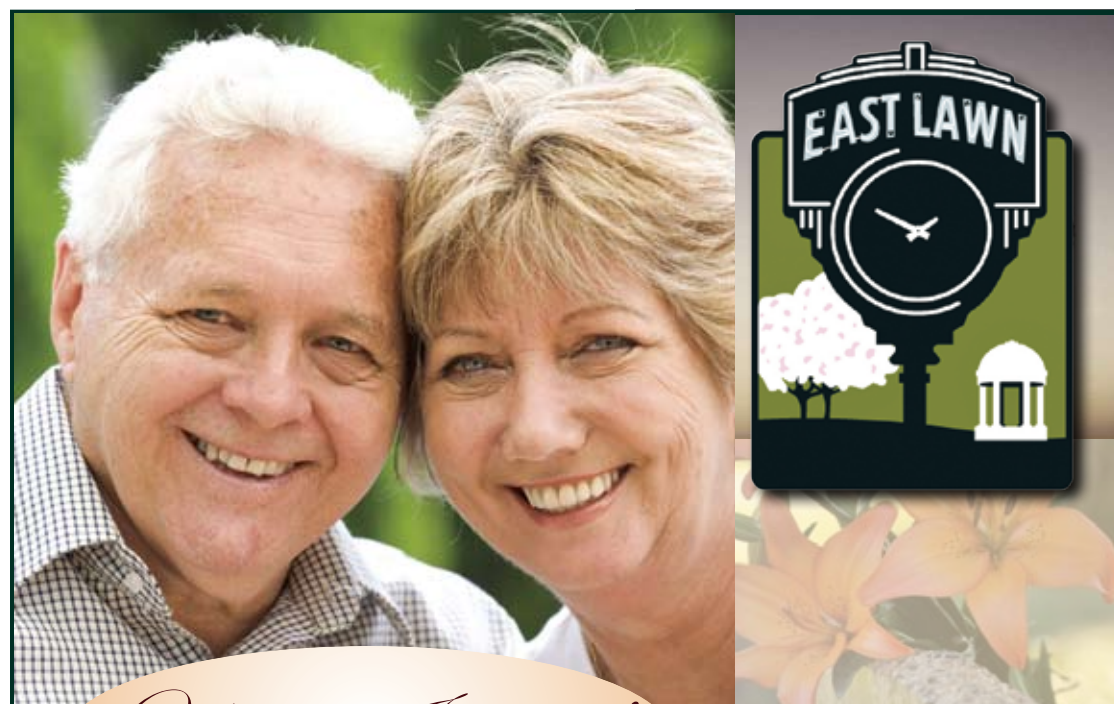


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Fund Supports Victims of Carmichael Hit and Run



Gemily West (left) is comforted by niece Brooke. The unemployed Carmichael woman lost boyfriend Harison Long-Randall in a July hit-and-run. Four of her trained dogs also died in the tragedy. Supporters and animal lovers from have donated to a fund to help the West and Randall families. Photo by Susan Maxwell Skinner.



“She was the love of his life,” said Harison’s father, Chris Randall.

Gemily and Harison photographed together on a recent outing. Courtesy picture.

By Susan Maxwell Skinner

CARMICHAEL – Heroic Harison Long-West died from his efforts to save his girlfriend’s life.

A September memorial event is being planned for the 21-year-old Grass Valley man. Service details have not yet been announced.

From public donations, the Wests and Randalls have received over \$26,000 to help with medical

– and now funeral – expenses.

Those wishing to assist the families may contribute at the Bank of the West, Bel Air Shopping Center, Carmichael. Donations may also be mailed to the bank at 4001 Manzanita Ave, Carmichael, CA 95608. Checks should be made out to the Harison Long-Randall/Gemily West Fund.



Dr. Bob Graykowski



The healing powers of honey have been recognized for centuries. In fact, in India, one system of medicine describes honey as the “nectar of life” and recommends its use for the treatment of numerous disorders. And pure, natural honey – unlike drugs – has no harmful side effects. In addition, this ancient elixir is a more nutritious alternative to corn syrup, table sugar and artificial sweeteners.

First, a Little History

Beekeeping, for the purpose of obtaining honey, dates back several millennia to the early Egyptians, who used honey in medicine, cosmetics, food and embalming. Historical figures like Cleopatra employed honey for healing and to maintain youthful appearance.

Today, honey is making a comeback as groundbreaking research upholds ancient beliefs in the bee concoction’s healing properties.

Powerful Antioxidant

Compounds called free radicals – produced by toxins and “unhealthy” foods, such as fried foods spark destructive chemical reactions in the body. This process, called oxidation, alters healthy cells, advances aging and has links to cancer.

Antioxidants – such as chemicals in honey – protect the body’s cells from the caustic process. But what makes honey an elite antioxidant is that is also boosts the vigor of other antioxidants.

A Sweet Anti-Antibiotic

One study released this summer has the holistic health

“Bee” Healthy With Honey

community buzzing with excitement: Fresh, raw honey may be as effective as antibiotics – but without the hazardous side effects associated with these drugs. When researchers applied raw honey to infected wounds, the all-natural remedy reduced redness, swelling and healing time. It also killed bacteria. “Its potency was comparable to that of local antibiotics.” Honey was also successful in reducing redness, swelling, discharge and bacteria in eye infections.

Take the Sting Out of Fatigue

Honey is an endurance-boosting carbohydrate and can enhance post-workout recovery. Researchers enrolled 39 weight-trained athletes in a study. After completing an intensive weight-lifting workout, the group immediately consumed a protein supplement blended with sugar, maltodextrin or honey. “Only those subjects in the honey group maintained optimal blood sugar levels two hours after the workout,” noted the researchers. “The honey group also rated highest for post workout muscle recuperative status.”

Skin-Tastic

Honey has long been a trendy ingredient in potions aimed at dulling wrinkles, eradicating blemishes and quenching dryness. Now researchers are swarming around preliminary evidence supporting honey’s skin-friendly benefits.

Stock Your hive With This Superior Sweetener

In addition to its all-natural, disease-fighting attributes, honey wins high marks for its advantage over other sweeteners. The syrupy solution is easier in glucose metabolism than table sugar or corn syrup and may actually lower fasting blood sugar levels. In addition, honey does not appear to promote tooth decay. The latest research suggests that perpetual use of artificial sweeteners may trigger overeating which further supports choosing honey.

When Healthy Becomes Hazardous

Despite all of its astonishing health benefits, honey should

never be given to infants due to the threat of botulism. Even in adults, contamination may render this treat hazardous.

“Infants are uniquely susceptible to infant botulism until their intestinal microflora develop fully, whereas children and adults with developed colonies of intestinal microflora are able to ingest C. botulism spores without harm.”

That’s why the American Academy of Pediatrics, the National Honey Board and other health organizations recommend that **honey not be given to infants under one year of age.**

Bee Smart

To ensure you are purchasing pure, unaltered honey, visit area bee-keepers and ask them about their operation. Whenever possible, choose honey from a certified, organic bee-keeper. But before you try any of the sweet healing therapies outlined in the article, talk with your doctor first because every person is different and should be evaluated for proper glucose tolerance. The more informed your doctor is on every aspect of your health – even all-natural solutions you use between visits – the better your overall care will be.

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NFIB Endorses Prop 32

SACRAMENTO – On July 30th, the Yes on Proposition 32 campaign, supporting the Stop Special Interest Money Now Act, welcomed the endorsement of the National Federation of Independent Business/California, the Voice of Small Business in California and across the nation.

The National Federation of Independent Business (NFIB) is the nation's leading and largest organization representing only small businesses in Washington, D.C. and all 50 state capitals. In California, NFIB represents almost 20,000 entrepreneurs across the state. Founded in 1943 as a nonprofit, nonpartisan organization, NFIB gives small and independent business owners a voice in shaping the public policy issues that affect their business.

NFIB/California joins Democrats for Education Reform (DFER) California, former state Senator Gloria Romero, former U.S. Secretary of State George Shultz and a growing grassroots coalition of voters, taxpayers, and small businesses in support of this initiative that will fundamentally reform the state's campaign finance system—a system at the root of Sacramento's dysfunction.

"California's political system isn't working because the politicians we elect only work for the most well-funded special

interests. While big corporations and labor unions always get what they want, small businesses and individual Californians find themselves on the losing end of new regulations, higher taxes and declining government services," said John Kabateck, Executive Director, NFIB/California.

"Proposition 32 offers voters an opportunity to win back elected officials from the special interests that control them with their money and make politicians pay attention to California's needs again. As the Voice of Small Business in California, we're strongly urging Californians to vote Yes on Prop 32 because it cuts the powerful money tie between special interests and politicians and returns power back to the voters."

Small businesses make up 99.2 percent of all businesses and create two-thirds of all net new jobs. They represent the majority of job creators and contributors to our economy and yet are dismissed or ignored by politicians who are more beholden to the influence and money of big labor and big corporations

According to the nonpartisan Fair Political Practices Commission, the top 15 special interest groups have spent more than \$1 billion on influencing the political process in California over the past ten years while the

state's fiscal and economic climate has reached historic lows.

According to Maplight.org, in the 2010 election cycle, 79% of campaign contributions made to California's legislators came from donors who live outside their districts. During that legislative season, the San Jose Mercury News found that more than 40% of the legislation introduced in Sacramento is written by special interest lobbyists, and these bills are much more likely to become law.

Proposition 32 addresses the problem of special interests across the board by curbing special interest power and taking money out of politics. It will:

- 1) ban direct corporate and union contributions to state and local candidates
- 2) ban contributions from government contractors to elected officials who control contracts awarded to them
- 3) ban automatic deductions by corporations, unions and government of wages to be used for politics, instead requiring annual consent of the employee

Prop 32 implements these reforms evenhandedly, without exception. It will appear on the November 2012 ballot.

For more information on the initiative, please visit www.yesprop32.org.

First California Fatality from West Nile Virus

SACRAMENTO – An 88-year-old woman from Kern County is the first reported fatality from West Nile virus (WNV) this year, Dr. Ron Chapman, director of the California Department of Public Health, announced August 3rd.

"This unfortunate death reminds us that we must protect ourselves from mosquito bites to prevent West Nile virus and other mosquito born infections," Chapman said. An increase in WNV activity has occurred earlier this year compared to last year, he added. To date in 2012, ten human cases of WNV from five California counties have been reported. Last year at this time there were seven human cases and no deaths. During all of 2011, 159 human cases and nine fatalities were reported. Increased activity is also being seen in other parts of the United States.

Nationwide, 241 human cases were reported to the Centers for Disease Control and Prevention as of August 1, 2012. This is the highest number of cases reported through the end of July since 2004. WNV is transmitted to humans and animals through a mosquito bite. Mosquitoes become infected when they feed on infected birds.

The risk of serious illness to most people is low. However, some individuals – less than 1



percent of those infected – will develop serious neurologic illness such as encephalitis or meningitis. Individuals 50 years of age and older have a higher chance of getting sick and are more likely to develop serious symptoms.

Studies also show that those people with diabetes and/or hypertension are at greater risk for serious illness. Chapman said California residents are very good at protecting themselves from mosquito bites for planned events like camping, however we tend to have a false sense of security in our own backyards.

The most effective way for individuals to prevent exposure to mosquito bites and West Nile virus is to remember the "Three D's":

1. **DEFEND** – Use an EPA-registered insect repellent with DEET, picaridin, oil of lemon eucalyptus, or IR3535 according to label instructions. Repellents

keep the mosquitoes from biting you. DEET can be used safely on infants and children 2 months of age and older.

2. **DAWN AND DUSK** – Mosquitoes that carry WNV bite in the early morning and evening. It is important to use repellent and wear clothing that reduces the risk of skin exposure to mosquito bites during this time. Make sure your doors and windows have tight-fitting screens to keep out mosquitoes. Repair or replace screens with tears or holes.

3. **DRAIN** – Mosquitoes lay their eggs on standing water. Eliminate all sources of standing water on your property, including buckets, old car tires, and pet bowls. If you have a pond, use mosquito fish (available from your local mosquito and vector control agency) or commercially available products to eliminate mosquito larvae.

California's West Nile virus website includes the latest information on West Nile virus activity in the state. Californians are encouraged to report all dead birds and dead tree squirrels on the website or by calling toll-free 1-877-WNV-BIRD (968-2473). www.cdph.ca.gov

Source: California Department of Public Health

Veterans Offered Paid Training in Fisheries Monitoring

SACRAMENTO – United States military veterans interested in becoming involved in fish habitat restoration and monitoring can join a new California Conservation Corps veterans crew based in Humboldt County.

The CCC's Fortuna Center is offering paid training to veterans between the ages of 18 and 27 with an honorable discharge or general discharge with honorable conditions. National Guard members under part-time status may also be eligible. Deadline for applications is Tuesday, September 4.

The fisheries projects are funded by the CCC and by the National Oceanic and Atmospheric Administration,

which is also providing training and education. Additional training as well as project locations will be provided by the Department of Fish and Game. The work is expected to take place in Humboldt, Mendocino and Del Norte counties.

Projects will focus on salmonid habitat monitoring in coastal watersheds, where veterans will help collect ecological data to assess the effectiveness of habitat restoration techniques. The veterans will be provided with technical training to conduct spawning, habitat, topographical and diving surveys.

After six months involved in fisheries work, veterans will have an opportunity

to work on CCC trail-building and forestry projects. The CCC experience can provide entry into jobs with local, state and federal resource agencies.

For details on joining the fisheries crew, contact the CCC's Tina Ratcliff at (916) 341-3123 or tina.ratcliff@ccc.ca.gov.

The California Conservation Corps is a state agency in which young men and women sign up for a year of natural resource work and emergency response. Since the CCC was established in 1976, more than 115,000 young people have been a part of the program.

California Conservation Corps Release

7 Things You Must Know Before Putting Your Home Up for Sale

Sacramento – A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of the matter is that fully three quarters of home sellers don't get what they want for their homes and become disillusioned and – worse – financially disadvantaged when they put their homes on the market. As this report

uncovers, most home sellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. In answer to this issue, industry insiders have prepared a free special report entitled "The 9 Step System to Get Your Home Sold Fast and For Top Dollar".

To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-800-413-9053 and enter 1000. You can call any time, 24 hours a day, 7 days a week.

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FREE WEEKEND ACTIVITIES FOR AUGUST

Saturday the 11th at 10:30 AM: Your Art Saves Our Wetlands! – Sabreena from California Waterfowl will share biological specimens from ducks, swans and geese and instruct children ages 5-17 to draw a waterfowl. Find out how your waterfowl art helps to conserve wetland habitats and the animals that live there.

Sunday the 12th at 1:30 PM: Critters of the River – Join us inside for a presentation on our local river wildlife. Enjoying viewing "biofacts" – items like skulls or feathers – and a live animal too. Fun for all ages.

Saturday the 18th at 10:30 AM: Beat the Heat – Join a naturalist for a morning stroll through the Preserve to learn about our local wildlife and how they survive the summer heat. All ages welcome.

Sunday the 19th at 1:30 PM: Tools & Toys – Join us inside to view replica Maidu artifacts made from the gifts of the earth and enjoy a traditional Maidu story. View the artifact items up close to discover what they are made from and how they are used. All ages welcome.

Saturday the 25th at 10:30 AM: Plant Walk – Stroll through the Nature Preserve with a naturalist and learn to identify many of the common plants while discovering their traditional uses. All ages welcome.

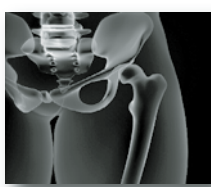
Sunday the 26th at 1:30 PM: Cool Snakes – Join us inside for a presentation on reptiles and view some reptile "biofacts." Meet a resident snake from the Nature Center up close. All ages welcome.



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Manufacturer's Recall Just Announced

Are you suffering after being implanted with a **STRYKER REJUVENATE®** Modular Hip Implant?



Have you experienced failure of your Stryker Rejuvenate hip implant, resulting in pain and other complications that may have required revision surgery? If so, please know that we are investigating these injuries – and those caused by other brands – for possible legal action.

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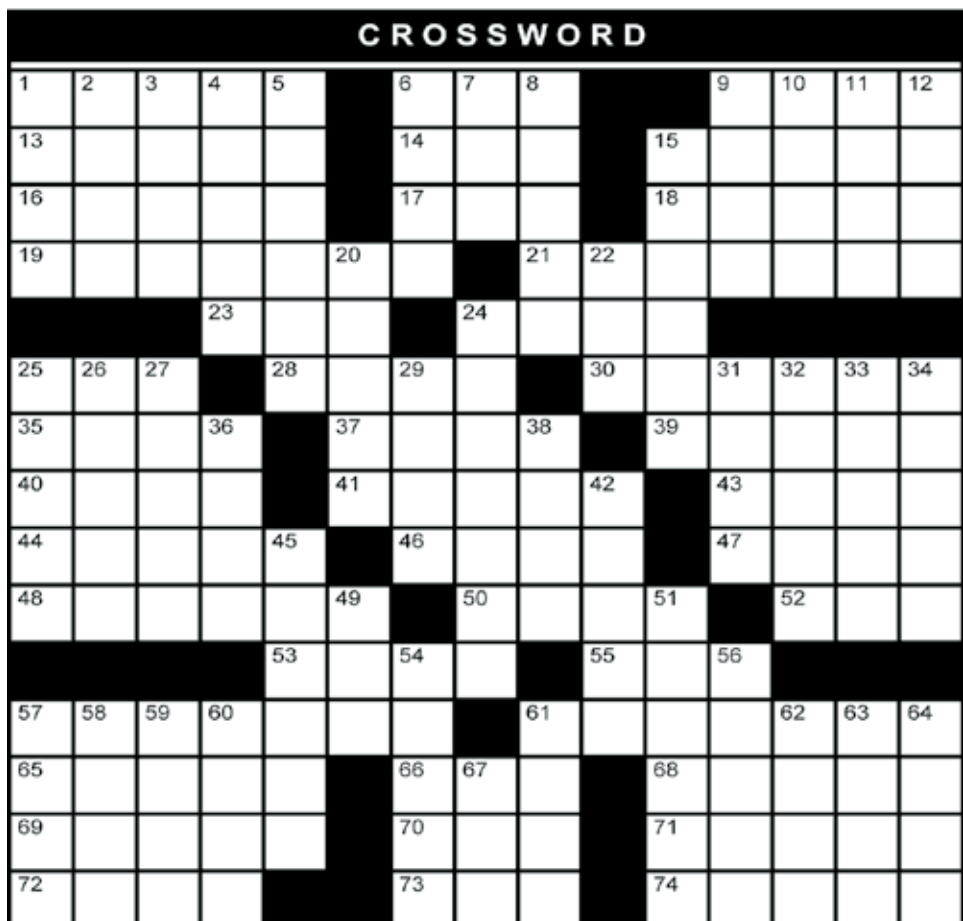
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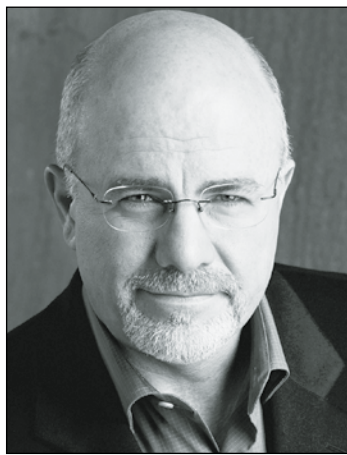
*National average annual savings based on data from customers who reported savings by switching to Esurance between 1/1/10 and 5/19/10.

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CLUES

- ACROSS
- 1. Alligator's milieu
- 6. Semicircular mountain basin
- 9. Many baseball teams wear it on their chests
- 13. Ringworm
- 14. Big Island flower necklace
- 15. Long backless sofa
- 16. Antonym of afar
- 17. Estimated arrival
- 18. What racers do on CBS
- 19. "The goal is strikes
- 21. "a.k.a. Ringer
- 23. ___ Paolo, Brazil
- 24. Select
- 25. Shel Silverstein's poem "___ Constrictor"
- 28. Elevated state
- 30. More agitated
- 35. "___ the Lonely," song
- 37. Daytime TV program
- 39. Jawaharlal ___
- 40. Make a reference
- 41. ___ Island, NY
- 43. Cause of Titanic's demise
- 44. Paint layers
- 46. * ___ Pitch Softball
- 47. Slovenly person
- 48. Make wealthy
- 50. They oppose the yeahs
- 52. Fast-food staple
- 53. Pull one's leg
- 55. Writer Harper ___
- 57. *Played on grass
- 61. *Infield
- 65. Romulus' twin
- 66. *Free throw value
- 68. "Me and Bobby ___"
- 69. Part of eye containing iris, pl.
- 70. Mother Teresa, e.g.
- 71. Spooky
- 72. Declare untrue
- 73. NYC time
- 74. Olden-day movie form, pl.
- DOWN
- 1. Back wound
- 2. A drunk
- 3. Afresh
- 4. Fast interruptions
- 5. One rejected
- 6. Horsefly
- 7. ___ bar
- 8. *Dolphin home
- 9. Trunk extension
- 10. *Shape of an American football
- 11. Fixed look
- 12. Singles
- 15. Make dark
- 20. Neil Diamond's "Beautiful
- 22. Part of a play
- 24. Military group
- 25. *Another form of bowling
- 26. It can be a tear-jerker
- 27. Sacrificial spot
- 29. *Subject of "A Good Walk Spoiled"
- 31. Beaks
- 32. Often found under books
- 33. *E in baseball box score
- 34. *Named after school of same name
- 36. Giant Himalayan?
- 38. Site of Leaning Tower
- 42. PDA pens
- 45. Ski downhill
- 49. Gardener's tool
- 51. *a.k.a. Seam bowler in cricket
- 54. Do penitence
- 56. Master of ceremonies
- 57. Foul substance
- 58. French dream
- 59. Black cat, e.g.
- 60. Wharf built parallel to shoreline
- 61. Fender-bender damage
- 62. Fiona or Shrek, e.g.
- 63. He took a giant leap
- 64. Sandra and Ruby, actresses

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.

Making the Right Choice

Dear Dave,
I'm a landlord in New York, and I've always felt it's not a good idea to rely entirely on previous landlords for referrals on prospective tenants. Do you have any tips for selecting good renters?
- Jean

Dear Jean,
I think you're on the right track. Most landlords aren't thorough enough with the screening process. You can't get to know someone without spending some time with them and digging into their personalities and backgrounds a little.

I have several rental properties, and here are a few tricks that work well for me. I always pull a credit bureau report on prospective renters. I also get a big deposit up front. I spend quite a bit of time talking to them one on one, as well, so with all this they'd have to be a pretty good con artist to get past me.

Another thing I do is to drive by the place they're currently living. I like to see what condition the house is in, and if they keep the yard maintained. To me, this is a great indication of how responsible they are and how they would treat my property. It's not a bad idea to get some proof of them having made previous rental payments on time, either.

Dave Says

In some ways it's a leap of faith any time you sign an agreement with a new tenant. But there are things you can do in order to make a more informed decision as to whom you're doing business with. And who knows? Lots of renters appreciate knowing they have a landlord who handles things in a professional manner. Maybe these suggestions will help you both feel a little more at ease.

Good luck, Jean!

- Dave

What the Law Will Allow

Dear Dave,
A debt collector has been calling members of my family to get information on me. She has identified herself as collector, and I want to pay what I owe, but is it legal for them to do this? If not, what can I do to make them stop?
- Katherine

Dear Katherine,
No, it isn't legal. If she identified herself in any way as a debt collector, and spoke with anyone but you about your debt, she has broken federal law. This is a violation of the Fair Debt Collection Practices Act. You need to file a complaint with the Federal Trade Commission (FTC) against this collector and her company.

I would also advise recording the conversation the next

time they call. Just tell them at the beginning that you'll be taping any interaction you have with them from that point forward, and tell your relatives to do the same thing. That way, you'll have proof of their misbehavior to hand over to the FTC or the attorney general. You might even be able to get this crooked collector shut down.

Don't get me wrong. It's perfectly okay to collect a debt. If you're a creditor or collector, it's simply money that's owed to you, and you deserve it. But you must do it within the confines of the law, and you should do it within the confines of good taste. If you owe money, you should be honorable enough to pay what you owe. But this kind of behavior is just harassment and intimidation. Don't let them get away with it, Katherine!

- Dave

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		9				5	1
				4		2	8
2							5
	8	5		1			
	2	4				8	
		6			7		4
	1				8		

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.

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For Solution See Page 7.

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Healthy 10 year old Female Pug Mix - 'Missy' needs home, great companion for a retired person/couple. If interested call/text 916-761-7554. (MPG 08-31-12)

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FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-05830. Lee Folkins, 100 Cadillac Dr. #42, Sacramento, CA 95825 is doing business under the Fictitious Business Name "Androbotic Labs" at 100 Cadillac Dr. #42, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on July 10, 2012. Publish: July 18, 25, August 1, 8, 2012.

ANDROB 120703 8-8-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-05407. Peter Hartman, 11364 New England Place, Gold River, CA 95670 is doing business under the Fictitious Business Name "Handle IT" at 700 University Ave. #150, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on Jun 26, 2012. Publish: July 18, 25, August 1, 8, 2012.

HANDLE 120703 8-8-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-05640. Stout & Associates, Inc., 7306 32nd St., North Highlands, CA 95660 is doing business under the Fictitious Business Name "Comfort Air" at 7306 32nd St., North Highlands, CA 95660. Filed with the Clerk of Sacramento County on July 3, 2012. Publish: July 18, 25, August 1, 8, 2012.

COMFOR 120703 8-8-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-05412. Jordan Miller, 11750 Green Road, Wilton, CA 95693 is doing business under the Fictitious Business Name "Cowgirl Rendezvous" at 11750 Green Road, Wilton, CA 95693. Filed with the Clerk of Sacramento County on June 26, 2012. Publish: July 18, 25, August 1, 8, 2012.

COWGIR 120703 8-8-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-05857. Arthur F. O'Neal, 5989 Camray Circle, Carmichael, CA 95608 is doing business under the Fictitious Business Name "DKO Industries" at 5989 Camray Circle, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on July 11, 2012. Publish: July 18, 25, August 1, 8, 2012.

DKOIND 120703 8-8-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-05271. S.E. Technologies, Inc., Corporation #2425626, 4101 Wayside Lane #F, Carmichael, CA 95608 is doing business under the Fictitious Business Name "American Burglar Alarm" at 4101 Wayside Lane #F, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on June 20, 2012. Publish: July 18, 25, August 1, 8, 2012.

AMBURG 120703 8-8-12

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00127302. WHEREAS, Cristina Monica Schmidt has filed a petition with this court for a decree changing name of Cristina Monica Schmidt to Cristina Monica Dunca. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on August 22, 2012 in Department 53, located at 720 9th St., 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: July 11, 2012. David I. Brown Judge of the Superior Court Publish: July 18, 25, August 1, 8, 2012.

DUNCA 120703 8-8-12

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00127321. WHEREAS, Trang Thi Thu Tran has filed a petition with this court for a decree changing name of Tyler Tien Cao to Tyler Tien Tran. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on August 22, 2012 in Department 54, located at 720 9th St., 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: July 11, 2012. Shelleyanne W.L. Chang Judge of the Superior Court Publish: July 18, 25, August 1, 8, 2012.

LOWDER 120704 8-15-12

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00127305. WHEREAS, Veronica Vanessa Lopez has filed a petition with

this court for a decree changing names of Esteban Lara to Esteban Jesus Lopez; Juliano Nevaeh Lara to Juliana Nevaeh Lopez; and Yesenia Renae Lara to Yesenia Renae Lopez. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on August 22, 2012 in Department 54, located at 720 9th St., 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: July 11, 2012. Shelleyanne W.L. Chang Judge of the Superior Court Publish: July 18, 25, August 1, 8, 2012.

LOPEZ 120704 8-15-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-05759. Vahdat Vahdati, 44865 Camino Alaposo, Temecula, CA 92592 and Vahdat Talebi, 2717 Gunn Road, Carmichael, CA 95608 are doing business under the Fictitious Business Name "Carmichael Auto Care" at 6000 Fair Oaks Blvd., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on July 9, 2012. Publish: July 25, August 1, 8, 15, 2012.

CARAUT 120704 8-15-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-05256. Michael P. Melody and Linda D. Melody, both of 5656 Verner Oak Ct. #40, Sacramento, CA 95841 are doing business under the Fictitious Business Name "Jireh Enterprises" at 5656 Verner Oak Ct. #40, Sacramento, CA 95841-2066. Filed with the Clerk of Sacramento County on June 20, 2012. Publish: July 25, August 1, 8, 15, 2012.

JIREHE 120704 8-15-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-05270. Taurus Welding, Inc., PO Box 1082 Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Taurus Welding, Inc." at 5416 Marmith Ave., Sacramento, CA 95841. Filed with the Clerk of Sacramento County on June 20, 2012. Publish: July 25, August 1, 8, 15, 2012.

TAURUS 120704 8-15-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-05019. Gen Velen, 2530 Bell St., Sacramento, CA 95821 is doing business under the Fictitious Business Name "Right Choice Pro Audio & Lighting; Right Choice Studios; My Only Coffee" at 2530 Bell St., Sacramento, CA 95821. Filed with the Clerk of Sacramento County on June 12, 2012. Publish: July 25, August 1, 8, 15, 2012.

RIGHTC 120704 8-15-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-05758. DeAnna Torres, 4620 Morphous Lane, Sacramento, CA 95864 is doing business under the Fictitious Business Name "Transformational Hypnotherapy" at 6920 Fair Oaks Blvd. #204, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on July 9, 2012. Publish: July 25, August 1, 8, 15, 2012.

TRANSF 120704 8-15-12

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00127529. WHEREAS, Peter Ashton Knowles has filed a petition with this court for a decree changing name of Peter Ashton Knowles to Peter Ashton Lowder. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on August 30, 2012 in Department 54, located at 720 9th St., 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: July 18, 2012. Shelleyanne W.L. Chang Judge of the Superior Court Publish: July 25, August 1, 8, 15, 2012.

LOWDER 120704 8-15-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06177. Pamela G. Qualls, 6330 Cazador, Rancho Murietta, CA 95683 is doing business under the Fictitious Business Name "Elements Next Chapter" at 6330 Cazador, Rancho Murietta, CA 95683. Filed with the Clerk of Sacramento County on July 24, 2012. Publish: August 1, 8, 15, 22, 2012.

GLASSP 120801 8-22-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06177. Pamela G. Qualls, 6330 Cazador, Rancho Murietta, CA 95683 is doing business under the Fictitious Business Name "Elements Next Chapter" at 6330 Cazador, Rancho Murietta, CA 95683. Filed with the Clerk of Sacramento County on July 24, 2012. Publish: August 1, 8, 15, 22, 2012.

ELEMEN 120801 8-22-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06165. Jonathon Dimitridis, 8428 Fair Oaks Blvd., Carmichael, CA 95608 is doing business under the Fictitious Business Name "JD's Appliance, Heating & Air" at 8428 Fair Oaks Blvd., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on July 23, 2012. Publish: August 1, 8, 15, 22, 2012.

JDSAPP 120801 8-22-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06180. The Party Concierge, Inc., 601 Dos Rios St., Sacramento, CA 95811 is doing business under the Fictitious Business Name "The Party Concierge" at 601 Dos Rios St., Sacramento, CA 95811. Filed with the Clerk of Sacramento County on July 24, 2012. Publish: August 1, 8, 15, 22, 2012.

THEPAR 120801 8-22-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06159. Matilde Cumejo Resendiz, 2312 Cottage Way, Sacramento, CA 95825 is doing business under the Fictitious Business Name "Cornojo Commercial Cleaning" at 2312 Cottage Way, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on July 23, 2012. Publish: August 1, 8, 15, 22, 2012.

CORNEJ 120801 8-22-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06156. Ashley Berlin and Melanie Ferreira, both of 6453 Woodhills Way, Citrus Heights, CA 95621 are doing business under the Fictitious Business Name "There's No Place Like Home Care" at 6453 Woodhills Way, CITRUSHEIGHTS, CA 95621. Filed with the Clerk of Sacramento County on July 23, 2012. Publish: August 1, 8, 15, 22, 2012.

NOPLAC 120801 8-22-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-05778. Ardeshir E. Nikooe and Elie Nikooe, both of 2926 E Solar, Fresno, CA 93720 are doing business under the Fictitious Business Name "Gold Exchange" at 900 E. Bidwell #A200, Folsom, CA 95630. Filed with the Clerk of Sacramento County on July 9, 2012. Publish: August 1, 8, 15, 22, 2012.

GOLDEX 120801 8-22-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-07178. Armando Morales, 436 Bowman Ave., Sacramento, CA 95833 is doing business under the Fictitious Business Name "Orchid Lawn Care" at 436 Bowman Ave., Sacramento, CA 95833. Filed with the Clerk of Sacramento County on July 17, 2012. Publish: August 1, 8, 15, 22, 2012.

ORCHID 120801 8-22-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06216. Robert King Fong, 3321 23rd St., Sacramento, CA 95818 is doing business under the Fictitious Business Name "RKF Consulting" at 3321 23rd St., Sacramento, CA 95818. Filed with the Clerk of Sacramento County on July 25, 2012. Publish: August 1, 8, 15, 22, 2012.

RKFCON 120801 8-22-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06121. Wasim Qazi, 6904 Castro Verde Way, Elk Grove, CA 95757 is doing business under the Fictitious Business Name "A&M Cutlery" at

6904 Castro Verde Way, Elk Grove, CA 95757. Filed with the Clerk of Sacramento County on July 20, 2012. Publish: August 1, 8, 15, 22, 29, 2012.

TUTORI 120802 8-29-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06312. Steven T. Ngo, 3408 Grimshaw Way, Elk Grove, CA 95758 is doing business under the Fictitious Business Name "STN Realty" at 3408 Grimshaw Way, Elk Grove, CA 95758. Filed with the Clerk of Sacramento County on August 1, 2012. Publish: August 8, 15, 22, 29, 2012.

STNREA 120802 8-29-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06376. Ravi Patel, 5546 Kalspell Way, Sacramento, CA 95835 is doing business under the Fictitious Business Name "Motelrenovation.com" at 5546 Kalspell Way, Sacramento, CA 95835. Filed with the Clerk of Sacramento County on July 31, 2012. Publish: August 8, 15, 22, 29, 2012.

MOTELR 120802 8-29-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06331. Shawn Zausch, 8863 Bluff Lane, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Lauder Photo Supply" at 8863 Bluff Lane, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on July 30, 2012. Publish: August 8, 15, 22, 29, 2012.

LAUDER 120802 8-29-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06302. Olga Proednik, 5034 Manzanita Ave. #7, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Kitchens Baths & Beyond" at 5034 Manzanita Ave. #7, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on July 27, 2012. Publish: August 8, 15, 22, 29, 2012.

KITCHE 120802 8-29-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06226. House of Glory International Ministry, 10190 Systems Parkway, Sacramento, CA 95827 is doing business under the Fictitious Business Name "New Life Preschool & Resource Center" at 10190 Systems Parkway, Sacramento, CA 95827. Filed with the Clerk of Sacramento

County on July 26, 2012. Publish: August 8, 15, 22, 29, 2012. NEWLIF 120802 8-29-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06219. Thai Tran, 10291 Parnavik Ct., Sacramento, CA 95829 and Chi Tran, 4804 Crown Bench Circle, Elk Grove, CA 95757 are doing business under the Fictitious Business Name "Saigon Bay Express" at 6000 "J" St., Sacramento, CA 95819. Filed with the Clerk of Sacramento County on July 25, 2012. Publish: August 8, 15, 22, 29, 2012.

SAIGON 120802 8-29-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06226. Sergey Kaznachehev and Lyubov Kaznacheheva, both of 7647 Antelope Hills Dr., Antelope, CA 95843. Filed with the Clerk of Sacramento County on July 26, 2012. Publish: August 8, 15, 22, 29, 2012.

KLEENE 120802 8-29-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06388. Gabriel Garcia, 5450 Jacinto Ave., Sacramento, CA 95823 is doing business under the Fictitious Business Names "Nor-Cal Customz; NorCal Customz" at 6161 Power Inn Rd. #B, Sacramento, CA 95824. Filed with the Clerk of Sacramento County on July 31, 2012. Publish: August 8, 15, 22, 29, 2012.

NORCAL 120802 8-29-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06161. Manva Saephan, 2218 Gateway Oaks Dr. #211, Sacramento, CA 95833 is doing business under the Fictitious Business Name "Manh's Photography" at 2218 Gateway Oaks Dr. #211, Sacramento, CA 95833. Filed with the Clerk of Sacramento County on July 23, 2012. Publish: August 8, 15, 22, 29, 2012.

MANHSP 120802 8-29-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06115. Heather Cromartie, 4216 Jump Court, Sacramento, CA 95826 is doing business under the Fictitious Business Name "Conscious Diva" at 4216 Jump Court, Sacramento, CA 95826. Filed with the Clerk of

Sacramento County on July 20, 2012. Publish: August 8, 15, 22, 29, 2012. CONSCI 120802 8-29-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06078. Lance Mateo, 4368 Anatolia Dr., Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name "Pride N' Joy Pools" at 4368 Anatolia Dr., Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on July 19, 2012. Publish: August 8, 15, 22, 29, 2012.

PRIDEN 120802 8-29-12

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00127886. WHEREAS, Pavel Borisovich Tspyruch has filed a petition with this court for a decree changing name of Pavel Borisovich Tspyruch to Paul Tspiruch. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on September 14, 2012 in Department 54, located at 720 9th St., 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. Shelleyanne W.L. Chang Judge of the Superior Court Publish: August 8, 15, 22, 29, 2012.

TSPIRU 120802 8-29-12

Call to place your legal advertising here. 532-2113

6904 Castro Verde Way, Elk Grove, CA 95757. Filed with the Clerk of Sacramento County on July 20, 2012. Publish: August 1, 8, 15, 22, 29, 2012.

A&MCUT 120801 8-22-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06171. Troy Davie, 6850 Kittery Ave., 21 is doing business under the Fictitious Business Name "Classic Coatings of Sacramento" at 6850 Kittery Ave., 21. Filed with the Clerk of Sacramento County on July 24, 2012. Publish: August 1, 8, 15, 22, 2012.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00127708. WHEREAS, Vo Band Tran and Thao Thi Ngoc Nguyen have filed a petition with this court for a decree changing name of Toan Song Nguyen to Jayden Tran. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on September 6, 2012 in Department 54, located at 720 9th St., 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: July 25, 2012. Shelleyanne W.L. Chang Judge of the Superior Court Publish: August 1, 8, 15, 22, 2012.

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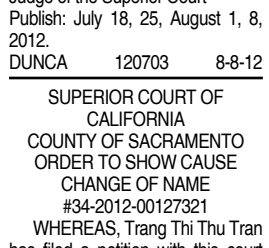
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PRIDEN 120802 8-29-12

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Current and Upcoming Events



2011 Best of Show by Kit Austin

Magnum Opus XXIII Art Exhibit
 August 7 – Sept. 1, 2012
2nd Saturday Reception • August 11th
 5:30-8:30 pm
 Live Music, Refreshments



2012 Best of Show Winner
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Artists in Residence Present
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Friday, Aug 24th
 5:30 pm to 8:30 pm
 Open Poetry Mic,
 Danvers, Live Model
 for Artists. Food and
 refreshments.

Fiber Arts Group
 August 13th, 6:30 pm
 Photo Club
 August 23rd, 7 pm

No WASH Monthly meeting:
 Next Meeting September 10th

No NCA Monthly Meeting:
 Next Meeting September 12th

Call to Watercolor Artists

WASH Inc. Annual Open Watercolor Exhibition

September 4 - 29, 2012. Entry Dates Friday, Aug 17th, 1-5 pm &
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Announcements & Events

SUMMER CAMPS 2012

See website for info on:

- Summer Camp Registration and Waiver
- Start Your Summer Now Packet
- Summer Camp Field trips
- Summer Camp Frequently Asked Questions

POTTERY & ART CLASSES

Taught by Michelle Lueth

Location: Arts & Crafts Bldg.,
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See website for more info.

YOGA FOR FITNESS & STEP AEROBICS

Location: Carmichael Park Vets Bldg.

Day/Time: Yoga W/F, 5:15-6:15pm

Step T/TH, 5:15-6:15pm

Dates: 7/17-8/31 or 9/4-10/19 (Fee: 1 day/wk, \$20;

2 days/wk, \$40; 3 days/wk, \$60, 4 days/wk, \$80.

Yoga for Fitness Class features strength, cardiovascular conditioning and flexibility components. Wear loose clothing, bring a towel, water and yoga mat (mats available for purchase). Step Aerobics Class includes cardiovascular and strength designed for both beginning and intermediate levels. Wear good shoes, bring water and a towel or mat.

See Community Events at our website for complete list of Summer Events!

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- Grass Valley Marketplace • August 16 • \$22
- Old Sacramento Underground • August 30 • \$35
- California Academy of Sciences • Sept 6 • \$23
- Coloma/Gold Hill • Sept 22 • \$33

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 (916) 972-0336 • Fax (916) 972-7371
 4701 Gibbons Dr., Carmichael, CA 95608
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By Karen Anderson

FAITH RULES

would be "that couldn't be happening to me!" Then my next feeling would be gratitude to our Heavenly Father. When you think about it...questioning the gift shouldn't be the response. First and foremost the response needs to be THANK YOU JESUS! I was reminded by a spiritual sister that you cannot have fear and faith at the same time. You have to commit yourself to live in faith no matter what the circumstances. If you think this is easy, it's not; but God promises to help us in our unbelief. We just need to be willing to admit it. If you are willing then take this verse to heart and say it during the times of doubt and worry.

"And without faith it is impossible to please God, because anyone who comes to Him must believe that He exists and that He rewards those who earnestly seek Him."

Life can have a way of interfering with your beliefs. I can tell you from personal experience that God is faithful and the verse is true.

PASSAGE: Hebrews 11:6 (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.



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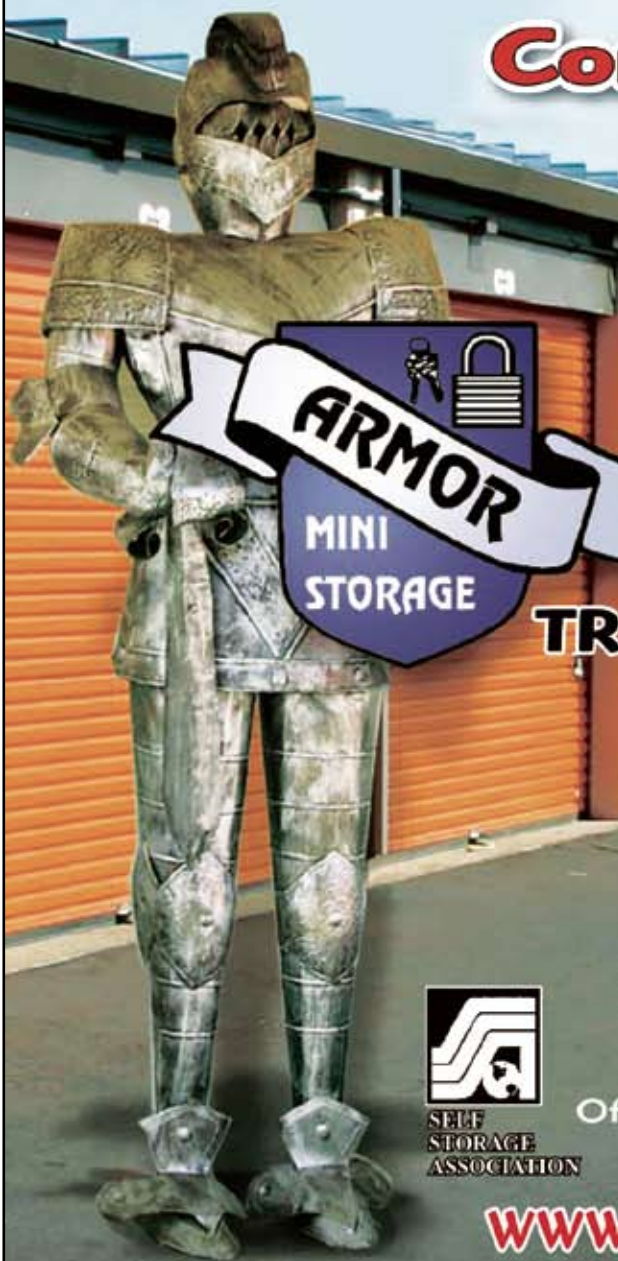
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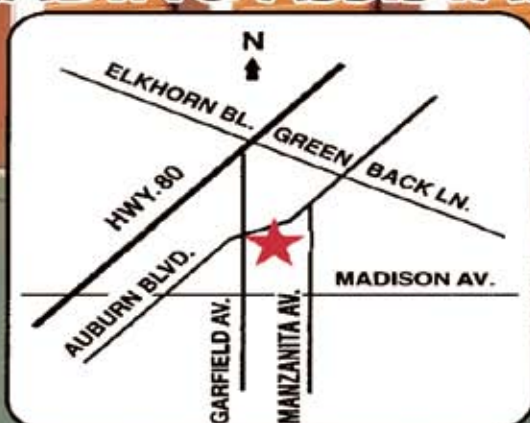


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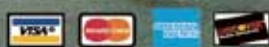


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Print publications include: Carmichael Times, Citrus Heights Messenger, American River Messenger, Placer Sentinel. All other publications are online.

Attic Fire Displaces Residence of Apartments

Sac Metro Fire District Report

CARMICHAEL – On Sunday, August 5, 2012, shortly after 2am Metro Fire responded to 5700 Marconi Ave, #210 to check a reported extinguished ceiling light of a second floor unit of an eight-plex apartment. On inspection of the fixture, the 1st arriving engine company crew found active fire in the attic space. The engine company Captain balanced the alarm to a full structure assignment of 4 engines, 2 truck companies, a

battalion chief and an ambulance crew. Metro Fire crews evacuated the eight-plex, performed fire extinguishment and vertical ventilation of the roof.

The fire was confined to the attic space. Two occupants of the apartments were treated for minor smoke inhalation and released at scene. Metro Fire crews performed salvage and overhaul operations. Damage to the structure is estimated at \$10,000. Occupants of the eight-plex were displaced and

Red Cross provided temporary housing and assistance to four occupants.

Metro Fire wants to remind everyone to ensure that you have an operational smoke detector and don't hesitate to call 911 to have firefighters inspect any perceived extinguished fire in a concealed space like an attic where fire can smolder undetected. Additionally have a licensed electrician ensure that your electrical wiring meets fire safe code requirements.

Dog Perishes from Smoke of a Mattress Fire

Sac Metro Fire District Report

ARDEN ARCADE–Friday, August 3, 2012 at 7:57pm, Metro Fire responded to a reported residential structure fire. Crews arrived to find smoke coming from a single story home. Crews made entry and quickly extinguished a smoldering mattress and box spring that appeared to have been burning undetected for quite some time. There was no extension of the fire. However there was extensive smoke damage throughout the

home. The lone adult female occupant was not home at the time of the fire. She returned home while fire crews were on scene to inform them that her dog was inside. Fire crews located the medium-sized dog, but despite resuscitative efforts the dog did not survive.

The cause of the fire remains undetermined. However smoldering ash from a cigarette is suspected. This marks the third suspected smoking related fire in a week and the third canine to perish as a result of fires this week.

According to the United States Fire Administration (USFA), Smoking remains the number one cause of residential fire deaths nationwide, despite a decline in the number of smokers. About 1,000 people are killed every year from smoking material home fires. Most fires caused by smoking materials start on beds, furniture, or in trash. "If you smoke, put it out. All the way. Every time". Dispose of ash and smoking material in a non-combustible container with a lid.

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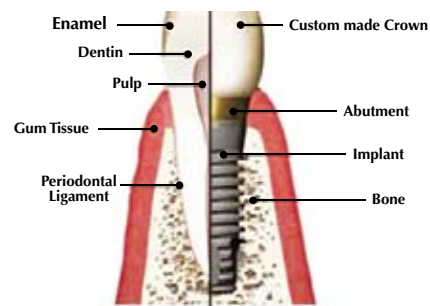
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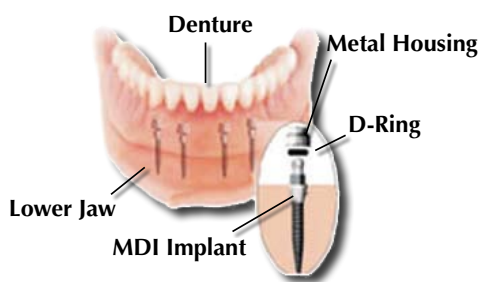
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