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Carmichael Times

Volume 32 • Issue 22

Serving Carmichael and Sacramento County since 1981

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Where the Wild Things Are Celebrity Artists at Effie Yeaw Gala



Gala helpers Jamie Washington (left) Betty Cooper, artist David Peterson and auctioneer David Stone take Abbey Road formation as they transport art at the Effie Yeaw Nature Center. Works shown will be among many auction items on June 9. Photo by Susan Maxwell Skinner.

By Betty Cooper

Effie Yeaw Nature Center's "Painting Where the Wild Things Are" fundraiser offers a special perk this June 9.

Already one of the area's must-do events, gala attendance this year includes a book that celebrates the Carmichael area in all its picturesque glory. Author Susan Maxwell Skinner won three state-wide awards for "Carmichael - Americana on the Move." A nature lover and supporter of Effie Yeaw,

the photojournalist will donate signed copies of her book to gala attendees. Limited to one per household, these will be distributed on event night. Normally retailing for \$26, Susan's gift augments the fantastic value of gala tickets. A \$40 admission cost benefits the Nature Center and the American River Natural History Association.

Guests will enjoy a summer evening in Effie Yeaw's glade. Fine food, wine, music and sublime views augment the experience; deer, raptors and wild

turkey are ever-present in this rambling preserve. Sacramento Fine Art Center members will offer paintings in a silent auction show whose works follow a juried contest. This year, vacations and other gifts also feature among biddable items.

After dinner, a glamor auction offers work by award winners and celebrity artists. These include Terry Papas, Maria Winkler, Greg Kondos and David Peterson. Read about another VIP painting's unique provenance on page 3 of this edition.

Effie Yeaw is open for normal morning traffic on June 9. Visitors can view painters working in the nature area. Their canvases will appear in a "wet paint sale" during the gala. Prices are surprisingly affordable; nature-inspired art is a guaranteed treat for those who love our American River and its parkway.

The gala begins at 4 p.m. on Saturday, June 9. For information, call (916) 489-4918 or visit www.sacnaturecenter.net

Program to Direct More Business to Small and Local Businesses

SACRAMENTO COUNTY - Sacramento County just changed its small/local business preference program to not only increase opportunities to buy and sell to the County but to streamline the process and make it easier to navigate.

Dollar thresholds were raised from \$250,000 to \$1 million and the local business preference percentage was raised to 5%. These changes will increase the number of contracts that will be eligible for the incentive program.

For the County program, "small business" is defined as a State designated micro-business that is independently owned, not dominant in its field operation, and is a service, construction, or non-manufacturing firm with 25 or fewer employees and has average annual gross receipts of \$2,750,000 or less for the previous 3 years.

The changes were previewed with the Sacramento Public Agency Consortium (SacPAC), and the Asian, Hispanic, and Black Chambers of Commerce with favorable reviews. The County purchases more than \$100 million each year in goods and services with about half of that going to small and/or local businesses. Increasing local business participation can have a positive impact on the local economy and help create more jobs.

The new program will become effective June 22, 2012 and the County will conduct training classes for business. Details can be found at under Local Vendor Preference at <http://www.sacountybids.net>.

Watt Avenue Traffic Collision takes Life of 81 Year Old Male

SACRAMENTO COUNTY - On May 24, 2012, at approximately 2:55 p.m., Fred Schwarz, an 81 year old male from Sacramento, was driving a gold 1998 Mercedes on northbound Watt Avenue. As Schwarz entered the intersection of Pope Avenue his vehicle crossed over into the southbound Watt Avenue traffic lanes and he continued to travel northbound in the #1 lane. A driver traveling southbound on Watt Avenue observed the Mercedes and honked at Schwarz. Schwarz appeared to acknowledge that driver and then began to steer his vehicle in an attempt to make a left or u-turn. Cara Sweet, a 25 year old from Sacramento was traveling in the #3 lane at approximately 40 mph, approaching the location of the Mercedes. Sweet did not observe the Mercedes until it was too late and her vehicle broadsided the passenger side of the Mercedes.

Sweet was transported to Mercy San Juan Medical Hospital with complaint of pain and has been released. Schwarz died from his injuries at the scene. The #3 lane of southbound Watt Avenue was closed from Club Lane to Pope Avenue for approximately two and a half hours.

Any additional information about this news release should contact Officer Dutton who will be available at the CHP North Sacramento Area business phone number of (916) 338-6710, Monday through Friday 8:00 to 5:00 p.m. After hours, or if urgent, please contact her by cell at (916) 955-3332.

Source: CHP

United Way Rolls Out Annual Toilet Paper Drive to Help Nonprofits Offset Costs, Focus on Programs



United Way seeks 125,000 rolls of toilet paper from local community. Photo courtesy of United Way.

SACRAMENTO - Davis non-profit Community Housing Opportunities Corporation must decide between spending \$9,000 on a summer youth enrichment program for 200-300 low-income children or purchasing a basic necessity - a year's worth of toilet paper. United Way California Capital Region is asking the community to participate in its 4th annual LIVE

UNITED Toilet Paper Drive on June 14 to help local nonprofits offset the cost for this staple item.

Last year's drive raised 115,840 rolls of toilet paper and this year's goal is 125,000 rolls. Sac-Val Janitorial Supply will donate one roll for every two rolls collected.

"It's amazing the number of expenses nonprofits face that people don't think about," said Steve

Heath, president and CEO, United Way California Capital Region. "Nonprofits work magic with their budgets to make a positive difference in countless lives in our region, but there's only so much they can do. Donating toilet paper is a great way to join together and ensure more money goes toward vital programs that change people's lives."

The drive will take place 7 a.m.-7 p.m. on June 14 at the Cal Expo main entrance, 1600 Exposition Boulevard in Sacramento. Residents also can donate toilet paper online at www.yourlocalunitedway.org/tp-drive.

The rolls will be distributed the following week to many of United Way's 142 certified partners in Amador, El Dorado, Placer, Sacramento and Yolo counties. For more information, visit www.yourlocalunitedway.org/tp-drive.

United Way is the region's leading provider of innovative solutions on the community's most pressing issues, including high school graduation rates, household financial stability and obesity. United Way's team of nonprofits, businesses, donors and volunteers work together to provide positive, measurable results on these issues through United Way projects: STAR Readers, SenSe-Ability and Fit Kids. Community members can give, volunteer and advocate in support of the causes they care most about, benefiting United Way and hundreds of nonprofits in Amador, El Dorado, Placer, Sacramento and Yolo counties. United Way is an independent, local affiliate of United Way Worldwide. For more information, visit www.yourlocalunitedway.org.

Souter Speaks at Sacramento Republican Women June Luncheon

FAIR OAKS - The Sacramento Republican Women Federated will be holding their monthly lunch on June 6, 2012 at the Northridge Country Club located at 7600 Madison Avenue in Fair Oaks.

This month is our annual membership tea and will feature Dottie Ray Souter who currently serves as California Federation of Republican Women Northern Division 3rd Vice President, Membership Promotion.

Previously, Dottie Ray served on CFRW Northern Division as: Secretary, Resolutions Chair and 2009 Nomination Committee. Previous to Northern Division involvement, Dottie Ray served



Dottie Ray Souter. Photo courtesy of Michelle Orrick. with Nevada County Republican Federation of Women: Secretary, Membership Chair, By-Laws

Review, Budget Committee and is Past President 2 years,

District 2 Assemblyman Dan Logue named Dottie Ray as his 2010 Woman of the Year. The cost is \$25 and reservations should be made by calling 916-733-1623 or visiting our website: <http://www.sacramento.rwf.org/>

Sacramento Republican Women Federated is the largest Republican Women's group in the Sacramento area. Chartered as a National Federation of Republican Women Club in 1932, we educate women in Republican principles, increase the effectiveness of women in the political cause and are leaders in our community.

Senior Tap Dance Performers Mark Three-Year Anniversary



Performances usually include six to seven numbers in colorful costumes to lively, familiar music.

SACRAMENTO REGION - Rhythm and Shoes, a senior tap dance performing group, recently celebrated three years providing free shows to local organizations.

Since the group was formed in 2009 at Mission Oaks Community Center in Carmichael, Rhythm and Shoes has danced 36 performances at venues ranging from River Cats Stadium and the California State Fair to retirement homes and skilled nursing facilities.

This year the group will be

performing May 28 at the Hyatt Regency during the Sacramento Traditional Jazz Festival and June 17 at the state Veterans of Foreign Wars convention at the Double Tree Inn.

"We get as much enjoyment from tapping as the audiences do from watching," said Kathleen Hodson, a Rhythm and Shoes member. "It's a way for us to have fun, get some terrific exercise and give back to the community."

The troupe is composed of 11 retirees in their 60s and 70s

who practice six to seven hours a week. They come from various backgrounds, including several teachers, a couple of RNs, a telephone company salesperson, an optician, an architect, a writer-journalist and a human resources manager.

Performances usually include six to seven numbers in colorful costumes to lively, familiar music.

Groups who are interested in a performance by Rhythm and Shoes may contact Linda Jarvis at (916) 591-1793 or 972-1793.

Honorable Intentions



Sacramento Superior Court Judge Tami Bogert (center) recently entertained supporters at the soon-to-be-renovated Milagro Center in Carmichael. Daughter of parole officer parents, Bogert (41) graduated from San Juan District's El Camino High School before studying law. In 2010, Governor Arnold Schwarzenegger, appointed her to the Sacramento Superior Court. She seeks to retain her seat via the June 5 primary election.

Bogert's relatives Allan and Nancy Davis hosted the soiree. The Palace catering service provided wine and hors d'oeuvres. The Davises last year bought the Hillside Shopping Center at Fair Oaks Blvd and Marconi Ave. They will re-develop the mall as the Milagro Center.

Photo and text by Susan Maxwell Skinner.

Rex Cycles Hosts 9th Annual Rex Ride to Benefit American River Parkway Foundation

Cyclists Band Together to Support the American River Parkway

SACRAMENTO REGION - As funds to maintain the American River Parkway continue to be reduced, cyclists and all Parkway users are encouraged to help maintain the Parkway.

For the ninth year in a row, Rex Cycles urges cyclists to support the American River Parkway by riding in the "Rex Ride". All proceeds benefit the American River Parkway Foundation (ARPF) and their efforts to preserve and sustain the 23-mile Parkway.

The ride will be on the Jedediah Smith Memorial Trail

and will begin at William Pond Recreation Area. The race will head to Discovery Park first and then up to Beals Point and back to William Pond. Riders are encouraged to ride as much or as little of the 60-mile course as they wish. After the ride, participants are treated to a catered lunch and an afternoon with fellow cyclists. Rex Ride is the perfect opportunity to spend your day on the Parkway while also supporting the crown jewel of Sacramento, the American River Parkway.

WHEN: Sunday, June 10, 2012 at 7:00 AM, Registration closes Friday, June 1st.

To register, visit <http://www.arpf.org/rex.shtml> or call the ARPF at (916) 486-2773.

The American River Parkway Foundation exists to "foster environmental stewardship, facilitate volunteer opportunities and fund projects and programs" along the 23-mile section of the American River that begins at the confluence of the Sacramento River and extends east to the Nimbus Fish Hatchery.



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Advertising Sales: Paul V. Scholl • Marion Solo, Lelani Kinzler • Allyse Weaver • Max H. Peters

Graphics & Layout: Banerjee Designs • Stump Removal Graphics

Contributing Writers: Susan Skinner • Mary Jane Popp • Marlys Johnsen Norris • Tim Reilly, David Dickstein • Dave Ramsey • Dr. E. Kirsten Peters • Kay Burton, Dr. Bob Graykowski • Julie Parker • Leslie Carrara, Pastor Rich Reimer • Pastor Cary Duckett • Ronnie McBrayer, David Graulich • Perry Hartline • Gerry Scholl

Distribution Assistant: Gabriel Scholl

Accounting: Nicholson & Olsen CPA


Web Master: RJ at thesitebarn.com • JWS Promotions • Mikahn Design

News Services: Whiskey & Gunpowder • StatePoint Media • NewsUSA • PRWEB NewsWire, North American Precip Syndicate • Blue Ridge Press • ARA Content, California News Service • Family Features • WorldNetDaily

Photography: Amanda Morello • Susan Skinner


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Trio of Artists Aid Fundraiser

By Susan Maxwell Skinner

Household names on the Sacramento art scene, Pat Mahony, Boyd Gavin and Marcy Friedman meet regularly for painting safaris in Carmichael. Friedman – a respected patron of Sacramento art and culture – recently began a riverscape. She soon handed her brushes to Mahony and Gavin.



Painters Marcy Friedman (left), Pat Mahony and Boyd Gavin recently collaborated on an American River study. The canvas will be auctioned to aid the Effie Yeaw Nature Center on June 9. Photo courtesy of Marcy Friedman.

The result was a canvas that vividly portrays the river at a familiar bend near Ancil Hoffman Park. The group donated the canvas to the Effie Yeaw Nature Center and it will be among VIP works offered for auction at the center's "Painting Where the Wild Things are" fundraiser on June 9. For details on this event visit www.sacnaturecenter.net. Also see details on page one of this issue.



The finished work is a colorful portrait of the American River at Ancil Hoffman Park.

"Another Effort to Weaken Our Three Strikes Law"



Commentary by Jan Scully District Attorney

This initiative is another effort to weaken our 3 strikes law, one of the strongest laws California prosecutors have available to protect our citizens from serious and violent offenders, by using the most popular excuse of "it costs too much money." Let's be honest, the 3 strikes law is used very judiciously by prosecutors and judges throughout the state. There are relatively few offenders- the worst of the worst – that actually go back to prison for 25 years to life under this law. Last year in Sacramento County, for example, there were only 17 3

strike convictions out of well over 10,000 felony convictions. This represents less than 1/2 of 1% of all felony convictions for 2011.

Who were these three strikers? Of the seventeen offenders, five had previous convictions for sexual assault including child molest, three had prior convictions for murder or attempted murder, and ten had previous convictions for robbery or assault with a deadly weapon (several had multiple conviction for the same).

Their current offenses, for which they received the 25 to life sentence, include murder, child molest, assault

with a deadly weapon, and assault on a correctional officer while in prison on their previous offenses. A grand total of zero 3 strike sentences were handed out to low level drug offenders or thieves.

These examples are not only consistent with Sacramento convictions in previous years, they are consistent with other prosecutors' offices statewide. In fact, as of September of 2011, the number of offenders serving 25 to life sentences in California prisons is less than 6% of the total population of offenders.

When we have a criminal who has served a sentence in prison for felony assault, rape, murder or other violent crime only to get out of prison and commit another felony, elected District Attorneys throughout this state want the option of taking that criminal off the street for a very long time. The current initiative would

require in all circumstances that the recidivist felon must only be subject to the strikes law if he commits another serious or violent crime. This means another victim must suffer another violent felony at his hand before he may be sentenced to a term of 25 to life. There is no such thing as a "minor" felony when it is committed by a violent offender.

As the elected District Attorney for Sacramento County, I endeavor to use my prosecutorial discretion wisely and fairly. When appropriate, the option to send these dangerous recidivists back to prison *before* he commits another violent crime against *another* victim is a valuable prosecutorial tool. I do not want to lose that option. Our victims do not want to lose this option, and our citizens do not want to lose this option.

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- 7:00 Vallejo Community Band / Pittsburg Community Band

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LIFELONG COMMITMENT TO SERVICE

For more than 30 years as a community volunteer, businesswoman, and now as Supervisor, Susan Peters has worked hard to move our community forward.

- Former Chair of the Sacramento Metro Chamber of Commerce
- Co-Chair of Next Economy, a group of area leaders working to build a brighter economic future for Sacramento County
- Chair of the Leland Stanford Mansion Foundation, which restored the former governor's mansion, now a state historic park and national historic landmark
- Former member of Sacramento Valley Conservancy Board of Directors

PROTECTING PUBLIC SAFETY

Susan Peters is a consistent and passionate public safety advocate.

- As Supervisor, Susan has always kept public safety as her number one budget priority
- Endorsed by Sheriff Scott Jones, former Sheriff John McGinness and the Sacramento County Deputy Sheriff's Association

PROMOTING FISCAL ACCOUNTABILITY AND ECONOMIC GROWTH

As our Supervisor, Susan Peters has carefully managed taxpayer money and worked to improve our local economy.

- Balanced the budget every year in office
- Created innovative partnership with a nonprofit organization to keep the Effie Yeaw Nature Center open for the benefit of our neighborhood school children
- Encouraged local job growth by streamlining government permitting and upgrading public infrastructure

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Dr. Bob Graykowski



Bicycling – whether it is on the open road, a stationary bike, or in spinning classes – is a phenomenal way to get into shape and stay that way. Unfortunately, the sport may also up the risk of a myriad of injuries. That’s why professional cyclists turn to chiropractic care to ward off cycling-related injuries, and maximize performance. You don’t have to be Lance Armstrong to reap the cycling-friendly advantages of chiropractic care. Recreational cyclists also benefit from chiropractic’s unique approach to preventing sports-related injuries. At Chiropractic USA, we encourage patients to review safety information and learn how chiropractic can help thwart – and even prevent – bicycling injuries.

Neck and Back Pain

Bicycling-related neck and back pain is sparked by a cyclist’s body position while riding, which typically involves overextension of the neck coupled with a hunched lower back. Both of these postures may result in misalignment of the spinal bones (vertebrae), in turn spawning a common condition known as vertebral subluxation. Vertebral subluxations can spark carpal tunnel syndrome, a disorder that is exacerbated by gripping handlebars for extended periods of time.

We at Chiropractic USA recommend the following prevention strategies:

- Stretching exercises
- Shortening the handlebar reach or adding forearm rests
- Adjusting the tip of the saddle angle slightly upward (10-15 degrees)
- Regularly changing hand and arm position on the handlebars
- Keeping elbows slightly flexed while riding

How to Prevent Cycling Injuries

Hip and Knee Pain

Cycling-related knee pain is commonly incited by incorrect foot position, which may result from positioning the saddle too far forward or too low. Research reveals that correction of the bicycle set-up, strengthening and stretching adjacent muscles – including the hamstrings can prevent cumulative stress injuries.

Ulnar Neuropathy

If you are the kind of cyclist who rolls down the road with a death-grip on the handlebars, we at Chiropractic USA urge you to loosen up! Distance cycling may promote physiologic changes in the deep branch of the ulnar nerve, consequently provoking symptoms associated with wrist pain, carpal tunnel syndrome and other disorders.

Experts suggest a proper fit to your bike would have handlebars at least one to two inches below the top of the saddle (up to four inches for tall cyclists). The distance between handlebars should be the shoulder width of the rider: the exception being mountain bicyclists, where this distance should be slightly wider. Wearing cycling gloves can also provide padding to help prevent nerve compression and protect hands from “road rash.”

Focus on Fit

One size does not fit all when it comes to bicycles. Frame size, saddle position, reach distance to the handlebars and handlebar height must all be considered. The proper clearance between the frame and crotch (while standing astride the frame of the bicycle) should be one to two inches for sports/touring bicycles and three to six inches for mountain bikes.

Fancy Feet

While cycling, always keep feet in a neutral position – no pointing upwards or downwards. Make sure the ball of the foot rests over the axis of the pedal.

Know the Facts

When it comes to bike injuries, mountain-bike enthusiasts have the highest risk of factors. There is a threefold increase in the incidence of mountain biking injuries over the last 10-years .Orthopedic injuries were most

common (46.5 percent) – such as contusions, sprains and fractures to the hand, wrist, lower arm, shoulder, ankle and lower leg – followed by those to the head and spine.

On the other end of the spectrum are non-traumatic injuries (unrelated to accidents) including repetitive damage to the knees, neck, shoulders and hands for road cyclists. Doctors of Chiropractic also see considerable muscle, nerve and spine damage among patients who ride bikes without proper alignment.

Be Proactive

- Maintain regular tune-up schedule for your bicycle.
- Choose a padded seat and padded biking shorts.
- Opt for traffic-free bike paths whenever possible.
- Leave headsets at home when biking on the road to remain aware of possible dangers.
- Get a spinal check up before beginning your cycling routine

The Chiropractic Approach to Preventing Sports Injuries

The chiropractic approach to preventing sports injuries aims to eliminate possible risk factors before the onset of pain. When an injury does occur chiropractic care allows cyclists to get back in peddling shape swiftly.

Want to learn more about how chiropractic can help keep you in top cycling form? Schedule an appointment today for a chiropractic cycling evaluation. Learn more about our community office; find us on Facebook-Chiropractic USA.

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Sacramento County DA Reports

Recent cases of interest

CASE: Nicholas Newsome & Sean Joyner (05/24/12)

PROSECUTOR: Deputy District Attorney Leslie Kolb, Gangs & Hate Crimes Unit

District Attorney Jan Scully announced today that the Honorable Ernest Sawtelle sentenced Nicholas Newsome and Sean Joyner each to 40 years to life in prison. Last month, the two defendants were convicted by jury of second degree murder for the 2009 shooting death of David Blanks. The jury also found true the use of a firearm and gang enhancement of committing the murder for the benefit of the Oak Park Bloods.

On October 24, 2009, Newsome and Joyner were in the Center Court parking lot while a concert played inside. When the bar closed, Blanks, who was a 29th Street Crip, walked with his fiancé and another couple to their cars where they encountered the group from Oak Park. After a brief exchange of words, the defendants pulled out a gun and shot Blanks six times.

CASE: Carlos Ojeda (05/24/12)

PROSECUTOR: Deputy District Attorney Jeff Ritschard

District Attorney Jan Scully announced today that the Honorable Maryanne Gilliard sentenced Carlos Ojeda to 40 years to life in prison after being convicted by jury for the murder of Javier Serna with the use of a firearm.

On May 24, 2008, Ojeda shot his roommate, Javier Serna, two times with a handgun in the Foothill Farms area of Sacramento County.

The jury returned their verdict on Tuesday, May 22, 2012, and Ojeda requested immediate sentencing.

CASE: Dena Marks (05/24/12)

PROSECUTOR: Deputy District Attorney Matt Chisholm

District Attorney Jan Scully announced today that the Honorable Raul Thorbourne sentenced Dena Marks to 20 years to life in prison after being convicted by jury of attempted voluntary manslaughter, aggravated mayhem, and assault with a deadly weapon.

In December 2010, Marks and the victim were socializing at a friend's apartment when they began insulting each other. Marks left the room, returned with a knife, and started attacking the victim. Marks sliced the victim across the neck and face, creating a wound that required approximately 30 stitches and 10 staples to close. The victim's external jugular vein was also cut, leaving him disfigured. Marks fled to her nearby apartment, where she tried to change her appearance by changing her clothes and removing her prosthetic leg. The victim and his brothers ran to a nearby convenient store and called 911. Quick response by Sacramento County sheriff's deputies led to the swift apprehension of Marks.

CASE: Robert Durst (05/22/12)

PROSECUTOR: Deputy District Attorney Rod Norgaard

District Attorney Jan Scully announced today that the Honorable Marjorie Koller sentenced Robert Durst to 17 years in prison. Last month, Durst was convicted by jury of arson, burglary, theft of property, and possession of a firearm by a convicted felon.

On July 5, 2010 at approximately 1:30 a.m., Durst took a candle from his home and placed it inside his neighbor's vacant house. He then turned the gas valve in the kitchen on full blast.

Approximately 8 1/2 hours later, Sacramento firefighters responded to a call reporting a gas leak. When they opened the structure for ventilation, the oxygen entered the gas laden house, causing the candle to ignite the gas, which resulted in a massive explosion. Three firefighters were significantly burned and another suffered serious injuries.

This investigation was conducted by the Sacramento Police Department in conjunction with agents with the Bureau of Alcohol, Tobacco, Firearms and Explosives, and investigators with the Sacramento Fire Department.

The Genealogical Association of Sacramento

will hold its regular monthly meeting Wednesday, June 20, at 1:00 P.M., at the Belle Cooledge Library, 5600 S. Land Park Drive.

Guest speaker will be Lisa

Lee speaking on "Taking a Second Look at Our Research". All are welcome.


Further details at our website:

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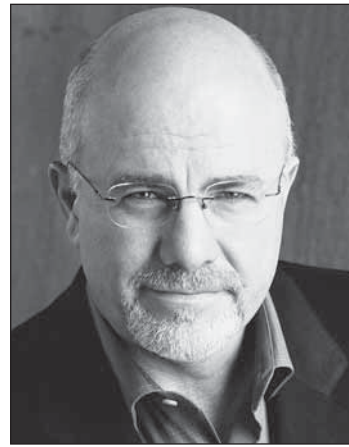
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CLUES

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| <p>ACROSS</p> <ol style="list-style-type: none"> 1. Short attention _____, pl. 6. Semi 9. Like Usain Bolt, e.g. 13. Shakespearean "ergo" 14. To do this is human? 15. Specialty 16. "I see friends shaking hands.... sayin' how do _____?" 17. Activity at Heavenly in California 18. Perfection 19. "Boy, you're gonna carry that _____" 21. "Well, we're all in the mood for a _____" 23. He sang "Hit the road Jack" 24. Dirty air 25. _____ Holbrook 28. Left after deductions 30. Water nymphs 35. Flightless birds 37. Famous flood survivor 39. On spouse's side 40. "A" in A.D. | <ol style="list-style-type: none"> 41. _____ alert 43. "No he can't read my poker _____" 44. Excessive sternness 46. Famous scat singer 47. Killer whale 48. Tapeworm 50. Cocoyam 52. Spanish sea 53. "Video killed the radio _____" 55. Octopus' defense 57. "Girl, we couldn't get much _____" 60. "Stand up for your _____" 63. One born to Japanese immigrants 64. Street in Paris 66. Leaves out 68. Runs in neutral 69. Egyptian cobra 70. Make another map 71. Potato and _____ soup 72. "Owner Of A Lonely Heart" band 73. Athlete's domain | <p>DOWN</p> <ol style="list-style-type: none"> 1. "Say Say _____" 2. Front part of vessel 3. Chills and fever 4. Rock bottom 5. "Just do it," e.g. 6. Catch your breath 7. Irritate 8. Tale-spinning brother 9. Popular dog name 10. Breezed through, as in test 11. One-horse carriage 12. _____ Aviv 15. Large Indian antelope 20. Laughing predator 22. Long time 24. Quarterback great Kenny _____ 25. "Total eclipse of the _____" 26. Embryo sacs 27. Foot-forward squat 29. Large book 31. Information 32. It often snoozes 33. Capital of Bangladesh | <ol style="list-style-type: none"> 34. "Take my hand, we'll make it I _____" 36. In the near future 38. _____ in captivity 42. Halves of diameters 45. Hindu sages 49. "_____ it up" 51. Fluffy sweater material 54. Orderly arrangement 56. _____ Rouge 57. Cow skin, e.g. 58. Small island 59. Oddball 60. Twelve of one set in exercise 61. "Time after _____" 62. Baseball great Musial 63. Zilch 65. Function 67. R&R spot |
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- 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.

Moving in With Mom

Dear Dave,
We're on Baby Step 1 of your plan, and we have \$1,000 saved. We have a baby, my husband brings home about \$2,000 a month, and we have \$50,000 in debt, the majority of which is student loans. My mother-in-law has offered to let us move in with her for a while in order to pay off our debts more quickly and save up to buy a house. Does this sound like a good idea?

- Elizabeth

Dear Ann,

If your husband can get his income up, I'd prefer that you guys maintain your own residence. Moving in with a parent would be my last choice, if for no other reason than keeping your independence and maintaining some dignity. Plus, it'll just be better for your marriage. But you don't need to even think about buying a house until you first clean up the mess you've made.

Still, if things get so tight you feel like you have to take your mother-in-law up on her offer, make it for a very limited amount of time. Write it down as an agreement too. I'd say a minimum of six months, but definitely no more than a year. During this time you guys need to get on a killer budget, knock out a bunch of debt, and pile up as much cash

Dave Says

in savings as you can. Then, find yourselves an inexpensive place to rent for a while. Hopefully, by that time your husband's income will have increased.

But the big thing is to get stuff straight in your mind about this situation. Make sure everyone involved knows the arrangement is temporary and that you and your husband are serious about doing the hard work it'll take to put your financial house in order. You guys shouldn't still be living with a parent two or three years down the road!

- Dave

How Grown Up Are You Going to be?

Dear Dave,
Recently, I got married and I have \$10,000 in student loan debt. I have \$50,000 that came from my grandmother, but the money is in a trust controlled by my father, who is an attorney. He says I should use it all to buy a small house outright. I think it makes more sense to pay down my student loan debt. Who's right?

- Elizabeth

Dear Elizabeth,

Why not completely pay off the student loan, and put \$40,000 toward a big down payment on a house? I'm sorry, but your dad is just plain wrong on this one. You should be debt-free before

you buy property, because if you aren't, Murphy will move into your spare bedroom. Plus, he'll bring his three cousins—Broke, Desperate and Stupid—with him.

Now, part of the reason I'm saying your dad is wrong is based on the assumption that you guys are going to be responsible and live on a plan that's logical and mature. If he knows better and has seen evidence that you're irresponsible, he may have decided he's not releasing the money in a way that would allow you to potentially blow it all.

So really, a lot of it depends on where you and your husband are in the growth process as a young married couple. Are you going to budget and live on less than you make? Are you going to have a plan and clearly defined goals for your future and your money, perhaps use the remaining \$40,000 as a methodology to build up an even bigger down payment? Or, are you going to use the fact that the student loan is gone to consume even more?

In other words, how grown-up are you going to be?

- Dave

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



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For Solution See Page 7.

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FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03867. Amanda L. Ramsey, 3391 Phoenix Ave., Fair Oaks, CA 95628 and Graham Michael Cox, 4933 Village Green Dr., El Dorado Hills, CA 95762 are doing business under the Fictitious Business Name "Cox's Boxes" at 11375 Sunrise Park Dr., #900, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on May 1, 2012. Publish: May 9, 16, 23, 30, 2012. COXSBO 120502 5-30-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03890. Erika Eva Renee Kendrick and Alan Brian Kendrick, both of 3461 Harmony Lane, Sacramento, CA 95821 are doing business under the Fictitious Business Name "Red E One Events" at 3461 Harmony Lane, Sacramento, CA 95821. Filed with the Clerk of Sacramento County on May 2, 2012. Publish: May 9, 16, 23, 30, 2012. REDEON 120502 5-30-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03490. Candace Alicea, 5429 Verner Ave., Sacramento, CA 95841 and Christine Tadlock, 7374 Candlelight Way, Citrus Heights, CA 95621 are doing business under the Fictitious Business Name "C.C.'s Catering & Confection Company" at 5429 Verner Ave., Sacramento, CA 95841. Filed with the Clerk of Sacramento County on April 19, 2012. Publish: May 9, 16, 23, 30, 2012. CCSCAT 120502 5-30-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03839. Amber Silva, 131 Vista Creek Circle, Sacramento, CA 95835 is doing business under the Fictitious Business Name "Love Story Pictures" at 131 Vista Creek Circle, Sacramento, CA 95835. Filed with the Clerk of Sacramento County on April 30, 2012. Publish: May 9, 16, 23, 30, 2012. LOVEST 120502 5-30-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03352. BVM Enterprises Corporation, 4105 Bannister Road, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Paramount PM Development; Paramount PM Consulting" at 4105 Bannister Road, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on April 16, 2012. Publish: May 9, 16, 23, 30, 2012. PARAMO 120502 5-30-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03211. Opticalpha Architecture Inc., 9407 Achatec Circle, Sacramento, CA 95826 is doing business under the Fictitious Business Name "Opticalpha" at 9407 Achatec Circle, Sacramento, CA 95826. Filed with the Clerk of Sacramento County on April 10, 2012. Publish: May 9, 16, 23, 30, 2012. OPTICA 120502 5-30-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03522. Rise & Riot LLC, 811 Cathedral Ct. #4, Sacramento, CA 95825 is doing business under the Fictitious Business Name "Rise & Riot Clothing" at 811 Cathedral Ct. #4, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on April 19, 2012. Publish: May 9, 16, 23, 30, 2012. RISE&R 120502 5-30-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03847. Ada Revuelta, 8621 New Island Way, Sacramento, CA 95828 is doing business under the Fictitious Business Name "Ada's House Cleaning" at 8621 New Island Way, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on April 30, 2012. Publish: May 9, 16, 23, 30, 2012. ADASHO 120502 5-30-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03883. River Rock Development Company, a California corporation, 7700 College Town Dr. #2501, Sacramento, CA 95826 is doing business under the Fictitious Business Names "River Rock Investment Group; River Rock International" at 7700 College Town Dr. #250, Sacramento, CA 95826. Filed with the Clerk of Sacramento County on May 2, 2012. Publish: May 9, 16, 23, 30, 2012. RIVERR 120502 5-30-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-02466. Sacramento Central Seventh-Day Adventist Church, 6045 Camellia Ave., Sacramento, CA 95819 is doing business under the Fictitious Business Name "Your Neighbor Community Thrift

Store" at 6700 Folsom Blvd., Sacramento, CA 95819. Filed with the Clerk of Sacramento County on March 19, 2012. Publish: May 9, 16, 23, 30, 2012. SACCEN 120502 5-30-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03912. Michelle LeMay, 6105 Rich Hill Dr., Orangevale, CA 95662 is doing business under the Fictitious Business Name "Stubby Press" at 6105 Rich Hill Dr., Orangevale, CA 95662. Filed with the Clerk of Sacramento County on May 2, 2012. Publish: May 9, 16, 23, 30, 2012. STUBBY 120502 5-30-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03713. Austin Contractors Inc., 8149 Santa Juanita Ave., Orangevale, CA 95662 is doing business under the Fictitious Business Name "DV Austin Painting" at 8149 Santa Juanita Ave., Orangevale, CA 95662. Filed with the Clerk of Sacramento County on April 25, 2012. Publish: May 9, 16, 23, 30, 2012. DVAUST 120502 5-30-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03430. Debbie Brooke and David Brooke, both of 3313 Brownlee Circle, Antelope, CA 95843 are doing business under the Fictitious Business Names "Senior Solutions; Senior Solutions of CA" at 3313 Brownlee Circle, Antelope, CA 95843. Filed with the Clerk of Sacramento County on April 17, 2012. Publish: May 9, 16, 23, 30, 2012. SENIOR 120502 5-30-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03780. Valleriy Putintsev, 8020 Wallerger Road #1014, Antelope, CA 95843 is doing business under the Fictitious Business Name "Val Dental Marketing" at 8020 Wallerger Rd. #1014, Antelope, CA 95843. Filed with the Clerk of Sacramento County on April 26, 2012. Publish: May 9, 16, 23, 30, 2012. VALDEN 120502 5-30-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03838. Renaissance Technologies, Inc., 6608 Penney Way, Carmichael, CA 95835 is doing business under the Fictitious Business Names "Tech Smart; Ubuyit; Cataly Legal; Cataly Bankruptcy; Missionary Legal; Red Sky Legal; Construction Commando; Cannabiz Docs; Just Believe; BFP Entertainment; BFP Cruise; BFP Events" at 6608 Penney Way, Carmichael, CA 95835. Filed with the Clerk of Sacramento County on April 30, 2012. Publish: May 9, 16, 23, 30, 2012. TECHSM 120502 5-30-12

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00123426
 WHEREAS, Sergio Ivan Carrasco Canchola Jr. has filed a petition with this court for a decree changing name of Sergio Ivan Carrasco Canchola Jr. to Sergio Ivan Canchola Jr. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at a.m. on June 12, 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: May 2, 2012. Shellyanne W.L. Chang Judge of the Superior Court Publish: May 9, 16, 23, 30, 2012. CANCHO 120502 5-30-12

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00123173
 WHEREAS, Trung Anh Truong and Hoa Hong Thi Huynh have filed a petition with this court for a decree changing name of Jasmine Huynh to Jasmine Huynh Nguyen. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on June 7, 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: April 26, 2012. David I. Brown Judge of the Superior Court Publish: May 9, 16, 23, 30, 2012. ADMIN 120502 5-30-12

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO AMENDED ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00113774
 WHEREAS, Adelheid Klugkist has filed a petition with this court for a decree changing name of Adelheid Klugkist to Payg Harmony McMullen. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on June 11, 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: April 30, 2012. Shellyanne W.L. Chang Judge of the Superior Court Publish: May 9, 16, 23, 30, 2012. MCMULL 120502 5-30-12

STATE OF ARIZONA PINAL COUNTY SUPERIOR COURT SUMMONS #DO201200750
 Robert A. Ross 2820 N. Pinal Ave. #12-501 Casa Grande, AZ 85122 Petitioner Pro Per
 Respondent: ROBERT A. ROSS
 Respondent: LISA M. GREENLEE
 WARNING: This is an official document from the court that affects your rights. Read this carefully. If you do not understand it, contact a lawyer for help. A lawsuit has been filed against you. A copy of the lawsuit and other court papers are served on you with this "Summons." If you do not want a judgment or order taken against you without your input, you must file an "Answer" or a "Response" in writing with the court, and pay the filing fee. If you do not file an "Answer" or "Response" the other party may be granted the relief requested in his/her Petition or Complaint. To file your "Answer" or "Response" take, or send, the "Answer" or "Response" to the Office of the Clerk of the Superior Court, P.O. Box 2730, Florence, AZ 85232. Mail a copy of your "Answer" or "Response" to the other party at the address listed on the top of this Summons. If this "Summons" and the other court papers were served on you by a registered process server or the Sheriff, within the State of Arizona, your "Answer" or "Response" must be filed within TWENTY (20) CALENDAR DAYS from the date you were served, not counting the day you were served. If this "Summons" and the other papers were served on you by a registered process server or the Sheriff outside the State of Arizona, your "Answer" or "Response" must be filed within THIRTY (30) CALENDAR DAYS from the date you were served, not counting the day you were served. Service by a registered process server or the Sheriff is complete when made. Service by Publication is complete thirty (30) days after the date of the first publication. You can get a copy of the court papers filed in this case from the Petitioner at the address at the top of this paper, or from the Clerk of the Superior Court's Customer Service Center at 917 Jason Lopez Circle, Blvd. A/Hwy. 79, Florence, AZ. Requests for reasonable accommodation for persons with disabilities must be made to the office of the judge or commissioner assigned to the case, at least five (5) days before your scheduled court date. SIGNED AND SEALED this 27th day of April, 2012. Chad A. Roche, CLERK OF THE COURT By: TANDI GRAY Publish: May 9, 16, 23, 30, 2012. ROSS 120502 5-30-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-04145. Rachael Ryan, 211 Alcantar Circle, Sacramento, CA 95834 is doing business under the Fictitious Business Name "Event Marketing

Creative" at 211 Alcantar Circle, Sacramento, CA 95834. Filed with the Clerk of Sacramento County on May 9, 2012. Publish: May 16, 23, 30, June 6, 2012. EVENTM 120503 6-6-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03888. Molly Yang, 8112 Sonoma Hills Way, Sacramento, CA 95828 is doing business under the Fictitious Business Name "Tropical Bliss Smoothie and Frappe" at 8112 Sonoma Hills Way, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on May 2, 2012. Publish: May 16, 23, 30, June 6, 2012. TROPIC 120503 6-6-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-04170. Mary Tufoor, 5523 Northborough Dr., Sacramento, CA 95834 is doing business under the Fictitious Business Name "Queen Couture Beauty Supply" at 2214 Arden Way, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on May 10, 2012. Publish: May 16, 23, 30, June 6, 2012. QUEENC 120503 6-6-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03595. Holly Fae Hyatt and Esmeralda Arthy Gutierrez, both of 171 American River Canyon Dr., Folsom, CA 95630 are doing business under the Fictitious Business Name "Inner Ripple" at 4400 San Juan Ave. #18, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on April 23, 2012. Publish: May 16, 23, 30, June 6, 2012. INNERR 120503 6-6-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03514. Gary Pitts, 3627 "T" St., Sacramento, CA 95816 is doing business under the Fictitious Business Name "Banks Group West" at 3627 "T" St., Sacramento, CA 95816. Filed with the Clerk of Sacramento County on April 19, 2012. Publish: May 16, 23, 30, June 6, 2012. BANKSG 120503 6-6-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-04100. John Chevez Jr., 11463 Mother Lode Circle, Gold River, CA 95670 is doing business under the Fictitious Business Name "Pacific Crest Design" at 11463 Mother Lode Circle, Gold River, CA 95670. Filed with the Clerk of Sacramento County on May 8, 2012. Publish: May 16, 23, 30, June 6, 2012. PACIFD 120503 6-6-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03922. Pamela J. Bulk and Curtis R. Hough, both of 5586 Butano Way, Rocklin, CA 95677 are doing business under the Fictitious Business Name "Sierra Foothills Massage" at 555 Oakdale St. #B, Folsom, CA 95630. Filed with the Clerk of Sacramento County on May 2, 2012. Publish: May 16, 23, 30, June 6, 2012. SIERRA 120503 6-6-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-033960. Hari Singh Sohi, 3737 Stone Walk Ct., Antelope, CA 95843 is doing business under the Fictitious Business Name "Quality Accounting Services" at 3737 Stone Walk Ct., Antelope, CA 95843. Filed with the Clerk of Sacramento County on May 3, 2012. Publish: May 16, 23, 30, June 6, 2012. QUALIT 120503 6-6-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03Jeff Boucher, 836 57th St., Sacramento, CA 95819 is doing business under the Fictitious Business Name "Event LTD" at 836 57th St., Sacramento, CA 95819. Filed with the Clerk of Sacramento County on May 9, 2012. Publish: May 16, 23, 30, June 6, 2012. EVENTI 120503 6-6-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-034181. Brigitte Rumie and Guillermo Aguilar, 2537 River Plaza Dr. #67, Sacramento, CA 95833 are doing business under the Fictitious Business Name "Success Enterprises" at 2537 River Plaza Dr. #67, Sacramento, CA 95833. Filed with the Clerk of Sacramento County on May 10, 2012. Publish: May 16, 23, 30, June 6, 2012. SUCCES 120503 6-6-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03721. Joseph Bond Simpson, 11664 New Albion Dr., Gold River, CA 95670 is doing business under the Fictitious Business Name "Mad Hatter Mushroom Company" at 11470 Sunrise Gold Circle #6, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on April 25, 2012. Publish: May 16, 23, 30, June 6, 2012. MADHAT 120503 6-6-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03875. Vistasat Solutions LLC, 10017 Prairie Dunes Way, Sacramento, CA 95829 is doing business under the Fictitious Business Name "Vistasat Solutions LLC" at 10017 Prairie Dunes Way, Sacramento, CA 95829. Filed with the Clerk of Sacramento County on May 1, 2012. Publish: May 16, 23, 30, June 6, 2012. VISTAS 120503 6-6-12

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00123528
 WHEREAS, Nicholas J. Hurley has filed a petition with this court for a decree changing name of Nicholas John Hurley to Nicholas John O'Connell. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on June 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: Jan. 12, 2010. Shellyanne W.L. Chang Judge of the Superior Court Publish: May 16, 23, 30, June 6, 2012. OCONN 120503 6-6-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-034137. Theima Lisa Jouganatos, 8337 Summerplace Dr., Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "Storage Group Network; SGN" at 6456 Tupelo Dr. #A-6, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on May 9, 2012. Publish: May 23, 30, June 6, 13, 2012. STORAG 120504 6-13-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-034106. Lance Clifton Chiropractic, PC, 7880 Old Auburn Road, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "Creekside Chiropractic Group" at 7880 Old Auburn Road, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on May 8, 2012. Publish: May 23, 30, June 6, 13, 2012. CREEKS 120504 6-13-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-034358. Milward Realtors Inc., 3401 West Country Club Lane, Sacramento, CA 95821 is doing business under the Fictitious Business Name "Intero Real Estate Services" at 460 Drake Circle, Sacramento, CA 95864. Filed with the Clerk of Sacramento County on May 17, 2012. Publish: May 23, 30, June 6, 13, 2012. INTERO 120504 6-13-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-034364. Ronald D. Starr, 5417 Tree Side Dr., Carmichael, CA 95608 and George W. Johnson, 1591 Barnett Circle, Carmichael, CA 95608 are doing business under the Fictitious Business Name "Starr Johnson Wines" at 5417 Tree Side Dr., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on May 17, 2012. Publish: May 23, 30, June 6, 13, 2012. STARRJ 120504 6-13-12

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO SUMMONS CASE #34-2010-00068058 NOTICE TO DEFENDANT: JOSHUA RISSMAN, and DOES 1-100 inclusive. You are being sued.

PLAINTIFF'S NAME IS: KATHY BATCHELDER.
 You have 30 Calendar Days after this Summons and legal papers are served on you to file a typewritten response at this court and have a copy served on the petitioner. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp.org), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your Response on time, you may lose the case by default, and your wages, money and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp.org), or by contacting your local court or county bar association. The name and address of the court is: Superior Court of California, County of Sacramento, 720 Ninth St., Sacramento, CA 95814. The name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney, is: Richard E. Lehrfeld, 3350 Watt Ave., Sacramento, CA 95821; 916-482-5000. Dated: Jan. 12, 2010. Publish: May 23, 30, June 6, 13, 2012. LEHRFE 120504 6-13-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-04480. BAD, Inc., 443 Stationers Way, Sacramento, CA 95842 is doing business under the Fictitious Business Name "Impressive Exteriors" at 5443 Stationers Way, Sacramento, CA 95842. Filed with the Clerk of Sacramento County on May 21, 2012. Publish: May 30, June 6, 13, 20, 2012. IMPRES 120505 6-20-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03986. Helen Wong, 5643 John Runge Dr., Sacramento, CA 95835 is doing business under the Fictitious Business Name "Looks JS" at 5643 John Runge Dr., Sacramento, CA 95835. Filed with the Clerk of Sacramento County on May 4, 2012. Publish: May 30, June 6, 13, 20, 2012. LOOKS 120505 6-20-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-04285. Hood Funeral Home, Inc. 4221 Manzanita Ave., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Lind Brothers" at 4221 Manzanita Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on May 5, 2012. Publish: May 30, June 6, 13, 20, 2012. LINDBR 120505 6-20-12

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00124701
 WHEREAS, Matthew Owen Beal has filed a petition with this court for a decree changing name of Matthew Owen Beal to Kristina Maria Beal. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on July 5, 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: May 23, 2012. Shellyanne W.L. Chang Judge of the Superior Court Publish: May 30, June 6, 13, 20, 2012. BEAL 120505 6-20-12

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00124702
 WHEREAS, Kyle Benjamin Hernandez has filed a petition with this court for a decree changing name of Kyle Benjamin Hernandez to Kyle Benjamin Hernandez Kniesel. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on July 3, 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: May 3, 2012. David I. Brown Judge of the Superior Court Publish: May 30, June 6, 13, 20, 2012. KNIESE 120505 6-20-12

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00119350
 WHEREAS, Barry Dornich has filed a petition with this court for a decree changing name of Natalie Paige Dornich to Natalie Paige Dornich. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on June 28, 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: May 3, 2012. Shellyanne W.L. Chang Judge of the Superior Court Publish: May 30, June 6, 13, 20, 2012. DOMNIC 120505 6-20-12

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00124701
 WHEREAS, Mary Ann Martin Ostenseo has filed a petition with this court for a decree changing name of Mary Ann Martin Ostenseo to Mary Ann Martin. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on July 3, 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: May 3, 2012. David I. Brown Judge of the Superior Court Publish: May 30, June 6, 13, 20, 2012. MARTIN 120505 6-20-12

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 @ National University, 10901 Gold Center Drive Rancho Cordova, CA 95670
 National University invites you to a reception celebrating the opening of the Rancho Cordova Campus. Complimentary refreshments and hors d'oeuvres will be served.
 Email: events@nu.edu • Phone: 916-855-4309
 More Info: <http://www.nu.edu/>

Carmichael Chamber Board Meeting
 Tue, June 12, 2012 from 12:00pm - 1:30pm
 @ Eskaton Village Carmichael
 Board meetings are held at Eskaton Village and require advance notification for a gate pass. Any member wishing to attend needs to contact Linda in advance to have this arranged.

Multi-Chamber Mixer
 Wed, June 13, 2012 from 5:30pm - 7:30pm
 Multi-Chamber Mixer with Carmichael, Citrus Heights, Fair Oaks & Orangevale Chambers hosting it at Northridge Country Club. Free food and drink and great networking opportunities. Bring plenty of business cards. Sign up to host a vendor table.
 3 in 1 Recycle Event!
 Saturday June 16, 2012, 9:00 am - 1:00 pm
 La Sierra Community Center
 5325 Engle Road, Carmichael 95608
 For more info contact Linda Melody at the Chamber Office at 916-481-1002

Support the Carmichael Chamber - Buy Your Coffee or Tea from Us! See website for more info.

Contact us for more information on the Carmichael Chamber of Commerce
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Program information available at 916.966.3683

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Proceeds from the concert go to the Fair Oaks Theatre Festival, a non-profit summer theatre company, and the New Christy Minstrels Foundation providing music education, concerts and music to schools throughout the country. Both organizations are Charitable/Education entities under Federal law.

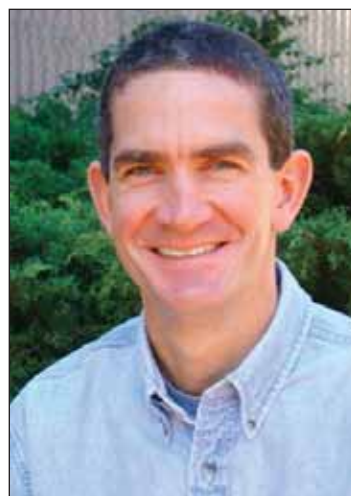
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Veteran's Memorial Amphitheatre
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Gates open @ 6:30 pm

Mom's Love Inspires Immediate Pain Relief



Commentary by Eric Nelson

I can remember it like it was yesterday.

I was maybe 8 or 9 years old, climbing out of the family's station wagon. Just as I was pulling my arm past the doorjamb, someone pushed the door closed on my hand.

Three thoughts came immediately to mind: First, that I couldn't see my hand. Second, that my mom was there to comfort me. Third, that within a matter of moments I didn't feel any pain.

Fast-forward another 20 years. As I was riding my bike up a steep mountain road, I was sideswiped by a car traveling upwards of

50 miles an hour. Again, three thoughts came to mind: First, that I was grateful to have made it to the side of the road without being hit by another car. Second, that the best thing to do immediately would be to pray. Third, that within a matter of moments I didn't feel any pain.

Ask anyone how this was possible and they'd be hard-pressed to give you a definitive answer since the nature of pain itself remains largely misunderstood.

Perhaps part of the problem is that we tend to look at pain in mostly physical terms, paying less attention to the mental factors involved. According to Dr. Sean Mackey, chief of Stanford University's pain management division, "The reality is, all of our pain is in our head," - that is, it's a "brain phenomenon" and not something that actually exists in our finger or in our back.

While conventional medicine is by far the most popular method of dealing with pain, other approaches are proving to be effective. These include attention distraction ("hey, look over here!"), guided imagery (think "clouds in the sky" not "pain in my knee"), meditation ("ommmmm"), and positive thinking or "cognitive behavioral therapy," to use the scientific term.

There's also the placebo ef-

fect. According to a number of studies funded by the National Center for Complementary and Alternative Medicine, simulated acupuncture proved to be just as effective as real acupuncture, indicating that the mere anticipation of relief tends to make it happen.

And then there's good old-fashioned love.

In a study Dr. Mackey conducted on a handful of Stanford undergrads, he found that those looking at a photo of their beloved boyfriend or girlfriend while receiving pain stimuli from a hot probe reported feeling 44% less pain than when they looked at a photo of just another friend.

Now that I think about it, maybe that's why I didn't feel any pain so many years ago. Whether it was when my hand got wedged inside a car door or my bike was nearly knocked over a cliff, there was something that I was able to focus on - that I loved - that I knew was loving me right back. When I was a kid that "something" was my mom. As I've grown older, it's felt more like the Divine. Perhaps, then, it's our awareness and acceptance of love that just might hold the key to treating - and even beating - pain.

This article originally appeared on Blogcritics.



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- Start Your Summer Now Packet
- Summer Camp Fieldtrips
- Summer Camp Frequently Asked Questions

SUMMER READING PROGRAMS FOR CHILDREN AND ADULTS

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- Autumn in Yosemite
September 19-20 • \$298/person • Deadline August 18

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Sessions: June 11-29, July 9-27, August 6-24

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Old Town Auburn • July 18 • \$20

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Registration Hours: 8:30am-4pm Monday-Friday
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Wet April Boosts State Water Project Deliveries

SACRAMENTO — The Department of Water Resources (DWR) estimated on May 23rd it will be able to deliver 65 percent of requested State Water Project (SWP) water this year. This is up from the 60 percent delivery estimate — or allocation — announced on April 16. Originally, DWR projected in November that it would be able to supply 60 percent of the slightly more than 4 million acre-feet of SWP water requested, but dropped that figure to 50 percent.

A wet March and above-average reservoir storage boosted the allocation back up to 60 percent in April, and today's increase to

65 percent is due to April's wetter-than-usual weather.

A 65 percent allocation is not unusually low. Wet conditions last year allowed the SWP to deliver 80 percent of the slightly more than 4 million acre-feet requested by the 29 public agencies that supply more than 25 million Californians and nearly a million acres of irrigated farmland. An acre-foot is 325,851 gallons of water, enough to cover one acre to a depth of one foot.

The final allocation was 50 percent in 2010, 40 percent in 2009, 35 percent in 2008, and 60 percent in 2007. The last 100 percent allocation — difficult to

achieve even in wet years due to pumping restrictions to protect threatened and endangered fish — was in 2006.

April rainfall was 167 percent of normal in the mountainous area between the American River and Lake Shasta that produces much of California's water supply. The April rainfall total in the San Joaquin River basin was 137 percent of average. Water content in this year's sparse mountain snowpack was only 55 percent of normal on April 1, the time of year it's usually at its peak. Reservoir storage has been the one consistent bright spot in the water supply picture this year.

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NCA Monthly Meeting:
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Photo Club June 28th, 7 pm

Fiber Arts Group June 20th, 6:30 pm

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Dean Alexander Sr.

Tax Help Afforded by Amending a Tax Return

We continue our discussion of amended returns. We mentioned previously that the ability to file an amended return can be an excellent tax help in some situations and may cause additional taxes and create tax debt in other instances. No matter why you are filing the return there is always the possibility of the tax return being subjected to an IRS audit with the agonizing ramifications and possible tax problems.

You can amend the filing status from filing separate to filing jointly. Remember that when you file jointly you and your spouse will be jointly and severally liable for the tax debt. The IRS in other words will go to the deeper pocket for the full taxes.

If you want to change to head of household status you need to remember married people usually cannot file as head of household. Also remember that if you are claiming a child who is not a dependent on which you base your household status, you need to enter QND and the child's name. Adjusted gross income is a

significant number on both the original and the amended return. It is a reservoir of all the income sources and the deductions. So to avoid complications one would suppose, the IRS starts at the end. Instead of asking details item by item on form 1040 which you are going to adjust, they will ask about the adjusted gross income which summarizes everything with the changes included.

In the explanation section you can then identify the specific item that caused you to amend your return and provide an evidence for. For example if you are amending the return because of a schedule C, you may want to enter the schedule C calculations and the specific item on schedule C that prompted you to amend. You will add the support for that item as well.

Then you can amend if you claim a different number of exemptions or if you are claiming different itemized deductions to reach a taxable income. Then you enter the credits either as is or a new credit claim. Finally you

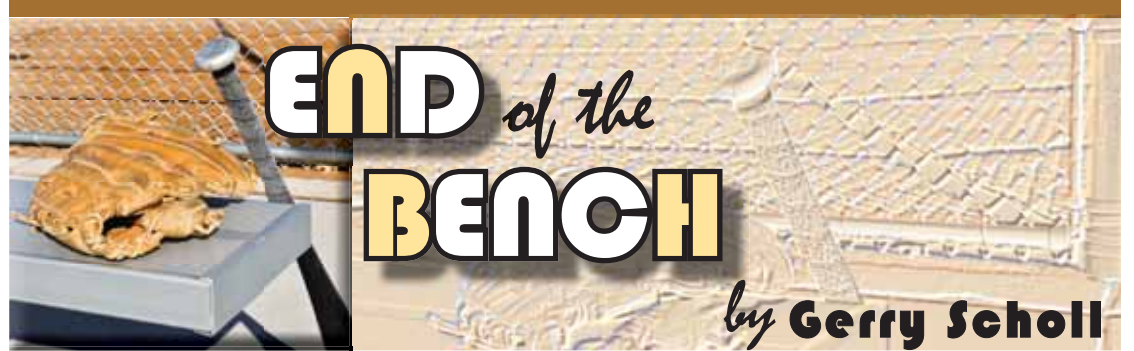
will reach a new tax liability.

If you have originally filed a tax return that showed a refund which you have received and the new amended return shows liability, not only the liability will include the original liability but the refund that you received. It means that you would pay the amount that you should have paid to begin with plus the refund that the IRS sent to you.

Sometimes the back taxes owed as a result of the refund are so large that a tax resolution requires the expertise of professionals such as CPAs or IRS tax attorneys who may negotiate an installment agreement or an offer in compromise.

Summary: Amended return may provide tax help or create back taxes requiring tax resolution such as an offer in compromise.

Dean has 30 years experience as a CPA and tax consultant and he is currently on two radio shows. He is the managing director of National Financial Advisors (NFA Tax Help), a national firm headquartered in Houston. He is also a Chartered Financial Consultant and Chartered Life Underwriter. He consults exclusively on tax matters particularly tax audits and tax collections at both the federal and the state levels.



Let the Great Debates Continue

So you like the sight of the Orange & Black and the Green & Gold on the diamond at the same time, squaring off in inter-league play? Bay Bridge Series always have a unique allure for Northern California baseball fans.

What if we didn't have that anymore?

Every season as inter-league play gets underway, the arguments are renewed. What are the pro's and con's of regular-season games between American League and National League teams, and should it continue? And, should the AL's designated-hitter rule be retained, or even expanded to the NL?

When it comes to the Giants versus the A's, whether you are a fan of one or the other, or both, it's all pro's. The Giants won two of three in the series over the weekend, played before packed houses. When the teams play in Oakland, it is always in front of some of the largest crowds of the season for the A's.

Both teams are above .500 in inter-league play since it began in 1997, when the Giants played at Texas in the first regular-season game ever between leagues. The A's hold a 46-43 advantage in the Bay Bridge Series, though Sunday's win at AT&T Park was Oakland's first in 13 tries in San Francisco.

All this helps to intensify the rivalry, the battle for bragging rights in the Bay Area. A's fans will point to their team's four World Championships, including the 4-0 sweep of the Giants in the Earthquake Series in 1989. Giants fans can lean on "what have you done lately?" while pointing to the 2010 championship banner flying high above the center-field stands.

Complaints always center around the lousy matchups that

have to be endured. There's not much excitement for the Giants' part to see the Royals, Mariners or Twins come to town, but then you also can get the Yankees or Red Sox. The A's can get the Dodgers, Cardinals or Phillies, but have to tolerate the Padres, Pirates and Astros. By the way, get used to that last one A's fans, because the Astros move to the AL West next season to balance the leagues at 15 teams each. Oakland will see way too much of the 'Stros. It might be okay if it was the old Killer B's teams of Craig Biggio, Jeff Bagwell and Derek Bell, or a little later with Lance Berkman and Carlos Beltran mixed in...but it's not. Can you name three current Houston players? (I flunked my own test).

I was a Giants fan first, long before the A's moved west, but when they brought the AL to the Bay Area the A's immediately ranked second. I had long lamented not having the option to ever see any of the great AL stars in person. Keep the A's here if at all possible and keep inter-league, so fans have access to all the major league players on occasion.

Another complaint involves the unbalanced schedule that results from inter-league play...teams don't necessarily play the same quality opponents. True, but discount that issue completely. The divisions are rarely of equal caliber, but division winners automatically make the playoffs. Wild-card play-off teams don't necessarily play similar schedules either. And look at the NFL scheduling...it makes it harder for the top teams to stay on top by pitting them against other top teams.

Some say that the NL is inferior, but who won three of the last four World Series?...the NL.

The major knock is that NL line-ups are weaker with the pitcher batting, while the AL is more powerful because of the DH rule. True again, but the clash in styles is intriguing. What better challenge for a team than to beat its opponent at its own game?

DH proponents say the essence of the game is in the pitcher-hitter confrontation. The AL stockpiles extra ball-bashers and plays the Earl Weaver game...wait for the three-run homer. Many purists say the game has been around over a hundred years and old school "small ball" is an art form.

Many arguments are made on both sides. Pitchers are inept hitters. But they shouldn't be! Many of them grew up as the best players on their youth teams, as hitters and pitchers. It shouldn't be so rare to see a "good-hitting pitcher." And there should be a place for bunting, not just slugging. A drag bunt or a suicide-squeeze bunt is an exciting play for fans. Even a sacrifice (though it should not be overdone) puts pressure on the defense to perform (ask Giants manager Bruce Bochy about that; his defense has botched a number of those this season).

Since 1973 the DH has prolonged the careers of many great hitters such as Frank Thomas, Paul Molitor, Edgar Martinez and Boston's David Ortiz, who ranks in the top 10 in average, homers and RBI this year. The AL teams can rotate players into the DH slot to rest players on defense but keep them in the lineup. When the NL plays inter-league those teams can get extra at-bats for bench players.

Keep it all going, I say, for variety is the spice of baseball life. If for no other reason, keep the great debates alive for the debates' sakes.

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