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AUGUST 16, 2013

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Vegas is a Safe Bet for Vacationing Families



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Rep. Announces Position in his Rancho Cordova



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Meeting the Rising Need

Across the state of California, Big Brothers Big Sisters agencies are in critical need of men, with boys making up 70% of the waiting list for mentors, and only three out of 10 inquiries to volunteer are men. The goal of the "Man Up California" campaign is to inspire, with humor and emotion, twice as many men to volunteer as the year prior.

SACRAMENTO REGION, CA (MPG) – This year, the Big Brothers Big Sisters Association of California (BBBSAC) is launching its first-ever statewide initiative centered on the recruitment of male volunteers to become Big Brothers. This inaugural campaign will be the first time all 17 California agencies have worked together to leverage their collective reach, with the goal of significantly reducing the number of boys who are waiting for a Big Brother in California by recruiting twice as many male volunteers as the prior year.

Across the state, Big Brothers Big Sisters (BBBS) is experiencing a critical need for men to volunteer. The waiting list is nearly 70% boys, yet only three out of 10 inquiries to volunteer are men. Unfortunately, boys are waiting an average of 275 days before receiving a Big Brother.

"It's time for California to Man Up! It is our desire to give men a fun and easy way to help strengthen our communities by providing boys a quality mentoring experience that is proven to help children who face adversity succeed in and out of school," said Tiffany Siart, President of BBBSAC. "This summer is the perfect time to Man Up and find out how rewarding it is to play sports, go on a hike, eat pizza, or share your interests with a child who needs some



Man Up for a better tomorrow. Learn how you can positively impact a child's life at <http://www.ManUpCalifornia.com>

encouragement."

Boys served by BBBS are primarily children of single-parent, low-income, or active-duty military homes, or homes with an incarcerated parent. "I am a single mother. My son's father passed away last year, and he

needs a male role model in his life now more than ever," explained Jackie, a parent of a child on the waiting list in San Jose.

Due to complex circumstances, boys like Jackie's son are faced with a statistical spike in their likelihood to turn to

drugs, alcohol, and violence in an effort to cope with increased stress in their lives. Parents recognize the proven benefits that come from having a caring role model in their lives, and many are reaching out for help. "My son could use a more positive

male influence in his life," said Jennifer of her 10-year-old son. Mothers like Jennifer are seeking better outcomes for their sons and are looking to BBBS to partner with them to support their children.

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Doughnuts Provide Opportunity

By Alona Thomas

RANCHO CORDOVA, CA (MPG) – June 7th was National Doughnut Day in America. These sweet fried gems are, at the moment, grabbing a share of the "foodie" spotlight. While on the bicycle at the gym I heard all about Cronut (donut meets croissant) in New York that is selling for \$40 on the black market. Dunkin' Donuts debut their Glazed Breakfast Donut Sandwich with much fanfare on this recognition day.

This entire hullabaloo re-minded me of the first recommendation I got from the locals, to make sure I tried Howard's Donuts in the Rivergate Plaza. Right away I found myself having a wonderful Glazed Old-Fashion with coffee at Howard's.

As I took in the scene, people arrived in a constant stream to get their goodies and be greeted by the members of an Asian family. We had a favorite doughnut/coffee shop in my previous hometown, which was operated by a warm, welcoming Cambodian mom and dad.

My question: How does



The family worked seven days a week to make the shop successful. Photo by Alona Thomas

something like doughnuts become a business for a nationality that would have no background for a Crispy Maple Bar?

The history begins with a fellow named Ted Ngoy, who came to the United States as part of the 1975 immigration of Cambodians who fled from the

Khmer Rouge. He was in Long Beach working in a gas station when he noticed many customers going into the Winchell's across the street.

He applied for a job at the doughnut shop. He was willing to take any job, just to learn the business. He not only learned how to make doughnuts, but how

to make it a business and created a million dollar franchise.

He, in turn, trained and sponsored a large number of poor, unassimilated Cambodians who had fled to the United States.*

Back to our man, Howard Hong, who had escaped Cambodia with his family in

1980. The five members walked barefoot through the jungle (to avoid the mines) to a Thailand refugee camp. One year later, they were sponsored by a family and came to Sacramento.

In his heart, Howard is an entrepreneur. He educated himself on all the fine points of doughnut artistry, and then with funds borrowed from family and friends, opened his first shop on El Camino. The family worked seven days a week at the shop. He opened the present location in 1985 and with DONUT dough has provided a living for his family with all three daughters graduating from local colleges. Howard and his wife, Samon, have lived in Gold River since 1987 and recently retired. Their daughter Kimna Nhou and her husband, Yut, operate the shop. Howard still comes in occasionally at 4 a.m. to start the coffee. A favorite ordered by the regulars is the Apple Fritter – SO GOOD.

Alona's hobby is food and all the fun it brings. This includes discovering foodie gems in our area, sharing travel adventures, and fun times. Contact grcommunityfoodie@gmail.com.

**Source: Los Angeles Times*



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Don't Stop Thinking About Tomorrow

By Jodie Myers

RANCHO CORDOVA, CA (MPG) – Fleetwood Mac was in town a couple of weeks ago. Did you go? Because Chuck and I did. And we had a wonderful evening. I mean, who wouldn't love communing with their inner-1978-ish self while watching Stevie and Mick do their thing?

And so it was that we met up with our favorite concert-going friends, Jim and Teresa. First we dined al fresco at one of Gold River's best, Jack's Urban Eats; and then we headed to Arco Arena – I mean, Power Balance Pavilion – I mean, Sleep Train Arena -- for the 7:30 start.

The venue was perfect. Our seats could not have been better. The anticipatory excitement was contagious. The joie de vivre was palpable. Chuck's beer was icy cold. My wine was blissfully refreshing. This, my friends, was going to be an awesome concert!

But...who were these people? As I was checking out the crowd, I was accosted by the sight of an overabundance of "Mom jeans" and Easy Spirit Comfort shoes. At every turn I saw upper-arms-gone-flaccid and too-large-to-be-healthy paunches. I was overlooking a veritable sea of salt-and-pepper and shininess, i.e., graying hair and balding heads.

As I sat there assessing who would for the next three hours be my new BFF's, I wondered what the cumulative cost of HRT, Fibricon and Cialis was amongst all of us gathered together.

A heavy silence descended upon the four of us. I leaned in



and quietly said, "Pssssst. You guys, doesn't everybody here look old?"

Jim replied, "Yeah, they do. But I bet they're saying the same thing about us."

Pregnant pause. Then nervous laughter ensued amongst our little foursome. Because he was right. He was absolutely right. We were one of them. We were all in this together. That cold harsh reality warranted two more quick gulps – I mean, sips – of wine.

Finally, the lights dimmed. Thousands upon thousands of liver-spotted hands clapped in unison. And out came, first, Mick Fleetwood, followed by the venerable, iconic Stevie Nicks. And thus began about 160 minutes of introspection, retrospection, cold chills, misty eyes and sheer entertainment.

Okay. So they sounded a titch raspier, and they moved a tad more slowly, but they still had that same innate ability to captivate and mesmerize.

Their melodically beseeched us to go our own way. They sang to

us about Rhiannon and landslides, and the fact that children get older, times get tough, and that we might just be Second Hand News. And they harmoniously told us: Don't Stop Thinking About Tomorrow.

But heck, I couldn't stop thinking about yesterday! Because after listening to about two of their songs, I was back to circa 1978...before wrinkled bell-bottoms became wrinkled faces; before Ding Dongs and HoHo's evolved into Froyo and Skinny Cows; back to the days when an Apple was, well, an apple; when hashbrowns were a daily staple and hashtags were not yet born. You know, before the advent of 401K's, mortgages and college tuitions...

Sadly, though, all good things must come to an end. After two encore performances, Fleetwood Mac bid us their gracious adieu. The lights, cruelly, came back on, ever-too-brightly. Through no fault of our own, we were catapulted to the here-and-now, which isn't a bad thing, at all. I'm not complaining, at all. I'm just saying: Boy, is it ever cool and therapeutic to take a psychostroll through your 20's!

Chuck and I have seen quite a few bands -- Chicago, The Doobie Brothers, The Eagles, Three Dog Night, Tom Petty and Lynyrd Skynyrd, to name a few. Fleetwood Mac, we decided, ranks among the best. And if, say, Billy Joel, or Bob Seger, or the Rolling Stones ever come to Sleep Train (I propose we rename it The Johnson|Ranadive Center), count us in. We're there!

Hometown Heroes



Air Force Airman Preston D. Wtulich graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Wtulich is the son of Peter and Shirley Wtulich of Guadalupe Drive, Rancho Murieta. He is a 2011 graduate of Jesuit High School, Carmichael.



Air Force Airman Joshua A. Cristi graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Cristi is the son of Barbara Cristi of Hokan Lane Wheatland, and brother of Joseph Cristi of Basie Way, Rancho Cordova.

He is a 2011 graduate of South Sutter Charter School, Placerville.



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Epilepsy Fundraising Event

Proceeds to benefit the Bronte Research Foundation



Ferrari Enzo

Three incredible cars will be on display at the Bronte Epilepsy Research Foundation's fundraising event (a no-host brunch) on Sunday, September 8, 11 am - 3 pm, at Zinfandel California Cuisine, 2220 Gold Springs Court, Gold River. Three drawings will be held for the chance to win a 5-minute ride in one of the cars shown here: a Ferrari Enzo, a Ferrari 458 Italia, and a McLaren MP4-12c. Raffle tickets are \$20 each, with all proceeds going to the Bronte Research Foundation. For more information, contact Mary Lou Sordi at 916-965-5510 or at bronte123@pacbell.net. You can also visit their website at www.bronteepilepsyresearch.org



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Meet Willie From the Streets of L.A.



By Kay Burton

RANCHO CORVDOVA, CA (MPG) – Maisey Thurmond found Willie online through a rescue group called "Mutt Scotts Rescue," in South Lake Tahoe and Southern California. Willie was originally from the streets of Los Angeles, where he was found bleeding and traumatized.

According to the "Mutt Scott" rescuer, a gang of kids had beaten, kicked, and broken his tail before throwing him in the dumpster. He was rescued from the dumpster and then shipped to their South Lake Tahoe location.

The rescue group brought Willie to Maisey and Larry Thurmond's home to inspect their house ... and Willie never left. Maisey and Larry Thurmond adopted Willie on Dec. 14, 2007 and made his birthday on December 25, Christmas Day.

It took some doing to get little Willie to where he is now. They took him to a professional trainer

to boost his confidence. He has mellowed out and has realized that his hands and feet are not for hitting and kicking.

Willie's DNA shows him to be part chihuahua, beagle, pug, and pit bull. He weighs 5 lbs., but can act like a 100 lb. pit bull if he feels that the family or he is threatened. Getting in the front door used to be hazardous for our guests.

Bad Willie loves to chase lizards, which has resulted in a visit to the vet. Good Willie brings the lizards into the house as gifts. Good Willie does not do that anymore. Willie is a good boy 99.9% of the time.

Willie loves Cheerios and can be pretty insistent if he doesn't get his Cheerios treat by 4:00 pm. He likes to hide them. He insists

on sleeping in bed between the two of them on his favorite blanket. He has his Cheerios and his favorite monkey under the covers. That puts a whole new meaning to making the bed.

He's street smart too. He will sit and stare at a skunk, bird, or anything in the backyard. Then, very quietly and when the coast is clear, he'll go out via his pet door and "attack."

Whoever abused Willie will never know how smart and sensitive he is.

Kay Burton is a Gold River resident, as well as a pet columnist and supporter of the SSPCA and rescue groups. To share your family pet story with our readers, email Kay at kayburton1@comcast.net.



Willie who was rescued from the streets of L.A., has gone through professional training to become a better pet. Willie loves Cheerios and has mellowed out since relocating to northern California.

Bow-Wow Beauties Are 'Putting on the Dog'

RANCHO CORDOVA, CA (MPG) – In less than 2 months – on Saturday, September 21 at 11 a.m., Kay Burton's "Bow-Wow Beauties" will hit the doggie runway in Gold River, next to the Hallmark store. SPCA Executive Director Rick Johnson will be the guest emcee.

Highlighting the SPCA's 17th annual fundraiser will be the pets' performances and the raffles. Western Feed of Gold River will provide pet food samples. Sponsors this year are Bel Air Market and Big Valley Federal Credit Union.

Admission is \$5; children are free. For more information, contact Kay Burton (the event's originator) at 916-635-5590.

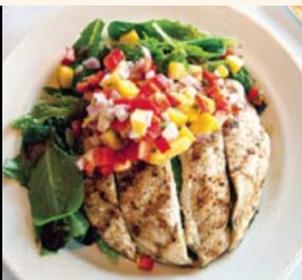


An example of what attendees of "Bow-Wow Beauties" may see on September 21.

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Dogfood: Local Band Looks to Break Out with New CD

By David Dickstein

RANCHO CORDOVA, CA (MPG) — Musicians waiting tables while waiting for their big break are a dime a dozen, but there are only two who add a side of Dogfood to their shifts at the Outback Steakhouse in Gold River. Not to fear, lovers of the Bloomin' Onion -- your favorite deep-fried appetizer isn't intended for Fido; Dogfood is a rock band.

Two-thirds of the group works at the local Outback. When they're not bringing so-called Aussie-Tizers and other dishes with supposed Down Under flavor to hungry patrons, Skyler Michael and Matt Harris take their brand of high-octane alternative rock to mostly stages in and around their adopted Sacramento home.

Friends since high school, Michael, Dogfood's lead singer, guitarist and lyricist, and Harris, its bassist, moved out West together from Sarasota, Fla. after graduation. Instead of ending their cross-country road trip in Los Angeles, the nation's music mecca teeming with talent, they continued up I-5 and wound up in Sacramento. Less than two months after settling in Sac, they recruited drummer J.T. Reed, a 2006 Rio Americano High graduate. Like his band mates, Reed also works at a restaurant part-time. The difference is Reed works in the kitchen instead of facing customers at the Old Spaghetti Factory in Rancho Cordova. "I'm used to being in the back. I'm the drummer," he said, matter-of-factly.

Harris explained why Sacramento was chosen over L.A. and all the other large cities west of Florida.

"We wanted a big city, but an affordable big city," he said. "We have gained some traction, maybe



Dogfood members (from left) J.T. Reed, Skyler Michael and Matt Harris take time from rehearsals and part-time jobs for a photo shoot at Western Feed and Pet Supply in Gold River. Photo by David Dickstein

"We just played Concerts in the Park before 7,000 people (at downtown's Cesar Chavez Park)," Harris said. "If we were in L.A. we'd never be given that opportunity."

Another plus, Michael noted, is when the subject of Sacramento's top rock bands comes up, Dogfood is a fixture in the conversation. The buzz is about to get stronger with the release of the band's second CD. The Aug. 2 drop of self-produced "Blink of an Eye" will be marked with a CD release concert that night at Ace of

Wolf, The Three Way and James Cavern -- is on tap to support. The night promises to be epic if Reed's observation of local music etiquette holds true -- that Sacramento bands "show up when other bands start and don't leave until after the concert."

The band's 10-song sophomore CD shows growth in musicianship, songwriting and production, but intact are shades of the Red Hot Chili Peppers, Sublime and Incubus as detected in earlier Dogfood works. Though the core doesn't depart from what's on the

notice what Harris described as "maturity" with "Blink of an Eye." The "EXPLICIT" stamp that applied to most songs on "Alabama Voodoo" is needed for only two cuts off the new album as Michael's lyrics this time are not liberally spiced with radio-unfriendly language.

The band also comes off as more down to Earth, able to carry social banners and convey provocative messages without what could be perceived as chest-beating lyrics such as these in "Gunfight" off "Alabama Voodoo": "... We don't play the same old (expletive) as them other (expletive) only tryin' to get rich, yeah! And I don't mean to come off rude, but I know we're a whole lot better than you, nah nah." Although the electric track is the band's most downloaded song on iTunes, its members agree that rockers are perceived as more genuine if vanity is kept in check. They clearly take their own advice in the fatalistic title track on "Blink of an Eye," one of three advance cuts off the new CD now up on SoundCloud (www.soundcloud.com/dogfoodmusic). Also out is the first music video in support of the album (on

YouTube at www.youtube.com/watch?v=SKSsBs7oe7c). Directed by Michael and shot fully on iPhones, the video is a trippy interpretation of the CD's first single, the face-slapping "Feather in the Wind."

Floating in the air like a feather in the wind, to borrow from the song, is the opposite of Dogfood's aspirations. Together or not, and hopefully the former as they expressed, each band member wants control of where he's going as long as there's music involved. Michael's goal is to dedicate his life to the type of music Dogfood represents. Harris seconds that thought, saying that "I'd be happy living in a crappy place as long as I can play my music." Reed just wants to tour. "That's where the money is," the drummer said.

With all three members in their mid-20s and Dogfood not yet signed, the reality that the new album puts them in a potential state of now or never isn't lost on the men.

"The next couple of years are really crunch time for us," Michael said. "We understand we're getting older. You almost have to hit it by a certain age." They may not have a recording

contract yet, but it isn't for a lack of paying one's dues. Dogfood (www.itdogfoodbaby.com) went on a three-month tour in early 2012, playing stages from Burt's Tiki Lounge in Albuquerque, N.M. to the Blue Owl back in Michael and Harris' hometown of Sarasota, and returned to Sacramento broke.

"You get paid by the number of heads you bring in," Michael said. "We're bringing in enough each night for gas money, food and nothing else."

Their best-paying gig brought in \$1,500 for the week -- not for playing, but for painting, as in the entire wooden barn on Harris' aunt and uncle's Texas farm. Even Dogfood's manager, Eric James Hill, picked up a brush.

"We were roughing it," said Michael, noting that only on rare winter nights did they not sleep in the van. One gig in Las Vegas came with a hotel room, but otherwise accommodations were the band's 2010 Ford E-350 in a hopefully safe parking lot. Load up the manager and Harris' pet boxer Bruce and you've got some seriously reeking and cozy conditions.

It's a sacrifice they're willing to make in order to keep playing and recording. When they're not scrimping on the road, they're stretching dollars at home by sharing living expenses. Hill makes roommate No. 4, but, sadly, Bruce the boxer is no longer No. 5. The band's "slobber monster, tour roadie" and Harris' best friend had an unfortunate encounter with a car on Fair Oaks Boulevard a year ago.

On a lighter note, how Dogfood got its name has nothing to do with either the band's dearly departed mascot or a cheap meal out of desperation (no, they didn't).

"When picking a band name, you try to get the best possible name," Michael said. "We started throwing out the worst names."

Among the names in contention was "Dog Leg" until it was ruled out as being "kind of lame," according to Harris. "Dog Food" was a joke that got carried away, but it stuck and, well, it's easy to remember," he said with Michael adding, "It sounds more punk-like. It's an ironic band name."

Cool name, new CD, a growing catalog of music, strong local following and places to play. These guys are just a recording contract away from the world eating their own Dogfood.



Dogfood drops its second CD on Aug. 2. "Blink of an Eye" shows growth in musicianship, songwriting and production. Photo by Adam Bucher

not as fast as we were hoping, but at this point it would be silly for us to move to L.A."

Despite having no record deal yet, the band is making the most of a big fish, little pond strategy.

Spades in downtown's "R Street District."

Evident of how tight-knit the Sactown rock community is, a brimming opening lineup -- Element of Soul, Humble

2010 debut album "Alabama Voodoo" and other tracks local audiences have heard live at The Boardwalk in Orangevale or over the airwaves on 98 Rock, Dogfood's fan base will clearly

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Meeting the Rising Need

Continued from Page 1

The "Man Up" campaign is harnessing the power of social and broadcast media to reach men where they live most. Through integrated touch points such as an interactive landing page, a social media campaign, and a YouTube series featuring official "Man Up" spokesperson, Bruce – a 13th century Scottish Warrior puppet – "Man Up California" is offering a new approach to recruitment.

To qualify as volunteers, individuals must:

- Be over 18 years of age.
 - Have a valid Social Security number with no criminal background.
 - Be available to volunteer for at least one year.
- Men and Spanish-speaking volunteers, in particular, are in high demand.

Individuals who are not able

to volunteer are being asked to consider donating to help sponsor a waiting boy, who will then be carefully matched with a screened volunteer and receive ongoing support and access to events.

Big Brothers Big Sisters programs are based on a data-proven model focused on creating and sustaining strong and long mentoring matches. Long-standing research by Public Private Ventures – a national nonprofit research and program development organization – found that after 18 months of spending time with their "Bigs," the Little Brothers and Little Sisters – compared to those children not in the program – are: 46% less likely to begin using illegal drugs, 27% less likely to begin using alcohol, 52% less likely to skip school, 37% less likely to skip a class, and 33% less likely to hit someone.

Big Brothers Big Sisters Association of California consists of 17 BBBS affiliate agencies, serving 32 counties across the state of California. In 2011, BBBSAC served nearly 11,000 children facing adversity with strong and enduring, professionally supported one-to-one relationships that change their lives for the better. Most children served by Big Brothers Big Sisters are in single-parent and low-income families, or households where a parent is incarcerated or has a parent deployed. As the nation's largest donor- and volunteer-supported mentoring network, Big Brothers Big Sisters makes meaningful, monitored matches between adult volunteers ("Bigs") and children ("Littles"). Big Brothers Big Sisters provides a system of ongoing evaluation and support that has been proven by independent studies to help families by improving the odds that "Littles" will perform better in school and avoid violence and illegal activities, and also have stronger relationships with their parents and others.

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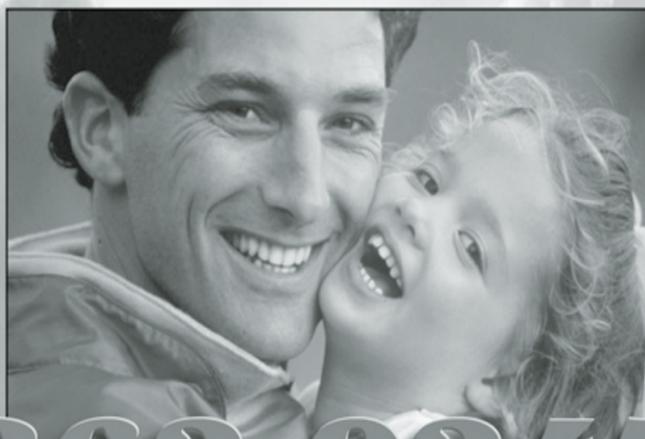
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www.firstcov.org
Jesse Smith, Senior Pastor

CORDOVA CHURCH OF CHRIST
10577 Coloma Road • 638-2200
www.cordovachurch.com
Sunday Morning Worship 9:00am & 11:30am
Bible classes for all ages 10:15am
Fellowship 10:20am
Wednesday Evening Classes 7pm
Nursery and Wee Worship available for both services
Staff: Larry Stafford, Matt Huddleston
Aaron Redeisperger, Jimmy Hurd

RANCHO CORDOVA SEVENTH-DAY ADVENTIST CHURCH
3405 Viking Drive • Rancho Cordova
(916) 363-1995 Voice Mail
Sabbath School 9:30am
Worship Service 10:45am
Midweek Bible Study, Tuesday 7pm
Byron K. Hill, English Pastor

RIVER VALLEY CHURCH, RANCHO CORDOVA
P.O. Box 5, Rancho Cordova, Ca 95741-0005
www.rivervalleychurch.com
9985 Folsom Blvd. at Rod Beaudry Dr.
Rancho Cordova, 95827
Worship on Sundays at 10:30 AM
Music by:
Jim Martinez

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Youth FJ (Firm In Jesus)
6 to 9 pm Wednesday
Mondays 6 pm - Awana Childrens Ministry
5:30pm Wed. Women to Women Bible Study
Senior Pastor Reverend
J. Michael Schnase, Sr.

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Nursery Care 9:30 am - 11:30 am
Sunday Worship 10am
Rev. Tina Ballagh, Pastor

CORDOVA BAPTIST CHURCH
10527 Coloma Road 638-5505 • 638-5523
Sunday School 8:30am
Worship Service 10am
Bible Study, Tuesday 7pm
Affiliation: American Baptist Churches
Ronald S. Johnson, Pastor

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10720 Coloma Road • 635-4672
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Morning Worship 10:30am Sunday
Awana Children's Program
Sunday 5-7pm
(September through May)
Mid-Week Prayer & Encouragement
6pm Wednesday
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Pastor Tom Jones
Music Director David Black

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Sunday Morning Celebration 10:45am
Wednesday Youth Escape 6:30pm
Wednesday Bible Study 7pm
David McFarland, Pastor

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Paul Edwards, Pastor

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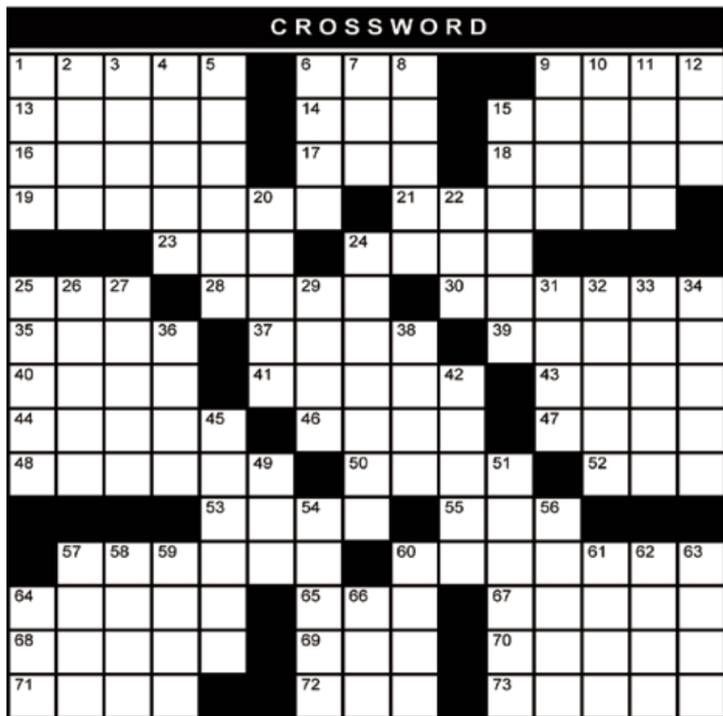
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Saturday Vigil Mass 5:30pm
Sunday 8am, 10am 12pm (English); 630 (Spanish)
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Adoration: Thurs. 8:30am
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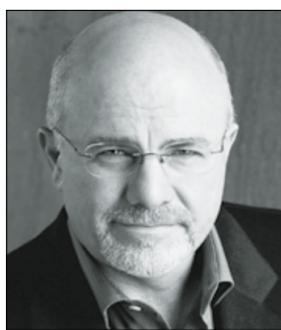
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CLUES

- | | | | |
|---|--------------------------------------|------------------------------------|---|
| 1. Group of wives | text message | DOWN | 32. Treasure collection |
| 6. *Requires parental involvement | 44. Officially allowed | 1. Dagger handle | 33. Perform in |
| 9. Cyberspace soliloquy | 46. Way, way off | 2. Flu symptom | 34. *Not to be left behind |
| 13. Yawning | 47. Diabolical | 3. Pro _____ | 36. Custard dessert |
| 14. Barley bristle | 48. Doghouse | 4. Period | 38. Capone's mark |
| 15. It's controversial in fight against crime | 50. Cupid's counterpart | 5. Large upright stone | 42. Enophile's sensory concern |
| 16. Japanese bed | 52. "The ____" by The Doors | 6. Young salmon | 45. Funny business |
| 17. Decompose | 53. Swerve | 7. *Pencil type | 49. Actor DiCaprio |
| 18. *Found in art class | 55. Bovine sound | 8. Bone hollow | 51. Goal-oriented activity |
| 19. *Pedagogue | 57. *Junior's ruler? | 9. Highlands hillside | 54. Inspiration for poets and musicians |
| 21. *Energy outlet | 60. *Required substance | 10. It's often denoted in red | 56. Eyes |
| 23. Magic's infection | 64. Editor's insertion mark | 11. Half of binary code | 57. All there |
| 24. It often holds 24 | 65. Tarzan's mom, e.g. | 12. Used for styling | 58. Units of work |
| 25. Tax pro | 67. Papal court | 15. Trickery | 59. Infamous Roman Emperor |
| 28. First female Attorney General | 68. Like a video game bird | 20. 0 and 2, e.g. | 60. Blowhole |
| 30. Breath freshener | 69. *Sophomore's grade | 22. "C" ____ la vie! | 61. Wraths |
| 35. Two quarters | 70. *Class action to find president | 24. Pine, e.g. | 62. Not naughty |
| 37. Grannies | 71. 100 centavos | 25. *Calcium sulfate's common name | 63. Beaneary sign |
| 39. Top of Lady Liberty | 72. Baseball Giant and hall-of-famer | 26. Humorous slang for "Paris" | 64. Upper limit |
| 40. Seed covering | 73. "The Sun Also ____" | 27. Set straight | 66. *Teacher's apple-giver |
| 41. Virgo's brightest star | | 29. Famous valley | |
| 43. "Laughing on the inside" in | | 31. This king was a merry old soul | |

For Solution See Page 7



Dave Ramsey is America's 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 EntLeadership. The Dave Ramsey Show is heard by more than 6 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

Buying a House with 403(b) Money

Dear Dave,
 Should I take advantage of a 403(b) withdrawal in order to buy a house?
 - Bryan

Dear Bryan,
 I wouldn't do that because it really doesn't accomplish anything. The only money you can take out is what you've put in, and any growth you've experienced has to stay in there. Basically, it's a retirement plan, and I wouldn't monkey around with retirement money to buy a home.

My advice is to make sure you're debt-free and you have three to six months of expenses set aside in an emergency fund. Once you've taken care of those issues, you can pile up a bunch of cash in a money market account toward the purchase of a home. You won't earn a lot of money, but it's a safe place to park your cash when you're saving up for a big purchase.

When it comes to saving and investing, I'm a big fan of mutual funds. The problem in this scenario is that if you start sticking money in mutual funds, then the market is down when you're ready to buy, you could've lost some money. That's not the route I'd want to go if I'm in your shoes, Bryan. I'd forego the opportunity to make money in order to keep it safe for this goal.

- Dave

Dave Says

What Term Does He Need?

Dear Dave,
 I'm 24 years old, and I have a wife and child. We've been following your plan, and I'm about to buy life insurance. Should I get a 20- or 30-year term policy?
 - Derek

Dear Derek,
 I think the big question is how long will you need this life insurance. If you and your wife are planning on having more kids in the next 10 years, I'd suggest a 30-year policy. That could put you in a situation of being 34 years old with a new baby. That's not old by any means, but your wife will need 20 years' worth of coverage if this happens, because you'd want the kids grown and out of the house before the insurance term runs out.

But that's just one of your financial goals at this point. You also want to be debt-free. And you need to ask yourself some other questions. Are you going to have your house paid for 15 years from now? I sure hope you didn't take out more than a 15-year mortgage. Are your kids going to be grown and gone by then? Are you going to have a big pile of money in the bank by then? In other words, where are you going to be at the end of the term?

If 15 years from now you have \$700,000 in your retirement account, your house is paid for,

and the kids are out on their own, then, if you die, your wife will be fine, financially speaking. But at that time, if you still have kids in the house and your home isn't paid off, then you'd probably need a 20-year policy.

That's how I would look at it. How much longer are you going to need life insurance?
 - Dave

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

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For Solution See Page 7.

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QUALITY LABOR & MAINTENANCE. Yard Work, Hauling, Gutter Clean, Odd Jobs. You Name It! (916) 613-8359

Health & Medical

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 75 percent on all your medication needs. Call today 1-800-281-3958 for \$10.00 off your first prescription and free shipping. (MB 12-31-13)

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 75% on all your medication needs. Call today 1-800-356-4170 for \$10.00 off your first prescription and free shipping. (SWAN)

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Canada Drug Center es tu mejor opcion para ordenar medicamentos seguros y economicos. Nuestros servicios de farmacia con licencia Canadiense e Internacional te proveeran con ahorros de hasta el 90 en todas las medicinas que necesitas. Llama ahora al 1-800-385-2192 y obtén \$10 de descuento con tu primer orden ademas de envio gratuito. (Cal-SCAN)

Heating & Air

AC Repair Low Prices 487-4609 (MPG)

Help Animals

SPCA Thrift Shop Helpless animals need your donations. The Real Non-Profit. Will pick up. Call 916-442-8118. 1517E Street for donations-10-4pm (MPG)

Help Wanted

AIRLINE CAREERS begin here - Get FAA approved Aviation Technician training. Housing and Financial aid for qualified students. Job placement assistance. Apply now with AIM Dallas 877-205-0503 or Houston 888-216-1687 (SWAN)

HELP WANTED!!!-\$75/WEEKLY Potential MAILING BROCHURES/ ASSEMBLING Products At Home - Online DATA ENTRY Positions Available. MYSTERY SHOPPERS Needed \$150/day. www.HiringLocalWorkers.com (NANI)

Caring Compassionate Seniors WANTED! SENIORS HELPING SENIORS®, a leader in the Senior in-home service industry, has immediate PT openings for Providers. Qualified candidate will have life experience, an interest in making a difference in the lives of other seniors and be comfortable working with senior citizens. Flexible schedules...we'll work around your schedule! Valid driver's license and use of auto is required. Call us today for more information. (916) 372 9640 (MPG)

Help Wanted Drivers

New Trucks Arriving! Exp Pays - up to 50 cpm. Full Benefits + Quality Home. CDL-A Req 877-258-8782. www.ad-drivers.com (Cal-SCAN)

DRIVERS: Summer Freight is Here! \$\$\$ Up to 50 cpm \$\$\$ \$500 Orientation Pay. CDL-A Required Call 877-258-8782. www.ad-drivers.com (Cal-SCAN)

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Inhome Childcare

Nenes Smart Start Small in-home Childcare M-F 7AM-6PM. Infant thru 5 Preschool certified Licensed & Insured. (916) 723-3342 collier@surewest.net

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SAVE \$\$\$ on AUTO INSURANCE from the major names you know and trust. No forms. No hassle. No obligation. Call READY FOR MY QUOTE now! CALL 1-888-706-8325. (Cal-SCAN)

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Attention SLEEP APNEA SUFFERERS with Medicare. Get FREE CPAP Replacement Supplies at No Cost, plus FREE home delivery! Best of all, prevent red skin sores and bacterial infection! Call 888-699-7660. (Cal-SCAN)

Miscellaneous

Alone? Emergencies Happen! Get Help with One Button Push! \$29.95/month. Free Equipment, Free Set-Up. Protection for You or a Loved One. Call LifeWatch USA 1-800-426-9109 (SWAN)

ROTARY INTERNATIONAL - Rotary builds peace and international understanding through education. Find information or locate your local club at www.rotary.org. Brought to you by your free community paper and PaperChain (NANI)

Guaranteed Income For Your Retirement Avoid market risk & get guaranteed income in retirement! CALL for FREE copy of our SAFE MONEY GUIDE Plus Annuity Quotes from A-Rated companies! 800-940-4358 (NANI)

CASH FOR CARS: All Cars/ Trucks Wanted. Running or Not! Top Dollar Paid. We Come To You! Any Make/Model. Call For Instant Offer. 1-800-864-5960 (NANI)

"OLD GUITARS WANTED!" Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg, and Gibson Mandolins/Banjoes 1920's thru 1980's. TOP CASH PAID! 1-800-401-0440 (NANI)

DIRECTV, Internet, & Phone From \$69.99/mo + Free 3 Months: HBO® Starz® SHOWTIME® CINEMAX®+ FREE GENIE 4 Room Upgrade + NFL SUNDAY TICKET! Limited offer. Call Now 888-248-5961 (NANI)

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Music Lessons

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Guitar Lessons - Beginner to Advanced. \$10/half hour. \$20/hour. Freddiebalbert@yahoo.com 916-335-9741 (MPG 09-30-13)

Piano Lessons - Beginner, Classical. Adults and Children. 23 years. 916-899-8529 (MPG 03-30-12)

Piano lessons for children and adults by experienced, creative teacher. Citrus Heights. For more information, visit www.anitraalexander.com, or call (916) 725-1054 (MPG)

Music Lessons Piano Beginner and Classical. \$60 (916) 899-8529

Personals

MEET SINGLES RIGHT NOW! No paid operators, just real people like you. Browse greetings, exchange messages and connect live. Try it free. Call now 1-800-945-3392. (Cal-SCAN)



Sudoku Puzzle on Page 6

Sudoku puzzle grid with numbers 1-9 in a 9x9 grid.

Pets/Animals

Pet Sitting Professional loving pet care. Established reputation. Kennel free environment. Lots of TLC. Call Madeline 916-723-1608. (MPG 12-31-13)

DOG RESCUE

Gary (916) 334-2841 Please Adopt or Foster Because so many really great dogs are dying for a good home... ShelterMOU@hotmail.com

SPCA THRIFT SHOP

The Real Non-Profit Helpless Animals Need Your Donations Will Pick Up Call 916-442-8118 1517 E Street for donations 10-4pm

Real Estate

Hope for Troubled Homeowners



WE PROVIDE SOLUTIONS

Call Our Short Sale Hotline for a FREE Consultation (916) 331-3311 Sac Short Sale Pros License #01128753 (MPG 06-30-13)

Room for Rent. Male looking for a room in Antelope area. Near 24 hour grocery and drug store. Call 916-723-4430. Ask for John. (MPG 08-31-13)

Real Estate Out of State

38 ACRE WILDERNESS RANCH. \$193 Month. Prime 38 acre cabin site atop evergreen wooded ridge overlooking wilderness valley in secluded North Arizona ranch. Plentiful groundwater, free well access, good soil, beautiful rock formations, 6,200' elev. Borders 640 acres of State Trust Land. \$19,900, 1,990 down, \$193 month. Maps, photos, brochure 800.966.6690. 1st United woodlandvalleyranchsale.com (Cal-SCAN)

NW ARIZONA MOUNTAIN RANCH. \$260 MONTH. 36 heavily wooded acres ringed by wilderness mountains at cool 5,700'. Hilltop cabin site with beautiful mountain views, borders 640 acres of State trust. Maintained road/free well access. \$26,900 \$2,690 down. Free brochure includes maps & area info. First United 602.478.0584 arizonaland.com (Cal-SCAN)

Travel/Vacations

\$399 Cabo San Lucas All Inclusive Special - Stay 6 Days In A Luxury Beachfront Resort With Unlimited Meals And Drinks For \$399! www.luxurycaboahotel.com 888-481-9660 (Cal-SCAN)

Volunteers Needed

Bristol Hospice is looking for volunteers to provide companionship for our hospice patients and families. We provide the training and match you with a family in your area. Please call volunteer services for more information at (916) 782-5511. (MPG 06-30-13)

Sutter Auburn Faith Hospice Thrift Store invites volunteers to work as cashiers, sales floor assistants, donation processors or pricers. Training is provided; a four hour weekly commitment is requested. Location: 13342 Lincoln Way, Auburn, Call store coordinator, Kim Chase, 530-887-0561. (MPG 06-30-13)

Volunteers Needed: A Community For Peace, formerly the Domestic Violence Intervention Center, offers ongoing opportunity for volunteers. Call 729-5613 or visit our office at 6060 Sunrise Vista Dr, Suite 2340, Citrus Heights, CA 95610. (MPG 06-30-13)

GOT LOCAL NEWS? Call 773-1111



Want to Buy

CASH WANTED FOR DIABETIC TEST STRIPS. Factory Sealed/ Unexpired Only. Cash Paid On-The-Spot!!! We Are Local & Will Meet With You. Call Donna: (916) 729-5154 (MPG 09-30-13)

WANTED JAPANESE MOTORCYCLE KAWASAKI 1967-1980 Z1-900, KZ900, KZ1000, ZIR, KZ1000MKII, W1-650, H1-500, H2-750, S1-250, S2-350, S3-400 Suzuki GS400, GT380, CB750 (69.70) CASH PAID. 1-800-772-1142, 1-310-721-0726 usa@classrunners.com (NANI)

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NOTICE TO READERS California law requires that contractors taking jobs that total \$500 or more (labor and/or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license numbers on all advertising. Check your contractor's status at www.cslb.ca.gov or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.

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Go Painlessly with THERA-GESIC. Maximum strength analgesic creme for temporary relief from: Joint and Muscle soreness, Arthritis, Back aches.

Crossword Puzzle on Page 6. Grid with words like HAREM, PTA, BLOG, AGAPE, AWN, DRONE, FUTON, ROT, EASEL, TEACHER, RECESS, HIVE, CASE, CPA, RENO, TICTAC, HALF, NANS, TORCH, ARIL, SPICA, LOTI, LEGAL, AFAR, EVIL, KENNEL, EROS, END, VEER, MOO, SENIOR, VACCINE, CARET, APE, CURIA, ANGRY, TEN, ELECT, PESO, OTT, RISES.

Urgent News for People on DIALYSIS. Granuflow, a product often used in dialysis, has been linked to serious heart problems and sudden death. If you or a loved one suffered a serious heart problem or death after dialysis, call 1-800-THE-EAGLE now to pursue monetary compensation. No fees or costs until your case is settled or won. We practice law only in Arizona, but associate with lawyers throughout the U.S. GOLDBERG & OSBORNE 1-800-THE-EAGLE (1-800-843-3245) www.1800theeagle.com

Legal Advertising Hotline
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LEGAL ADVERTISING

Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294-February 7, 1984
Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380-September 18, 1969

Legal Advertising
P.O. Box 14
Carmichael, CA 95609

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-05722. Sno Biz Inc., 9129 Plaza Park Drive, Elk Grove, CA 95624 is doing business under the Fictitious Business Name "7 Stars Sno Biz Inc." at 9129 Plaza Park Drive, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County on July 16, 2013. Publish: July 24, 31, August 7, 14, 2013. SNOBIZ 130802 8-14-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-05616. John Steven Carrillo, 11779 Beaver Bar Court, Gold River, CA 95670 is doing business under the Fictitious Business Name "Stavee Records" and "Stavee Songs" at 11779 Beaver Bar Court, Gold River, CA 95670. Filed with the Clerk of Sacramento County on July 12, 2013. Publish: July 24, 31, August 7, 14, 2013. STAEVE 130802 8-14-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-05727. Richard A. Gordon, 3124 Marilyn St., Carmichael, CA 95608 is doing business under the Fictitious Business Name "R.A. Gordon Co." at 3124 Marilyn St., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on July 17, 2013. Publish: July 24, 31, August 7, 14, 2013. RAGORD 130802 8-14-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-05748. G & H Automotive Inc., 3095 Sunrise Blvd., Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name "Maaco Collision Repair & Auto Painting" at 7215 Watt Ave., N. Highlands, CA 95660. Filed with the Clerk of Sacramento County on July 17, 2013. Publish: July 24, 31, August 7, 14, 2013. MAACOC 130802 8-14-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-05322. Shannon Mason, 1019 Domajo Way, No. 163, Sacramento, CA 95825 is doing business under the Fictitious Business Name "Mason Law Office" at 5650 Marconi Ave., Suite 23, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on June 28, 2013. Publish: July 24, 31, August 7, 14, 2013. MASONL 130802 8-14-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-05669. Jessica Crowley, 7605 18th Avenue, Sacramento, CA 95820 is doing business under the Fictitious Business Name "Smokin' Pit Chicks BBQ" at 7605 18th Avenue, Sacramento, CA 95820. Filed with the Clerk of Sacramento County on July 15, 2013. Publish: July 24, 31, August 7, 14, 2013. SMOKIN 130802 8-14-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-05549. Serenity Spa Palladio, Inc., 3984 Douglas Blvd., #150, Roseville, CA 95661 is doing business under the Fictitious Business Name "Serenity Soul Spa Yoga" at 350 Palladio Parkway, No. 1975, Folsom, CA 95630. Filed with the Clerk of Sacramento County on July 10, 2013. Publish: July 24, 31, August 7, 14, 2013. SERENITY 130704 8-14-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-05312. Sol Strength LLC, 8667 Bloomington Ct., Dublin, CA 94568 is doing business under the Fictitious Business Name "Anytime Fitness" at 10530 Twin Cities Rd., Galt, CA 95632. Filed with the Clerk of Sacramento County on June 28, 2013. Publish: July 24, 31, August 7, 14, 2013. ANYTIME 130802 8-14-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-04688. Gloria R. Howe Nycum, 9505 Mira Del Rio Dr., Sacramento, CA 95827, and Kerry M. Shaw, 3572 Rainsong Circle, Rancho Cordova, CA 95670 are doing business under the Fictitious Business Name "Howe It's Done" at 2500 Franklin Blvd. #B, Sacramento, CA 95818. Filed with the Clerk of Sacramento County on July 7, 2013. Publish: July 24, 31, August 7, 14, 2013. HOWEIT 130802 8-14-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-04833. Amy Hin, 6704 Salvaterra Circle, Elk Grove, CA 95757, and Helen Dang, 3517 Delta Queen Ave., Sacramento, CA 95833 are doing business under the Fictitious Business Name "New Gen Health & Beauty Club" at 6880 65th St. No. 55, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on June 12, 2013. Publish: July 31, August 7, 14, 21, 2013. NEWGENZ 130803 8-21-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-05961. Christopher Loftin, 3224 Hurley Way, Sacramento, CA 95864 is doing business under the Fictitious Business Name "Snap Skull" at 2228 J Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County on July 24, 2013. Publish: July 31, August 7, 14, 21, 2013. SNAPSK 130803 8-21-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-05977. Community Home Capital, Inc., 3511 Del Paso Rd., Ste. 160, Rm. 240, Sacramento, CA 95835 is doing business under the Fictitious Business Name "Woodcrest Homes, 4674 Duckhorn Dr., Sacramento, CA 95834. Filed with the Clerk of Sacramento County on July 25, 2013. Publish: July 31, August 7, 14, 21, 2013. WOODCR 130803 8-21-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-04652. Cochrane Agency of California, Inc., 1551 N. Tustin Avenue, No. 470, Santa Ana, CA 92705 is doing business under the Fictitious Business Name "ProWest Insurance Services" at 950 Glenn Dr., Ste., 270, Folsom, CA 95630. Filed with the Clerk of Sacramento County on June 7, 2013. Publish: August 7, 14, 21, 28, 2013. PROWEST 130804 8-28-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-06028. Iqbal Singh Dhillon, 2210 Wild Plains Cir., Rocklin, CA 95765 is doing business under the Fictitious Business Name "Iqbal Singh Dhillon DBA Subway No. 58523" at 10075 Bruceville Rd., Elk Grove, CA 95757. Filed with the Clerk of Sacramento County on July 29, 2013. Publish: August 7, 14, 21, 28, 2013. IQBALD 130804 8-28-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-05985. Daniel Garrott, 1064 Sand Bar Cir., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Green Tec Kitchens" at 1064 Sand Bar Cir., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on July 25, 2013. Publish: August 7, 14, 21, 28, 2013. GREENT 130804 8-28-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-05980. Estelita Pacheco, 3930 Tarrigan Dr., No. 409, Antelope, CA 95843 and Vanessa Pacheco, 3739 Black Eagle Dr., Antelope, CA 95843 are doing business under the Fictitious Business Name "Crystal Clear Cleaning Service" at 3930 Tarrigan Dr., No. 409, Antelope, CA 95843 and. Filed with the Clerk of Sacramento County on July 25, 2013. Publish: August 7, 14, 21, 28, 2013. CRYSTAL 130804 8-28-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-06024. Abraham Mithandazo Nyoka, 9435 Soaring Oaks Dr., Elk Horn, CA 95758 is doing business under the Fictitious Business Name "ComServe" at 9435 Soaring Oaks Dr., Elk Horn, CA 95758. Filed with the Clerk of Sacramento County on July 29, 2013. Publish: August 7, 14, 21, 28, 2013. COMSER 130804 8-28-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-05937. James Roughton, 5900 Oakbrook Dr., Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "Classic Painting and Decorating" at 5900 Oakbrook Dr., Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on July 23, 2013. Publish: August 7, 14, 21, 28, 2013. CLASSIC 130804 8-28-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-05956. William Ferrari, 720 30th St., No. 200, Sacramento, CA 95816 is doing business under the Fictitious Business Name "USA Fabrics" at 8200 Berry Ave., Ste. 100, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on July 24, 2013. Publish: August 7, 14, 21, 28, 2013. USAFAB 130804 8-28-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-06035. Carl Rumberger, 3540 William Way, Sacramento, CA 95821 is doing business under the Fictitious Business Name "Performance Dynamics" at 3540 William Way, Sacramento, CA 95821. Filed with the Clerk of Sacramento County on July 29, 2013. Publish: August 7, 14, 21, 28, 2013. PERFOR 130804 8-28-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-06009. Jenny Vasslian, DDS, Professional Corporation, 2831 J St., Sacramento, CA 95816 is doing business under the Fictitious Business Name "Midtown Dental" at 2831 J St., Sacramento, CA 95816. Filed with the Clerk of Sacramento County on July 26, 2013. Publish: August 7, 14, 21, 28, 2013. MIDTOWN 130804 8-28-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-05482. Nicole Germano, 5841 Pioneer Way, Sacramento, CA 95841 is doing business under the Fictitious Business Name "Nic' Of Time Mobile Notary" at 5841 Pioneer Way, Sacramento, CA 95841. Filed with the Clerk of Sacramento County on July 5, 2013. Publish: August 14, 21, 28, Sept. 4, 2013. NICOFT 130901 9-04-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-06237. Willie J. Green, 6720 Rancho Pico Way, Sacramento, CA 95828 is doing business under the Fictitious Business Name "William-Couture" at 6720 Rancho Pico Way, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on Aug. 5, 2013. Publish: August 14, 21, 28, Sept. 4, 2013. JWILLI 130901 9-04-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-06006. Jesus C. Mendoza, 9055 Canberra Dr., Sacramento, CA 95826 is doing business under the Fictitious Business Name "Home Forward Real Estate" at 9055 Canberra Dr., Sacramento, CA 95826. Filed with the Clerk of Sacramento County on July 26, 2013. Publish: August 14, 21, 28, Sept. 4, 2013. HOMEFO 130901 9-04-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-06260. Joyce Security Systems, Inc., a California Corporation, 3437 Myrtle Ave., Suite 375 N. Highlands, CA 95660 is doing business under the Fictitious Business Name "Performance Products Co." at 3437 Myrtle Ave., Suite 375 N. Highlands, CA 95660. Filed with the Clerk of Sacramento County on August 6, 2013. Publish: August 14, 21, 28, Sept. 4, 2013. PERFOR 130901 9-04-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-06257. David Welborn, 7561 Kilamey Lane, No. 258, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "Driven Venture" at 7561 Kilamey Lane, No. 258, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on August 6, 2013. Publish: August 14, 21, 28, Sept. 4, 2013. DRIVEN 130901 9-04-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-06257. Max Lids, Inc., 850 E. Bidwell St., No. 145, Folsom, CA 95630 is doing business under the Fictitious Business Name "Great Harvest Bread Co." at 850 E. Bidwell St., No. 145, Folsom, CA 95630. Filed with the Clerk of Sacramento County on August 6, 2013. Publish: August 14, 21, 28, Sept. 4, 2013. MAXLIDS 130901 9-04-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-06076. Oshima Sushi, Inc., 2071 Natomas Crossing Dr., Sacramento, CA 95834 is doing business under the Fictitious Business Name "Oshima Sushi" at 2071 Natomas Crossing Dr., Sacramento, CA 95834. Filed with the Clerk of Sacramento County on July 30, 2013. Publish: August 14, 21, 28, Sept. 4, 2013. OSHIMA 130901 9-04-13

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-06266. Terry Harold Neeley III, 8182 Sundance Dr., Orangevale, CA 95662 is doing business under the Fictitious Business Name "Pinnacle Landscape Development" at 8182 Sundance Dr., Orangevale, CA 95662. Filed with the Clerk of Sacramento County on August 6, 2013. Publish: August 14, 21, 28, Sept. 4, 2013. PINNAC 130901 9-04-13

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2013-00146507
WHEREAS, Melissa Ann Freixas has filed a petition with this court for a decree changing the name of Melissa Ann Freixas to Issa Bella Freixas. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on August 29, 2013, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 10, 2013. David I. Brown Judge of the Superior Court Publish: July 24, 31, August 7, 14, 2013. FREIXAS 130802 8-14-13

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2013-00146384
WHEREAS, Leon Brannan Ibus, Jr. has filed a petition with this court for a decree changing the name of Leon Brannan Ibus, Jr. to Joel Charles-David Brannan. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on August 26, 2013, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 10, 2013. Raymond M. Cadei Judge of the Superior Court Publish: July 24, 31, August 7, 14, 2013. IBUS 130802 8-14-13

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2013-00146962
WHEREAS, Amarjit Sangha and Kamaljit Kaur Sangha have filed a petition with this court for a decree changing the names of Amarjit Sangha to Amarjit Singh Sangha and Indjot Sangha to Indjot Singh Sangha. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on September 5, 2013, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 17, 2013. David I. Brown Judge of the Superior Court Publish: July 24, 31, August 7, 14, 2013. SANGHA 130802 8-14-13

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SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2013-00146972
WHEREAS, Ahmed Y. Ahmed has filed a petition with this court for a decree changing the name of Ahmed Y. Ahmed to Ahmed Youssef Nemr. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on September 6, 2013, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 17, 2013. Raymond M. Cadei Judge of the Superior Court Publish: July 31, August 7, 14, 21, 2013. AHMED 130803 8-21-13

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2013-00146413
WHEREAS, Faustina Keta has filed a petition with this court for a decree changing the name of Faustina Keta to Freedom Keta. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on August 27, 2013, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 10, 2013. Raymond M. Cadei Judge of the Superior Court Publish: July 31, August 7, 14, 21, 2013. FAKETA 130803 8-21-13

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2013-00146692
WHEREAS, Randy James Dittmar has filed a petition with this court for a decree changing the name of Randy James Dittmar to Randi Jamie Dittmar. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on September 3, 2013, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: June 13, 2013. Raymond M. Cadei Judge of the Superior Court Publish: July 31, August 7, 14, 21, 2013. DITTIMA 130803 8-21-13

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2013-00147286
WHEREAS, Barbara Anne Perrine has filed a petition with this court for a decree changing the name of Barbara Anne Perrine to Barbara Anne Randell. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on September 16, 2013, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 24, 2013. David L. Brown Judge of the Superior Court Publish: July 31, August 7, 14, 21, 2013. PERRINE 130803 8-21-13

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2013-00147766
WHEREAS, Melinda Anne Ioanidis has filed a petition with this court for a decree changing the name of Melinda Anne Ioanidis to Melinda Anne Livemore Ioanidis. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on September 20, 2013, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 31, 2013. Raymond M. Cadei Judge of the Superior Court Publish: July 31, August 7, 14, 21, 2013. IOANID 130803 8-21-13

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2013-00147761
WHEREAS, Kathleen Marie Partington has filed a petition with this court for a decree changing the name of Kathleen Marie Partington to Jack Partington. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on September 20, 2013, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 31, 2013. David I. Brown Judge of the Superior Court Publish: July 31, August 7, 14, 21, 2013. PARTIN 130803 8-21-13

ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2013-00145801
WHEREAS, Cipriana Harry and Derek Anderson has filed a petition with this court for a decree changing the name of Mason Maximilian Anderson to Mason Lee Anderson. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on September 13, 2013, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 24, 2013. Raymond M. Cadei Judge of the Superior Court Publish: August 14, 21, 28, Sept. 4, 2013. CHARRY 130901 9-04-13

ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2013-00147725
WHEREAS, Gurjit Kaur has filed a petition with this court for a decree changing the name of Amiraj Kailay to Amar Kailay and Gurjit Kaur to Gurbir Kaur. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on September 20, 2013, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 31, 2013. David I. Brown Judge of the Superior Court Publish: August 14, 21, 28, Sept. 4, 2013. GURJIT 130901 9-04-13

ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2013-00148275
WHEREAS, Tamer Emrick Mostafa has filed a petition with this court for a decree changing the name of Tamer Emrick Mostafa to Tamer Said Mostafa. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on September 25, 2013, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: August 7, 2013. David I. Brown Judge of the Superior Court Publish: August 14, 21, 28, Sept. 4, 2013. MOSTAF 130901 9-04-13

PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF
PATRICK ALLEN SCALLO (deceased)
ESTATE NO. 34-2013-00146782
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of PATRICK ALLEN SCALLO, aka PATRICK A. SCALLO, aka PAT SCALLO (DECEASED): A petition has been filed by LISA LEILANI BROWN in the Superior Court of California, County of Sacramento, requesting that LISA LEILANI BROWN be appointed as personal representative to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows: September 26, 2013, 9:00 a.m. in Dept. No. 129, Room 214 at Ridgeway Family Relations, 3341 Power Inn Road, Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of petitioner or petitioner's attorney is: Law Offices of Diana Wallace, 5150 Fair Oaks Blvd., Suite 101-197, Carmichael, CA 95608, (916) 359-5293. Publish: August 14, 21, and 28, 2013. PASCAL 130804 8-28-13

NOTICE OF PETITION TO ADMINISTER ESTATE OF
SHERI L. COLE-SCALLO (deceased)
ESTATE NO. 34-2013-00147685
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of SHERI L. COLE-SCALLO (deceased): A petition has been filed by LISA LEILANI BROWN in the Superior Court of California, County of Sacramento, requesting that LISA LEILANI BROWN be appointed as personal representative to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows: September 26, 2013, 9:00 a.m. in Dept. No. 129, Room 214 at Ridgeway Family Relations, 3341 Power Inn Road, Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of petitioner or petitioner's attorney is: Law Offices of Diana Wallace, 5150 Fair Oaks Blvd., Suite 101-197, Carmichael, CA 95608, (916) 359-5293. Publish: August 14, 21, and 28, 2013. PASCAL 130804 8-28-13

NOTICE OF PETITION TO ADMINISTER ESTATE OF
SHERI L. COLE-SCALLO (deceased)
ESTATE NO. 34-2013-00147685
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of SHERI L. COLE-SCALLO (deceased): A petition has been filed by LISA LEILANI BROWN in the Superior Court of California, County of Sacramento, requesting that LISA LEILANI BROWN be appointed as personal representative to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows: September 26, 2013, 9:00 a.m. in Dept. No. 129, Room 214 at Ridgeway Family Relations, 3341 Power Inn Road, Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of petitioner or petitioner's attorney is: Law Offices of Diana Wallace, 5150 Fair Oaks Blvd., Suite 101-197, Carmichael, CA 95608, (916) 359-5293. Publish: August 14, 21, and 28, 2013. SHERIL 130804 8-28-13

NOTICE OF SALE OF UNCLAIMED PERSONAL PROPERTY
In accordance with California Civil Code Section 1988(b), personal property left by Nadie G. Njenge, whose last address was 505 Tenaya Ave., Sacramento, CA 95833, to the possession of Wells Fargo, will be sold at PUBLIC AUCTION at 10:00 a.m. Tuesday, August 27, 2013, at 505 Tenaya Ave., Sacramento, CA 95833, to the highest bidder for cash. Property to be auctioned may include, but is not limited to, Miscellaneous Tools, Furniture: Couch, Loveseat, TV and Coffee Tables, Electronics, including Cameras, Televisions, Computer, Keyboards, Portable Stereo, etc., Clothing, Contractor Tools, YORK TME60 Fork Lift, Cement Mixer, and any other listed or unlisted items and/or miscellaneous personal property in and on said property. Publish: August 14 and 21, 2013. NIJENGE 130803 8-21-13

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A TV Article by Tim Riley

Riley Reviews

AMC TV RIDING HIGH ON 'LOW WINTER SUN' AND END OF 'BAD'

spoil the fun. One can only sense that it may well end badly, which makes sense given the series twisted nature.

Meanwhile, AMC is launching a new series during August, which itself will be limited by a ten-episode run. Low Winter Sun is based on the 2006 award-winning British two-part mini-series of the same name written by Simon Donald.

The premise of Low Winter Sun is incredibly compelling. A homicide detective, played by Mark Strong, is coerced by a fellow officer into killing another detective, albeit a corrupt individual.

Strong's Frank Agnew is a Detroit investigator who becomes assigned to investigate the murder he committed. Looking over his shoulder is David Costabile's Simon Boyd, a dogged Internal Affairs officer trying to root out police corruption.

Strong is the right man for the job of the conflicted cop, primarily because the British actor reprises the same role of the Detective Agnew from Scotland's Edinburgh, a city of urban decay somewhat like Detroit.

Low Winter Sun makes great use of the rotting landscape of modern Detroit, where many neighborhoods in the urban core resemble a post-apocalyptic vision you might suspect came from a cheesy science-fiction movie.

Regrettably, decades of corruption and inept political leadership (the twin pillars of a failed metropolis) have rendered Detroit an unfortunate wasteland, which oddly enough makes the city attractive, at least, for filmmaking of crime stories.

Also starring with Mark Strong is Lennie James as Detective Joe Geddes. Together, these two mismatched officers are part of the big story of murder, deception, revenge and corruption in a world where the line between cops and criminals is blurred.

Of course, bankruptcy notwithstanding, not everything is

bad in Detroit. The Detroit Tigers inhabit a nice ballpark in the middle of downtown. But then, this didn't stop Cleveland Indians fans from heckling the Tigers with a chant of "Detroit's bankrupt."

Maybe we can't expect baseball fans, during the late innings after consuming one too many beers, to stay classy. Yet, Low Winter Sun looks to be another class act in the dramatic series department for AMC.

As part of its past origins of a cable outlet for classic films, many of them Westerns, AMC was the natural fit for the series Hell on Wheels, the story of the building of the transcontinental railroad.

One thing we can say for sure about Hell on Wheels, now entering its third season during August, is that it tells the story of the changing American landscape following the Civil War with a lot more interest than the recent film The Lone Ranger.

The third season opens in 1867, the third year of railroad construction. Season Three takes a new twist for star Anson Mount's Cullen Bohannon, who leaves his vengeance-seeking behind as he explores new opportunities.

Bohannon must contend with racism, greed and murder as he single-mindedly leads the Union Pacific in its race across the country against the Central Pacific Railroad.

Hell on Wheels also stars Colm Meaney as Thomas "Doc" Durant, a greedy entrepreneur taking full advantage of the changing times, and Common as Elam Ferguson, an emancipated slave working to achieve true freedom in a world entrenched in prejudice.

During the recent TV critics press tour, Charlie Collier, the president of AMC, announced two new series in the works.

Halt and Catch Fire is set in the early '80s against a backdrop of the early days of the personal computing revolution. Turn, inspired by the book Washington's Spies, is about ordinary Americans turning the tide in the America's fight for independence.

Meanwhile, somewhere on the horizon is the expected seventh and final season of Mad Men. What new tricks are in store for Don Draper?

Dare to Live Without Limits
ACTIONS HAVE CONSEQUENCES by Bryan Golden

"I believe that we are solely responsible for our choices, and we have to accept the consequences of every deed, word, and thought throughout our lifetime." — Elisabeth Kubler-Ross

All of our actions have consequences. This relationship is as dependable as the ripples created by throwing a pebble into a lake. Consequences can be either good or bad. Problems arise when we don't think about or recognize the consequences of our actions.

When you are not aware of the consequences of your behavior, two things may happen. In the case where the consequences are negative, you run the risk of repeating the same mistake. When you are pleased with the consequences, you may also fail to duplicate the behavior that gave you the desired results. In either case, you will be frustrated.

For example, how far could you get driving a car if you didn't comprehend the consequences of the various controls? Without an understanding of the operation of the steering wheel, gas pedal, and brakes, you wouldn't remain on the road for very long.

Your life works the same way. It's important to understand the consequences of your actions.

Many of the consequences you experience are predictable. However, there may be some you didn't anticipate. They are part of

your unending education.

Unexpected consequences provide you with new insights. Invaluable knowledge can be gained by analyzing exactly what happened and why. The discoveries made in this fashion provide you with new information you can use to reach your goals.

Ideally, when assessing various courses of action, an analysis of the corresponding potential consequences enables you to make the best possible decision. This is the basis of the carpenter's adage, "measure twice, cut once." You have probably been told numerous times to think before you act.

Acting impulsively, without thinking, is the same as cutting without measuring at all. This approach is similar to attempting to drive a car by cranking the steering wheel in one direction and then correcting by cranking in the other direction. You will run off the road in short order.

Not every decision you make will be perfect. Your objective is to take the most appropriate action based on the information you have available. If the actual consequences are not what you wanted, you must then take different action and keep going. Don't waste any time lamenting what you should have done differently.

Ignoring or denying the link between your action and the corresponding consequences will often make things worse. You

won't be able to take control of your life unless you see yourself as being responsible for the outcomes you are experiencing.

When faced with undesirable consequences, you want to first identify the cause. Next, determine the action you need to take to mitigate, change, or eliminate them. Then get in gear and do whatever is necessary to correct the situation. Action, not complaining, brings results.

If you fail to take personal responsibility for your actions, you will exacerbate your situation. Those who blame others for their circumstances develop a victim mentality. The result is a belief that they have no power over the direction of their destiny. This type of thinking leads people to accept suffering as normal and unavoidable.

The only way to affect different consequences is to alter your actions. This is accomplished by being proactive in every area of your life. Then when something happens you don't like, your first response will be "what do I have to do to fix this?"

NOW AVAILABLE: *Dare to Live Without Limits*, the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columntist.com or write him c/o this paper. ©2008 Bryan Golden

The AMC TV network is a basic cable channel that got its start as American Movie Classics, airing films largely made before the 1950s and in their uncut and original color formats.

While still adhering to its primary mission to run classic movies, AMC initiated a major shift in programming in 2007 with the successful launch of the original series Mad Men, a period piece about the freewheeling advertising world of New York during the 1960s.

Soon after Mad Men made its mark as one of the best cable TV dramas, AMC struck gold for a second time with Breaking Bad, the explosive story of a high school chemistry teacher who adapted all too easily to a life of crime.

Speaking to a recent gathering of the nation's TV critics, writer, producer and director Vince Gilligan explained that the main character of Breaking Bad was once glibly described as taking Mr. Chips and turning him into Scarface.

Devoted fans of Breaking Bad are well aware of this construct, that Bryan Cranston's milquetoast Walter White, a teacher facing the worst mid-life crisis ever, turns bad. Dying of lung cancer, Walter exploits his knowledge of chemistry to embark on a volatile criminal enterprise.

The final eight episodes of Breaking Bad are just getting started during the month of August, leading to the inevitable conclusion that the sun is beginning to set on Walter's tenuous drug empire as the world around him unravels.

Whatever is happening during the finale for "Breaking Bad" is not being revealed here, not only because we don't know but it would



POPPOFF!

with Mary Jane Popp

cholesterol, triggers inflammation and promotes blood clots. To better manage stress, try deep breathing meditation, yoga, and regular exercise.

3) **Eat more colorful fruits and vegetables.** Brightly colored fruits and vegetables contain plant pigments, which are rich in antioxidants. These antioxidants offer a number of health benefits. They can help fight free radical damage, support the health of your blood vessels, and reduce inflammation. Aim for 7-10 servings per day, and go for variety.

4) **Add plant sterol-fortified foods to your diet.** Plant sterols are naturally occurring plant compounds in nuts, whole grains, and vegetables that compete with cholesterol for absorption in the body. Research has found that consuming 0.8 grams of plant sterols daily can lower LDL by as much as 15%. It is almost impossible to get this amount from regular foods. You will now see foods fortified with plant sterols in your grocery store such as orange juice, milk, even tortilla chips and cookies, so you don't have to deprive yourself of your favorite foods.

5) **Avoid energy drinks.** These products are loaded with caffeine and sugar, both of which – in excess – can be hard on the heart and can cause racing heart and increased blood pressure. These products can also heighten stress and anxiety, causing sleep issues. Safer ways to boost energy and combat fatigue

include eating small frequent meals with slow-release carbs, drinking green tea, and having drinks/foods fortified with Ribose – a naturally-occurring carb that helps provide sustained energy, without any adverse effects on the heart.

6) **Be cautious about OTC and allergy products.** Some products that are over the counter and available without a prescription can worsen heart conditions. For example, decongestants commonly used for managing cold and allergy symptoms can cause racing heart, increased blood pressure, and insomnia. A safer way to relieve congestion naturally is to use a neti pot or nasal wash with essential oils such as eucalyptus to dissolve mucus and clear your nasal passages.

7) **Laugh more** Laughing relaxes and expands blood vessels, which protects the heart. On the contrary, negative emotions such as anger, hostility, and pessimism are associated with increased heart disease risk.

That should get you started. If you want more information, you can check out her book *Saving Women's Hearts* for more details on how to stay healthy and happy and keep that ticker going strong! She's got a ton of articles on her website that just might give you the extra health info you need at www.sherrytorkos.com.

You are just a heartbeat away from happy AND healthy with POPPOFF!!!

SUMMER SUN & FUN

Summer is a busy time for all of us ... especially moms who seem to be on the go all day and night. So how about some health tips for staying happy and healthy this summer and heading into back to school?

I turned to award-winning pharmacist Sherry Torkos for those tips on my POPPOFF Radio Show. Sherry is co-author of *Saving Women's Hearts* and combines both conventional and complementary medicine to achieve better health naturally.

Here are seven tips that just might do the trick for you this summer!

1) **Get another hour's sleep.** Lack of sleep has been shown to raise blood pressure, trigger inflammation, and promote clotting and atherosclerosis. All of these factors raise the risk of heart disease. Aim for 7-8 hours of sleep each night. Make sleep a priority for better health.

2) **Stress less.** Stress is a powerful risk factor for heart disease. Stress impacts several risk factors for heart disease: it raises blood pressure and

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Friday, July 26	Thursday, August 22
Thursday, August 29	Wednesday, September 18

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RSVP LisaW@eastlawn.com or (916) 732-2020

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Vegas is a Safe Bet for Vacationing Families



In the rear of the Mirage is Siegfried & Roy's Secret Garden and Dolphin Habitat. General admission includes seeing the dolphins and entrance into the "Secret Garden," a provocative name for what is actually a small botanical garden with a modest zoo. Admission is \$19.95, \$14.95 for children 4-12.

By David Dickstein

RANCHO CORDOVA, CA (MPG) – Look beyond the sin of Sin City – the smut, the smoke, the drunks and, oh yeah, the gambling – and Las Vegas is actually a decent vacation destination for families.

Elaborate shows, circus acts, roller-coasters, aquariums and even dolphin encounters are all found on the famous Las Vegas Strip. True, a family can get all that at certain amusement parks, but what you won't get from, say, Sea World, is the larger-than-life razzle-dazzle that only Vegas offers. This is the town built by Elvis, Liberace, Frank, Wayne, Siegfried and Roy, after all, not that your kids ever heard of them.

Before making plans to pack up the clan and head to Southern Nevada, it should be noted that as sure as Bugsy Siegel didn't offer babysitting service when he opened the Flamingo in 1946, not every Las Vegas property lays out the welcome mat for families. Legendary real estate developer Steve Wynn has fathered two daughters, but at his posh flagship resort, Wynn, strollers are strictly verboten. Caesars Entertainment, owner of several mega-properties, "does not participate in marketing or presenting ourselves to people under 21," a spokeswoman said.

True that. At the company's Rio property, the wholesome Masquerade Show in the Sky that debuted in 1997 has since been sexed-up to attract a stronger adult demographic. Years before the Rio show went from G to PG-13, Treasure Island, also a Caesars property, replaced its family-friendly "Battle at Buccaneer Bay" spectacle with "Sirens of TI." The pirates didn't change much, but their enemy sure did. Cheerio British Navy, hiya hotties. This seductive scuffle happens four times nightly under the stars.

But enough about the past. This is Las Vegas we're talking about, and it implodes its history. So let's focus on today and where, at least for now, the "welcome" sign hangs for children.

Boasting the world's largest permanent big top and neon clown sign, Circus Circus literally bends over backwards for children. Acrobats and contortionists are just two types of circus acts that take center stage on the midway. On the pink and white property is Adventuredome, a 5-acre indoor theme park that draws around 3 million visitors annually, many enjoying the 25 rides and attractions with an all-day wristband for \$27.95, \$16.95 for children under 48 inches.

From front to back, Mirage

has plenty for families to see and do. At the entrance an artificial volcano erupts several times nightly. Just inside the hotel, behind the front desk to be exact, is a 20,000-gallon saltwater aquarium that holds angelfish, tangs, puffer fish and other exotic aquatic life. In the rear is Siegfried & Roy's Secret Garden and Dolphin Habitat. General admission includes seeing the dolphins (swimming and feeding only, no real shows here) and entrance into the

Non-acrophobic thrill seekers will go gaga over three rides at the top of Stratosphere's 1,149-foot tower. Just to get up there costs \$18, and with individual rides priced at \$15 each, buying a package is a smart bet.

Like a trip to the Big Apple, no visit to Sin City is complete without taking in a full-production show. Offerings favor adults, no surprise, but to think there aren't plenty of choices for families is as foolish as trusting that what happens



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"Secret Garden," a provocative name for what is actually a small botanical garden with a modest zoo. Admission is \$19.95, \$14.95 for children 4-12.

More saltwater – 1.6 million gallons more – is found inside Mandalay Bay at Shark Reef Aquarium, home to more than 2,000 animals representing 100 species, including 15 types of sharks. Admission is \$18 for adults, \$12 for children 5-12.

The steel roller-coaster at New York-New York is arguably the best in town. Experiencing its 204-foot lift, 144-foot drop and vertical and dive loops costs \$14 with same-day re-rides \$7 and an all-day "Scream Pass" for \$25.

in Vegas really stays in Vegas. That said, for budget-conscious families show tickets have sadly gotten out of hand throughout the city. Tix4tonight.com and its 10 locations in town take some of the sting out of the process, but we're still talking several Benjamins to get the roost into a featured show. Proof in point, Terry Fator, who was a nobody until winning "America's Got Talent," commands \$350 for four of the worst seats at his namesake theater at Mirage. It's a ventriloquist act, for gosh sakes.

Leave it to Las Vegas to figure out how to make serious money from those too young to gamble it away.

Bera Offers Wounded Warrior Position

SACRAMENTO REGION, CA (MPG) – U.S. Rep. Ami Bera, M.D. (CA-7) announced Friday, July 26, that the House of Representatives Wounded Warrior Program is accepting applications for a position in his district office in Rancho Cordova. He urged eligible disabled veterans in Sacramento County to apply.

"I recently had the incredible privilege of meeting with some of our troops in Afghanistan and was able to witness first-hand the bravery and professionalism of our American military," said Bera. "It is an honor to be able to add one of our nation's brave service members to my dedicated staff, and an excellent opportunity for the men and women who served our nation in the Armed Forces to continue their public service and learn about the options available to them as they transition to civilian life."

The available position is a field representative and caseworker who would be responsible for facilitating and coordinating responses to a wide range of requests received from military and veteran constituents. The employee would serve as a liaison



Congressman Ami Bera

between the Congressman's office and various veterans organizations in the district. A full job description can be found here.

The Wounded Warrior Program was established to create fellowships that provide employment opportunities within the House of Representatives. The fellowships will provide veterans with experience and exposure to ultimately broaden their scope of transition opportunities. Positions are available in Congressional district offices nationwide.

According to the Wounded Warrior Program, applicants must have served on active duty since Sept. 11, 2001, have a 30 percent or

greater service-connected disability rating, and have fewer than 20 years of service. In addition to a current resume, applicants must submit a copy of their DD214 and a VA letter confirming they have at least a 30 percent service-connected disability rating to housewoundedwarriors@mail.house.gov. They should not send resumes directly to the office of Rep. Bera.

Interested veterans can visit www.cao.house.gov for more information.

Congressman Ami Bera, M.D. represents Sacramento County. Born and raised in California, Bera is a physician and the only Indian American currently serving in Congress. He's fighting to rebuild an economy that works for middle class families and to reduce our country's debt in a responsible way.

One of Bera's first acts in Congress was to help lead the effort to pass the No Budget No Pay Act, which says if members of Congress don't pass a budget, they don't get paid. As a co-chair of No Labels' Problem Solvers, he's working with people from both parties to find bipartisan solutions to our nation's challenges.

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Why GMO Labeling Matters

Commentary
By Karen Johnston

I admit to being confused about GMO (genetically modified organisms). Like many Americans, I'm challenged to understand the consequences of genetically engineered organisms in my body, family, and in the environment. Knowing the facts will help guide us in the choices we make for all the things we care about.

While a long-term study of genetically engineered organisms is still lacking, significant parts of the world are concerned about their impacts: All 27 countries in the European Union now ban or limit GMO crops. Egypt and Algeria also restrict GMOs, as do Peru, Brazil, Bolivia, and Paraguay.

With over 75 percent of all non-organic foods in the United States containing genetically

engineered ingredients, why haven't the FDA and the USDA – guardian angels of the nation's food supply – moved in that direction, or at least taken a more cautious approach? And why aren't GMO foods labeled, so we can make informed choices?

Some things to know about GMO:

- **GMO foods are made with new, uncertain technology:** Older methods of crossing plants, including hybridization and selection, have been used for centuries. These methods are natural and safe. They don't try to splice flounder DNA into tomatoes to resist frost (no one has ever tasted the infamous "fish tomato," a genetically engineered failure of the early '90s). Long-term impacts of GMOs are unknown.

- **GMOs are everywhere:** Much of our food, though not labeled as such, is already

GMO: 85 percent of soy, 40 percent of corn, 75 percent of canola, and 76 percent of cotton grown in the U.S. are GMO, reports the USDA. 1

- **Mostly Roundup:** 80 percent of food-crop GMOs are bred for tolerance to the herbicide glyphosate, or Roundup, made by Monsanto, according to the Journal of Agrobiotechnology Management and Economics.2 A Roundup-resistant plant lives while the herbicide kills competing weeds. The problem is that glyphosate stays in the plant. If you eat GMO corn or soy, you're eating the herbicide too. In 2009, a French court found Monsanto guilty of falsifying an advertising claim that glyphosate is biodegradable, reports BBC News.3 A 2011 European study found glyphosate in 44 percent of volunteers from 18 countries. You're even exposed if you eat organically.

A 2011 study written up on GreenMedInfo.com, "detected glyphosate in 60-100 percent of all U.S. air and rain samples." 4 Another 2012 study found it widespread in groundwater, reports Reuters.5

- **Problems with Roundup:** Glyphosate has been linked in scientific studies to breast cancer, Parkinson's disease, autism, MS, infertility, gastrointestinal diseases, and Alzheimer's.6 The American Academy for Environmental Medicine says that GMO foods "pose a serious health risk" and has called for a moratorium on the use of GMOs until further studies are done.

- **If GMOs are risky, why are they everywhere?** Someone left the barn door open – a revolving door between industry and government. Michael Taylor, for example, is both the former VP of Public Policy at Monsanto and the current

Deputy Commissioner for Foods under the Obama Administration. As a regulator, Mr. Taylor approved use of rGBH, bovine growth hormone – a controversial GMO – despite links to cancer, allergies, and higher rates of childhood asthma.7

Everyone knows not to put a fox in the chicken house, because while Mr. Fox may know more about chickens than anyone alive, knowledge does not imply honorable intentions.

When I was farming, a peahen – Penelope – escaped from a farm up the road and moved in with our chickens. Eventually she sounded just like a chicken, and blindfolded, you'd never know. GMO proponents would like us to stay blindfolded and believe that genetically modified salmon is the same as its wild brethren. They want us to stay blind to potential problems by fast-tracking GMO approval

and stacking the regulatory deck. They would like us to turn a blind eye to the growing number of negative GMO studies and continue to trust that Monsanto, guilty of lying and polluting, can protect our health while telling us a peahen is a chicken.

With more states compelling food producers to make GMO labeling mandatory, it's clear that the awakening American public opposes the abuse and manipulation of our food system.

It's time for Congress to pull off the blinders for good and pass a responsible GMO labeling bill that protects the health of everyone. Safety comes first.

Karen Johnston is an Ayurvedic consultant, former farmer, and community food activist living in Hardwick, Vermont. © Blue Ridge Press 2013

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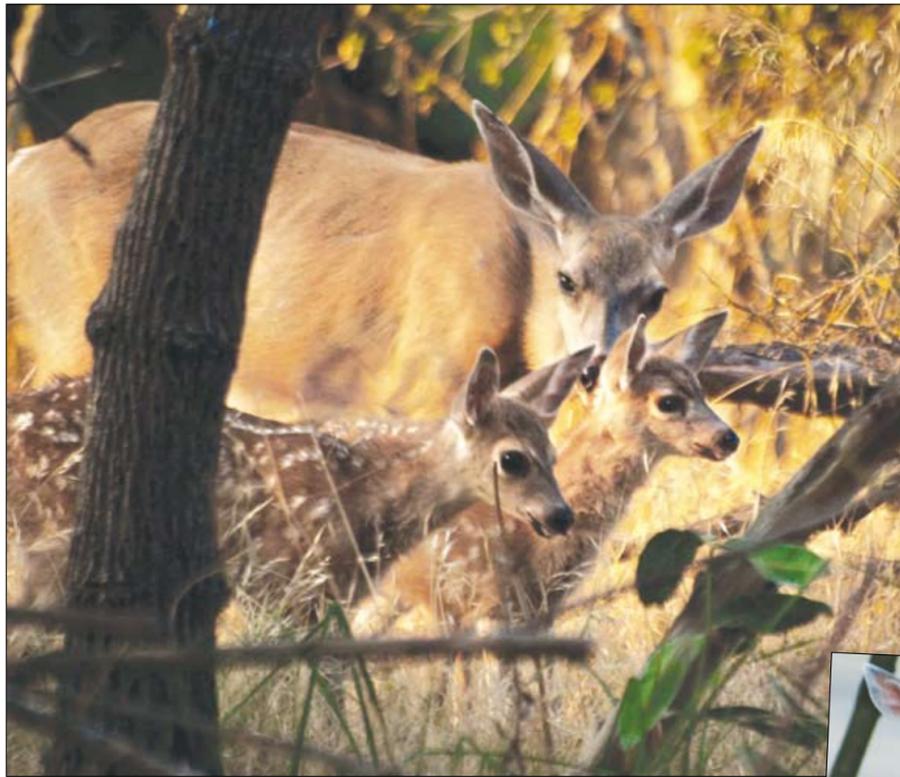
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Heat Wave Babies Spotted

Some Moms Prefer Home Deliveries



On a 100 degree day at the Effie Yeaw Nature Center (above), a black-tailed doe leads her twins to find water. Right: Just birthed in a secluded Carmichael Creek backyard, Bambi obediently awaits his mother's return. Photos by Susan Maxwell Skinner.

Pictures and Words
By Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) – Challenged by recent heat waves, dehydration, and predators, black-tailed deer fawns are finding American River Parkway survival particularly tough this year. Many does have instead chosen to deliver babies in residential backyards.

Thus, in recent weeks, unusual numbers of gardeners have reported surprise at what sprouted overnight in their flowerbeds. Garden deliveries are a safety measure for mothers and progeny: shade is plentiful, predators less common, and bird baths are handy troughs. Sprinklers mean greener grazing than our parched Parkway can offer.

"I looked out my window and a baby fawn tottered toward me," marveled a California Avenue woman. "Her eyes were unfocused and her fur was wet. I guess she had just been born. I was thrilled to see nature renewed in my own yard. The mother had vanished

and the baby started crying. She was running around in distress, but she stayed in my yard. Eventually, the mom came back, suckled her baby, and they wandered off together. I haven't seen them since."

Owner of a large property near Carmichael Creek, Allan Davis headed outdoors for a stroll. "I heard a rustle and a tiny fawn was feet away from me, just staring," said Davis. "He was so cute ... eventually he ran away, but he seemed to stay in the garden."

Later, a doe showed up. Mother and child wandered down the garden path and into the sunset, together.

What both Carmichael residents observed was a rite of passage -- a behavioral norm often mistaken for maternal neglect. After does give birth, they abjure their little ones to stay put, then disappear. No matter



how frightened, the fawns wait in prescribed areas. Moms later retrieve babies already apprised of lesson one: obedience. In



Hours old, a fawn holes up in a garden corner (above) to master a childhood lesson in obedience. Photo by Susan Maxwell Skinner.

following months, fawns are often left beneath thickets, camouflaged by dancing light on dappled coats. Obedience to the stay-put message is a fawn's greatest protection.

Does usually keep newborns hidden for some weeks after birth. With August upon us, new fawns are now becoming more visible on the Parkway, but from all indications, this summer presents special hardships. June/July heat waves desiccated most grasses and dried creeks early. The staple acorns won't be available till fall.

"That might explain why so many fawns were born in private gardens," ventures Effie Yeaw Nature Center staffer Betty Cooper. "On the Parkway, deer compete with other animals to eat whatever's out there. I guess our gardens are a refuge."

Here's what to do if a lone fawn appears in your yard:

Don't assume it is abandoned -- mothers almost always return. **Don't** move the youngster -- this may stop mom from finding it. **Don't** befriend or feed fawns -- their survival depends on wariness.

Do fill birdbaths or leave water pans in shade. **Do** restrain Fido until the newcomer departs; even friendly dogs may initiate flight and injury. Canine odor might also scare off the returning doe. **Do** caution neighbors to drive carefully -- the mom might appear suddenly on a street or driveway.

Above all, honor the little newcomer's presence as a brief, precious gift. We are all nature's children. Responsibility to share begins in our own yards.

For advice or assistance with orphaned fawns, visit www.kindredspiritsfawnrescue.org.

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