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Carmichael Times

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June 3, 2016

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with Mary Jane Popp



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Heroes on Parade for Memorial Day Tributes



Story and photos by Susan Maxwell Skinner

FAIR OAKS, CA (MPG) - Several generations of warriors joined recent Memorial Day ceremonies at Fair Oaks Cemetery.

Among those honored, Samuel Clower served in WW II, and later in Korean and Vietnam conflicts. Clower was standing guard at Wheeler Army Air Field when enemy bombs struck Pearl Harbor in 1941. He was then a 21-year-old infantryman. In Fair Oaks, the 96-year-old thanked admiring veterans, families and patriots. "I can't tell you how much it means, not just for me, but for all Pearl Harbor survivors," he said. The Rosemont resident retired from the Army in 1971 at the rank of colonel. One of the dwindling "greatest generation," Colonel Clower was among very few attendees at weekend celebrations who had seen WW II service.

Korean, Vietnam, Afghanistan and Iraq veterans and their families boosted the Fair Oaks numbers to over 500. As ceremonies began, a motorcycle guard of American Legion Vietnam vets roared into the historic burial ground. Here military graves include those of 12 men who wore Civil War uniforms. Speakers included Congressman Ami Bera; Assembly Members

Beth Gains and Ken Cooley and Supervisor Susan Peters. Dr. Bera suggested citizens should not just celebrate Memorial Day once a year. "We should wake up every day, and reflect on those who answered the call," he said.

Patriots who fell in service helped shape America, said Gains. "We should do our part to never forget them." Assembly Member Cooley said the National Anthem reminds Americans of generations of countrymen who gave what President Abraham Lincoln called "the last full measure of devotion." Supervisor Susan Peters reminded the audience that freedoms enjoyed by Americans "are due to those who have served in uniform."

Recalling the Pearl Harbor attack that precipitated United States' declaration of war against Japan, Franklin Delano Roosevelt's 1941 "day of infamy" address was re-delivered. Arriving in a vintage wheelchair, Sacramento actor Joe Hart wore trademark FDR suit and hat. His cigarette and scotty dog were set aside as the lookalike read the historic presidential address. Fittingly for Memorial Day, the opus ends with FDR's immortal prediction:

"With confidence in our armed forces — with the unbounded



Retired US Army Colonel Samuel Clower (center, top photo) represented Pearl Harbor survivors during commemorations at Fair Oaks Cemetery on Memorial Day. Clower (96) was flanked by Vietnam War veterans Ron Berringer (left), Paul Reyes, Jim Russell and Bill Heilmann. Franklin Delano Roosevelt (AKA actor Joe Hart, above) arrived in vintage wheelchair to reenact the "day of infamy speech" as given to Congress in 1941.

determination of our people — we will gain the inevitable triumph — so help us God."

Anyone may visit Fair Oaks Cemetery, where a Memorial

Wall is dedicated to more than 1700 men and women who served the United States Armed Forces. The facility is located at 7780 Olive Street, Fair Oaks. ★

Women's Empowerment Receives \$25,000 Grant

Grant Will Help Sacramento Women and Children Break the Cycle of Homelessness

SACRAMENTO, CA (MPG) - Women's Empowerment has received two grants totaling \$25,000 from Union Pacific and Nationwide to help homeless women in Sacramento find homes and jobs that support their families through the most comprehensive job-readiness program in the Sacramento area specifically designed for homeless women. Union Pacific provided \$10,000, and Nationwide provided \$15,000.

"Although the economy is improving, finding work when a woman is homeless can be nearly impossible without the right tools," said Lisa Culp, executive director, Women's Empowerment. "The situation of homeless families in our community is dire — the Sacramento County Office of Education reports nearly 12,000 students are experiencing homelessness. We are grateful to Union Pacific and Nationwide for providing funding that will break the cycle of homelessness for many of these families."

Women's Empowerment's initial eight-week program for women who are homeless in Sacramento provides women with free onsite child care in the group's child development center and transportation assistance. Each woman works with a master's level social worker to address her root causes of homelessness, attending classes on job-readiness, confidence and empowerment. She receives health services, focuses on job readiness with her employment specialist and volunteer career mentor, and learns financial literacy. When she graduates after eight weeks, she can access Women's Empowerment's graduate services at any point in her life, which include certifications, counseling, GED preparation, access to a professional clothing closet, financial literacy, and paid job training through the group's Get A Job Kit Training and small business.

Celebrating its 15th anniversary this year, Women's Empowerment was recently featured on NBC's TODAY Show and on CNN.com for offering the most comprehensive job-readiness program in the Sacramento area designed specifically for women who are homeless and their children. The 2014 Organization of the Year has graduated 1,322 homeless women and their 3,000 children. Last year, 93 percent of graduates found homes and 83 percent found jobs or enrolled in school or training. The program combines self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures. Women's Empowerment is funded solely through private donations from the community. To donate online: www.womens-empowerment.org.

Source: Kristin Thébaud Communications ★

Top Celebrities Scheduled for Wizard World

William Shatner and Reggie Jackson to Appear

SACRAMENTO, CA (MPG) - Wizard World, Inc. (OTCBB: WIZD) continues its 2016 schedule with its third trip to Sacramento Convention Center at Wizard World Sacramento, June 17-19. Captain America star Sebastian Stan, *X-Men* standout Evan Peters, Hayley Atwell ("Agent Carter," *Captain America: The First Avenger*), William Shatner ("Star Trek," "Boston Legal"), and Baseball Hall of Famer Reggie Jackson (*The Naked Gun*)

headline the roster of celebrity guests scheduled to attend the pop culture extravaganza, the 11th event on Wizard World's calendar of comic con and gaming cons in 2016.

Jackson will attend on Saturday, June 18, only. Atwell will appear Sunday, June 19, only. Shatner will appear on Friday and Saturday; Stan and Peters are scheduled for Saturday and Sunday.

Other well-known Wizard World

guests include Jewel Staite ("Firefly"), Caroll Spinney (Voice/puppeteer - "Sesame Street"), Billy Boyd (*The Lord of the Rings Trilogy*), Scott Wilson ("The Walking Dead," "Damien"), Denis O'Hare ("American Horror Story," "True Blood"), Michael Cudlitz ("The Walking Dead," "Southland"), Dean Cain ("Lois & Clark: The New Adventures of Superman," *Vendetta*), and others.

Continued on page 9

Sacramento County DA Reports



Defendant Convicted for Transgender Hate Crime Assault; Defendants Convicted in Sweetheart Scam Ending in Murder; Siblings Sentenced for Murdering Tenant

CASE: Trayvon Kirkendoll
PROSECUTOR: Deputy District Attorney Brian Morgan, Gangs & Hate Crimes Unit
 Twenty-three-year-old Trayvon Kirkendoll was convicted by jury of assault with force likely to produce great bodily injury. The jury also found the offense to be a hate crime. A bench trial will be held at sentencing as to Kirkendoll's prior convictions.

Kirkendoll was at the Bonfare Market in Oak Park when he saw the victim, who is a transgender female, enter the store. Kirkendoll approached the victim and talked to her. When he realized the victim was transgender, he became embarrassed and then angry. Kirkendoll left the store and went to his car, where his two female companions were waiting. When the victim attempted to leave the store, Kirkendoll and his friends approached the victim, told her that Kirkendoll wasn't gay, and then assaulted her. The three repeatedly punched, kicked and stomped the victim. During and after the assault, they referred to the victim using derogatory insults, which referenced their perception of her sexual orientation.

Kirkendoll faces a maximum potential sentence of 13 years in prison. Sentencing is set for July 23, 2016, at 9:00 a.m. in Department 28 before the Honorable James McPetridge.

CASE: Sandy George, Kevin Moreno, Michael Moreno & Peaches Moreno

PROSECUTOR: Deputy District Attorney William Satchell, Homicide Unit

Sandy George, Kevin Moreno, Michael Moreno and Peaches Moreno were convicted by jury of first-degree murder. The jury also found true the special circumstance that the murder was committed during the commission of a burglary.

In November 2014, Sandy George befriended 77-year-old Leo Curry. She convinced Mr. Curry to allow her, along with her daughter Peaches Moreno and two of her younger children, to stay in his home by telling him they were homeless. Once inside the home, Peaches Moreno and

George began coordinating the theft of items from Mr. Curry's residence. George's husband, Michael Moreno, and her son, Kevin Moreno, began pawning the stolen items. On November 15, 2014, at least one of the defendants beat Mr. Curry to death in his home and hid his body in the garage. The defendants then sold more of Mr. Curry's property, including his vehicle. The defendants remained in Mr. Curry's residence for two days after killing him. They attempted to open a large safe while at the house, but were unsuccessful.

All defendants face a sentence of life in prison without the possibility of parole. Sentencing is set for July 15, 2016, in Department 33 before the Honorable Michael Savage.

CASE: Monica Njoku & Monterio Roberts
PROSECUTOR: Deputy District Attorney Thomas Asker, Homicide Unit

The Honorable Marjorie Koller sentenced Monterio Roberts to 16 years to life in prison and Monica Njoku to 15 years to life in prison. On October 22, 2015, a jury convicted Njoku and Roberts of second-degree murder. The jury also found true a use of a deadly weapon allegation for Roberts.

Monica Njoku owned a house, which she rented out to single parents with dependents. On November 16, 2014, she demanded one of her tenants and the tenant's baby leave the house immediately. Another tenant, Edward White, protested and told Njoku she had to give the tenant at least a 3-day notice, which led to a heated argument.

Njoku called her brother, Monterio Roberts, and her sister-in-law to come to the house. Roberts threatened Mr. White and Njoku began harassing the female tenant. When Mr. White called 911, Njoku locked Mr. White's 2-year-old son out of the house. Roberts then pulled out a switch blade knife and attacked Mr. White. Njoku and her sister-in-law then jumped into the fight. Mr. White was stabbed three times in the torso. He died at the hospital from internal bleeding. ★

Region's Renters Just Can't Make It "Work"

Sacramento Residents Earning Minimum Wage Must Work 2 Full-time Jobs, 52-Weeks a Year to Afford Modest, Two-Bedroom Apartment

SACRAMENTO, CA (MPG) - In order to afford a modest, two-bedroom apartment at fair market rent in Sacramento, renters need to earn \$19.73 hour. This is Sacramento's 2016 Housing Wage, revealed in a national report released today. The report, Out of Reach 2016, was jointly released by the National Low Income Housing Coalition, a Washington, DC-based research and advocacy organization, Housing California, and the California Housing Consortium.

Every year, Out of Reach reports on the Housing Wage for all states, counties, and metropolitan areas in the country. The report highlights the gap between what renters earn and what it costs to afford rent at fair market value.

The typical renter in Sacramento earns \$14.96/hour, which is \$4.77 less than the hourly wage needed to afford a modest 2-bedroom apartment.

"As families struggle to keep up with soaring rents, our state

has gone in the wrong direction - reducing investment in building homes families can afford by 79% since 2008 and turning away billions in federal funds," said Ray Pearl, Executive Director of the California Housing Consortium. "Each year California delays in meeting the rising demand for affordable homes, more families are pushed into poverty. Governor Brown and the legislature must make this the year we change direction and get California building again."

Working at the minimum wage of \$10/hour in California, a family must have 2 wage earners working full-time, 52 weeks a year, or one full-time earner working 79 hours/week, 52 weeks a year, to afford a modest two-bedroom apartment in Sacramento.

"From 2000-2014, while rents in Sacramento County have skyrocketed 13%, renter household income has dropped 13%,"

said Shamus Roller, executive

director of Housing California. "Things can't continue this way. People are not just falling into poverty, California's out-of-control rents are keeping them trapped there. It's time for Governor Brown and the state Legislature to make bold investments in affordable development. It is undeniably a key part of the solution to California's housing crisis."

Assembly Democrats, led by Assemblymembers David Chiu (D-San Francisco) and Tony Thurmond (D-Richmond), with the support of Speaker Anthony Rendon (D-Los Angeles), have proposed that California use a one-time budget surplus to invest \$1.3 billion in proven affordable home programs and innovative housing opportunities for Californians.

For interactive graphics and information on every single county in California, visit: <http://www.nlihc.org/oor>

Source: California Housing Consortium ★

Sacramento Has Stingiest Single Men in America

SACRAMENTO REGION, CA (MPG)

The way a man spends his money can say a lot about his character and how he would treat a potential partner. According to a recent study, not all men are willing to fork out extra cash to impress a first date.

Dating site, WhatsYourPrice.com, pulled member data to determine just how much single men in America are willing to spend on a first date. Results revealed the Most Generous Cities in America, along with the cities where the cheapest daters reside. Bachelors in Sacramento took the No. 5 spot for the stingiest single men in

the country, valuing a first date at \$113. The average date offer on WhatsYourPrice.com is \$120.

The least generous cities in America were (according to the average first date offer): Brooklyn, NY came in at \$103, Minneapolis, Minnesota at \$106, Cleveland, Ohio at \$110, Phoenix, Arizona at \$112, and then Sacramento at \$113.

The cost of living in Sacramento is 17 percent higher than the national average, so it's no surprise that bachelors here would rather skimp on first date expenses. Single men in California's capital seem to stick to a budget when looking for love

as the fifth least generous daters in America.

"American women have continuously progressed into higher education and better paying jobs, with 14 percent of top leadership positions currently held by females," said Brandon Wade, CEO and founder of WhatsYourPrice.com. "It's not surprising that when searching for a partner, these women prefer someone who has attained a similar level of success. The willingness to spend freely on a first date signals someone who has financial stability and could provide a comfortable life together." Source: WhatsYourPrice.com ★

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What's Happening in Carmichael



Prickly purchase. Regina Quevado (left) and daughters Stacia and Solange joined customers at the Carmichael Cactus Society's annual show and sale at Carmichael Park.



Milagro miracle. Many months overdue, the Milagro Centre's first restaurant opened last week. Center owner Allan Davis and designer/business developer Lani Gannon joined throngs of eager-to-eat customers at the River City Brewing Company.



Birds of a feather. Congressman Ami Bera (center) bought an avian sculpture at the recent art auction supporting Effie Yeaw Nature Center. Sculptor Sheila Jacobs and show chair David Peterson celebrated Bera's \$950 bid.



Snazzy señoritas. Carmichael dentist Gabrielle Rasi (third from left) hosted a south-of-the-border party at her Coyle Avenue practice. Carmichael Chamber of Commerce was co-sponsor.

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CDPH Reminds Californians to “Be Better” for Improved Health

SACRAMENTO, CA (MPG) - California Department of Public Health (CDPH) Director and State Public Health Officer Dr. Karen Smith says you don't have to be perfect to improve your health, but you can strive to be better. “Be Better” is the new CDPH “Champions for Change” campaign unveiled today during a Sacramento River Cats game at Raley Field in West Sacramento.

“‘Be Better’ is a reminder that even small steps can make a difference in improving your health,” said Dr. Smith. “Take the stairs, snack on fruits and veggies, and quench your thirst with water instead of soda – these are simple ways that we can all be better to enjoy better health.”

Dr. Smith (top right in photo) launched the campaign at the River Cats game as fans took part in an attempt to break the world record for the most people running in place at the same time. The traditional seventh-inning stretch turned into the “seventh-inning flex,” when fans twisted and stretched in a two-minute workout led by Dinger, the team’s mascot, and local “Champions for Change.”

“There’s no greater way to celebrate the launch of this important campaign than by showing how even the seventh-inning stretch is an opportunity to be better,” said River Cats General Manager Chip Maxson. “Our players were happy to join ‘Champions for Change’ in coming up with this fun activity for our fans and creating a new healthy baseball tradition right here at Raley Field.”

The “Be Better” campaign promotes new federal dietary guidelines that recommend Americans focus on making small shifts in what they eat and drink to prevent chronic health conditions like type 2 diabetes, hypertension and heart disease. Having a normal weight reduces your risk of developing type 2 diabetes by 70 percent.

The “Be Better” campaign will include English and Spanish ads on television and radio stations, billboards and Web banners. There will also be



Dr. Smith (top right in photo) launched the campaign at the River Cats game. Photo courtesy of CDPH

community-level promotions coordinated with local health departments. The ads will feature “Champions for Change” – real people who have committed to be better for themselves and their families by being more active, drinking water instead of sugary drinks, and eating more fruits and vegetables.

More information about how you can become a “Champion for Change,” including how you can “Be Better”, is available on the “Champions for Change” website.

Source: www.cdph.ca.gov ★



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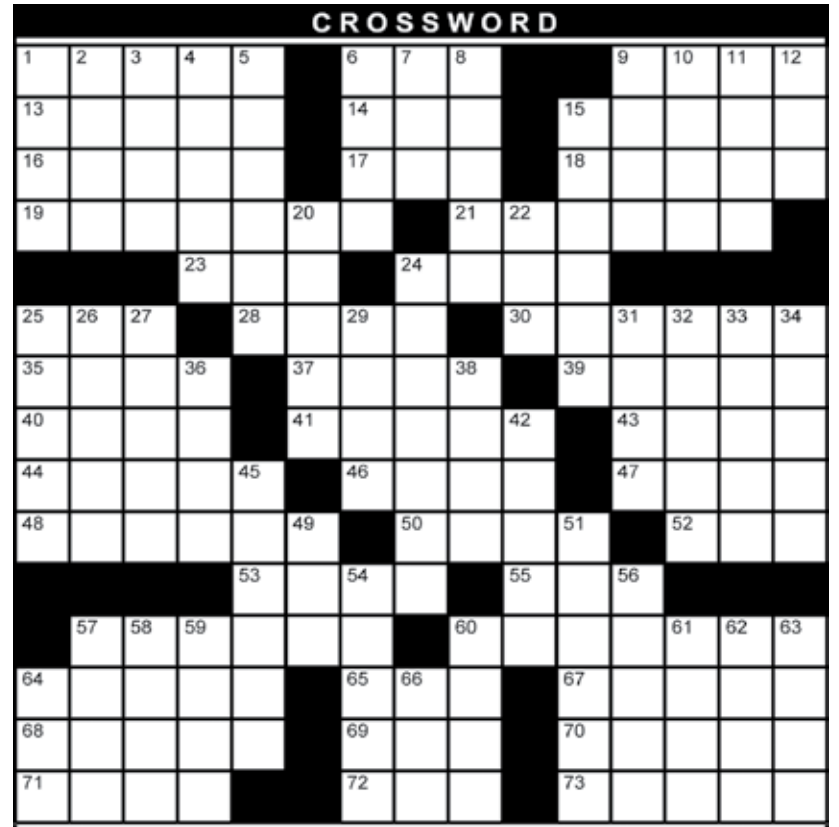
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- ACROSS**
1. Bigwig in the Orient
 6. I in T.G.I.F.
 9. Brazilian indigenous people
 13. In the past
 14. Not bright
 15. Like a clichéd remark
 16. Sandbar
 17. Dahu greeting gift
 18. Acoustic output
 19. *Christopher Robin's father
 21. *Little Mermaid's royal father
 23. Poor man's caviar
 24. Bell sound
 25. Buffoon
 28. Miami Heat's Dwyane
 30. *Prolific TLC father
 35. Radar flash
 37. Michelin product
 39. Third rock from the sun
 40. Republic of Ireland
 41. Sizeable
 43. Facts and figures
 44. Sour in taste
 46. Chicken of the sea?
 47. Like fair share
 48. Concerning this
 50. Debilitating spray
 52. Energy unit
 53. Beast's most precious possession
 55. *John John's dad didn't wear it at his inauguration
 57. *Overprotective father in "Meet the Parents"
 60. *Scout and Jem's juriprudent father
 64. Enter user name and password
 65. A note to follow soh
 67. Animal catcher
 68. Flip-flop
 69. Draft pick
 70. Iron + nickel
 71. Command: "At ___!"
 72. Outer limit
 73. African antelope



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Crossword Puzzle Solutions on Page 6

DOWN

1. Discovery group
2. Turkish honorific
3. Sonic sound
4. *Believe it or not, I'm walking
5. Loud cow noise
6. Not in action
7. *Wearable gift for dad
8. Inflict a blow
9. Tight like a bow string
10. Backward arrow command
11. Stepping stone to gain?
12. United Nations labor agency
15. Municipal officer in Scotland
20. Poetic "beneath"
22. ___ Koothrappali of "The Big Bang Theory"
24. Fragrant toiletry
25. African sorcery
26. *"You Are Old, Father William" from "___ in Wonderland"
27. One who fires firecrackers, e.g.
29. Soda choice
31. Like a full-fledged Mafia man
32. *King Fergus is Merida's dad in this Pixar flick
33. Weasel's aquatic cousin
34. Edible cannabis substance
36. *Alexandre Dumas to Alexandre Duma, fils
38. Largest volcano in Europe
42. Jet-setter's aqua ride
45. Mind-numbing or wearisome
49. Hemingway's "___ Whom the Bell Tolls"
51. As opposed to "eats out"
54. Type of renewable energy
56. Metallic sounding
57. Capital of Qatar
58. Between the id and super-ego, pl.
59. Not any
60. Attention grabber
61. Vena ___
62. Eurasian mountain range
63. "Will be" in Doris Day song
64. Long Term Evolution
66. *Laila's dad, Muhammad ___

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7			9	5	2	3
	3			2		
5	2			4	8	6
6	8	2	9			4
1						
		6		5		3 8
	5	8	4			7 2
			8			4
4	6	7		2		

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9. Solutions on Page 6

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WIDOWED PERSONS ASSOCIATION OF CALIFORNIA



The Widowed Persons Association of California encourages men and women to come to Sunday Support each Sunday from 3:00pm - 5:00pm. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service. Participants do not need to be members and there is no charge.

OFFICE HOURS 10:00am - 3:00pm
Monday - Friday (916) 972-9722

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It is the intent of the Carmichael Times to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

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Protect California's Forests and Trees – Buy It Where You Burn It

SACRAMENTO REGION, CA (MPG)
- Californians can help protect urban and wildland trees this summer by buying firewood local to where they will be using it and not moving it from one place to another. Invasive insects and diseases can hitchhike on firewood, spreading to new locations where they can further damage trees and native environments.

hole borers, sudden oak death, and pitch canker are killing millions of trees in California, and all can move on firewood. Over the past year alone, the goldspotted oak borer, Kuroshio shot hole borer, and polyphagous shot hole borer have spread to new counties in southern California as a result of firewood and green waste movement. Trees susceptible to one or more of these pests are found throughout most of the state, making it paramount that firewood not move outside of its local area.

California in addition to a set of questions consumers can ask firewood dealers to help assure the wood being purchased is low risk for invasive insects and diseases.

Small Business Employment Weakens

NFIB Data Shows That Small Business Owners Are Trying to Hire, but Cannot Find Qualified Workers

SACRAMENTO REGION, CA (MPG)
- A large portion of small business owners reported that they were hiring or trying to hire, yet job creation turned slightly negative in April, according to the Jobs Report released by the National Federation of Independent Business (NFIB).

increasing employment an average 2.2 workers per firm while 13 percent reported reducing employment an average of 3.5 workers per firm. Up 5 points, 53 percent of owners reported hiring or trying to hire. Of those trying to hire, 87 percent reported few or no qualified applicants for the positions that they were trying to fill. Twelve percent of owners cited the difficulty of finding qualified workers as their Single Most Important Problem, a high reading for this recovery.

fill open positions.”
He also predicts that the April jobs number will remain weak, close to the 200,000 mark with little change in the unemployment rate.

Top Celebrities Scheduled for Wizard World

William Shatner and Reggie Jackson to Appear

Continued from Page 1
Wizard World is also the home of the most creative comics artists and writers on the planet.

Friday, June 17, 3-8 p.m.; Saturday, June 18, 10 a.m.-7 p.m., Sunday, June 19, 10 a.m.-4 p.m.

wizardworld.com) produces comic, gaming and pop culture conventions across North America that celebrate the best in pop-fi, pop culture, movies, television, cosplay, comics, graphic novels, toys, video gaming, sci-fi, gaming, original art, collectibles, contests and more.

The average employment change during the month of April decreased to an average loss of 0.08 workers per firm. Twelve percent reported

For more on the 2016 Wizard World Sacramento, visit <http://wizd.me/SacramentoPR>.

For more than 70 years, the National Federation of Independent Business has been the Voice of Small Business, taking the message from Main Street to the halls of Congress and all 50 state legislatures.

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ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00194174

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00181427

WHEREAS, Paul Ashley Skapinok has filed a petition with this court for a decree changing the name(s) of Paul Ashley Skapinok to Asher Gideon.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00194672

WHEREAS, Timothy Joel Durkee has filed a petition with this court for a decree changing the name(s) of Timothy Joel Durkee to Joel Timothy Durkee.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00192350

WHEREAS, FNU Ramzia has filed a petition with this court for a decree changing the name(s) of FNU Ramzia to Ramzia Haqiqi.

LEGAL NOTICE
P.O. Box 14
Carmichael, CA 95609

LEGAL NOTICE

ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00193764

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00193982

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00195039

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00192348

NOTICE OF PETITION FOR PROBATE OF WILL

NOTICE OF PETITION FOR PROBATE OF WILL
AND FOR LETTERS TESTAMENTARY
ESTATE OF CAROLE J. NORLEN (decedent)
ESTATE NO. 34-2016-00194822

Public Hearing Notice Recreation Fees

The Fair Oaks Recreation and Park District (FORPD) Board of Directors will consider a revision to the fee schedule for recreational programming during the meeting listed below. Members of the public may attend and address the Board.

Wed., June 15, 2016
6:00 pm
Village Hall (Clubhouse)
7997 California Avenue
Fair Oaks, CA 95628

If you challenge this resolution in court, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice, or in written correspondence delivered at or prior to the public hearing. Please submit any written comments to the Parks and Recreation Department prior to the public hearing.

Copies of the revised fees report prepared for the Board will be available for review after June 10, 2016 at the FORPD Administration Office at 4150 Temescal St. For questions or comments, please call (916) 966-1036.

A public notice from:
Fair Oaks Recreation and Park District
www.fairoakspark.org
PUB: 05-27-16, 06-03-16
FORPD 160518 06-03-16

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Model: Scion
License: 6ZQR333
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Publish June 03, 2016

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ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00194497

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00194425

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00195496

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00192347

NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE
OF BRAD LEE PONTIOUS (decedent)
ESTATE NO. 34-2016-00194437

NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE
OF BRAD LEE PONTIOUS (decedent)
ESTATE NO. 34-2016-00194437

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00194497

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00194425

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00195496

NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE
OF BRAD LEE PONTIOUS (decedent)
ESTATE NO. 34-2016-00194437

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00194425

TO all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Brad Lee Pontious (deceased): A Petition has been filed by Brad Lee Pontious in the Superior Court of California, County of Sacramento, requesting that Brad Lee Pontious be appointed as personal representative to administer the estate of the decedent.

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00194497

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
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ORDER TO SHOW CAUSE CHANGE OF NAME

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#34-2016-00192347

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00192348

How to Fix America's Failing Cybersecurity Capabilities

Commentary
by **Nada Marie Anid**

Barack Obama just became the first U.S. president to write a line of computer code. The gesture is part of a national push for computer science education. In fact, the White House recently announced a \$4 billion "Computer Science for All" initiative that will help educate the next generation of coders.

It couldn't have come soon enough. In addition to playing an increasingly central role in business, computer science know-how is vital to America's economic and national security. 2015 was the worst year ever for cybercrime, with nearly 1,000 major data breaches.

These attacks included the theft of 21.5 million records from the federal government's Office of Personnel Management and a T-Mobile breach that exposed the names, addresses, and Social Security numbers of 15 million customers.

Efforts to bolster cybersecurity all face the same obstacle: a shortage of talent. Protecting our citizens requires a large-scale effort to attract talented people to the cyber workforce and then train them to meet and thwart modern, unexpected threats.

There are currently 209,000 unfilled positions for cybersecurity workers in the United States, according to a Stanford University report. Worldwide, the figure totals roughly 1 million.

With cybercriminals growing more sophisticated each day,

we need a long-term strategy to close the cybersecurity talent gap.

To start, computer science must become a central component of our education system.

According to a recent Gallup survey commissioned by Google, less than one third of K-12 teachers and administrators say that computer science is a top priority for their school. In a survey commissioned by defense contractor Raytheon, 82 percent of millennials reported that no teacher or guidance counselor had ever mentioned the possibility of a job in cybersecurity.

Thankfully, some policymakers are attempting to change the status quo. On top of President Obama's national initiative, New York Mayor Bill de Blasio has

committed his city's school system to offering computer science classes to all students within 10 years.

Efforts to ignite a passion for cybersecurity careers should give special attention to young women. According to that same Raytheon survey, men are five times more likely to consider a career in cybersecurity than women. Research from a study I'm conducting with colleagues from Cisco and the wider tech community for an upcoming book called *The Internet of Women*, supports Raytheon's findings.

Another valuable step would be the creation of a cybersecurity scholarship program. The National Science Foundation already offers funding for

degrees related to cybersecurity, provided recipients work for the government upon graduation.

What's needed is a more ambitious scholarship program, similar in scope to the GI Bill.

Private-sector businesses such as technology firms and military contractors should establish related initiatives, offering to pay off education loans for students who accept in-house cybersecurity positions.

But it won't be enough to simply encourage more Americans to earn degrees in computer science. Students also need access to tech immersion programs to see the practical implications of their studies.

My own university, New York Institute of Technology, has worked with industry

leaders to create internships and other real-world experiences and opportunities. And we've dramatically increased our cybersecurity course offerings, hiring expert faculty in biometrics, swarm intelligence, cryptography, data mining and forensics, and network security. We've even added a cybersecurity concentration for undergraduates and a master's program.

America faces mounting cyber threats. Only through better funding incentives and hands-on immersive training can we hope to attract more young people to the cybersecurity field.

Nada Marie Anid, Ph.D. is dean of the school of engineering and computing sciences at New York Institute of Technology. ★



Announcements & Events

Baby Ballet & Gymnastics
Ages: Walking - 3 years; Time: 9am - 9:45am
Ages: 3 - 6 years; Time: 9:45am - 10:30am
Tuesdays: 4 Weeks, starting June 7th
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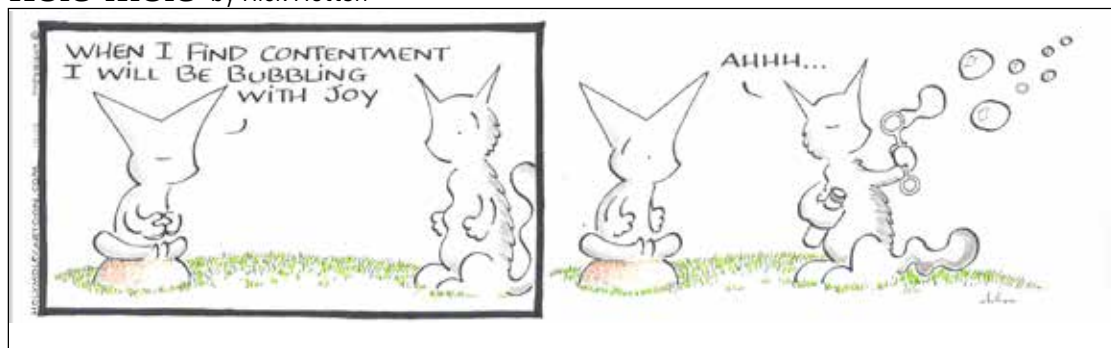
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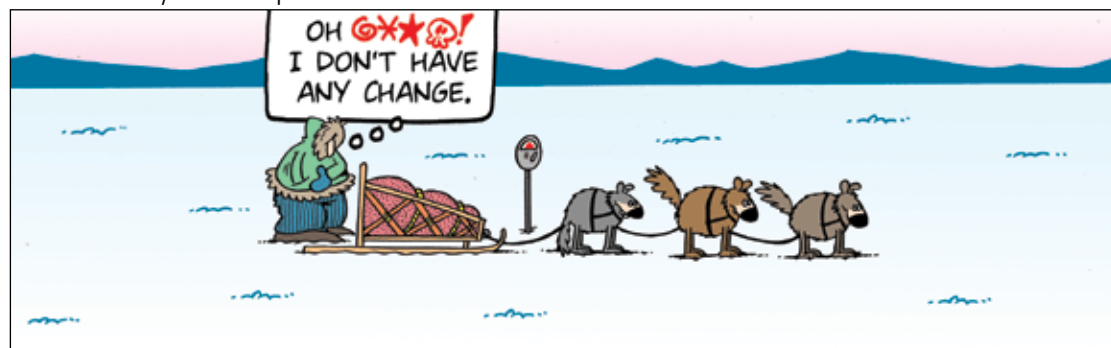
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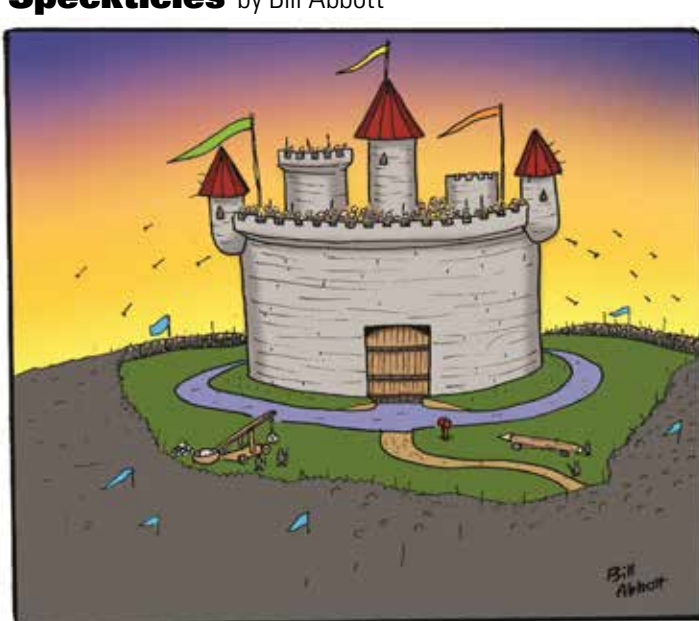
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Auditions Being held for the Sacramento Choral Society

SACRAMENTO REGION, CA (MPG) - Do you want to sing? The Sacramento Choral Society and Orchestra and Music Director Donald Kendrick are currently holding membership auditions for their 2016-2017 Concert Season. If you are an experienced choral singer with good music reading skills, please call the SCSO at (916) 536-9065 or email the SCSO: scso2005@gmail.com The chorus rehearses September through May on Monday evenings from 7 – 9:30 PM. The Sacramento Choral Society and Orchestra is celebrating

its 21st year of performances in the Capital Region with concerts in Sacramento's Fremont Presbyterian Church, Memorial Auditorium and the Sacramento Community Center Theater. Join us for a blockbuster season continuing the tradition of large choral and orchestral masterworks for the Sacramento community. The SCSO Chorus plans to tour to Scandinavia and the Baltics (Finland, Estonia, Latvia) in June 2017. The SCSO is comprised of 170 singers from six counties in the Sacramento region.

They have received the "Arts Excellence Award", the "Outstanding Non Profit of the Year" award and numerous other awards for their work in the Capital Region. As well as presenting their own concert series, the SCSO has performed with the Boston Pops Orchestra, Sarah Brightman's World Tour, the Kenny Rogers Christmas Show, Barry Manilow and on national and international concert stages in Carnegie Hall, Disney Hall (LA), Europe, China, Italy, France and England. For



If you are an experienced choral singer with good music reading skills, please call the SCSO at (916) 536-9065 or email the SCSO: scso2005@gmail.com Photo courtesy SCSO
further information visit the website at sacramentochoral.com or email the SCSO at scso2005@gmail.com

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Don't forget to look over the fine selection of vacuum cleaners, too! New vacuums and reconditioned vacuum cleaners and accessories are available to fit any budget.

The editors of this 2015 Consumer Business Review urge all of our readers to check with Cordova Sewing & Vacuum Center for professional knowledge, sales and maintenance. Family owned and operated for over 30 years!

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For The Ultimate Experience In Beauty & Relaxation
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A man or woman's total image depends a great deal on healthy, fashionable hair. A lovely head of hair can make any person look and feel exquisite. Busy people find Hoshall's Salon & Spa at 7330 Fair Oaks Boulevard, in Carmichael, to be the most progressive hair design studio...and for good reason. The precision haircuts they specialize in provide you with high fashion styling along with easy-to-care-for simplicity. The hair experts at Hoshall's Salon & Spa are known for technically correct haircuts and styling done according to your facial bone structure and hair texture so that your haircut flatters your face. That's the way it should be done! They also offer a full variety of spa services.perms, highlighting, coloring, and more are also provided by Hoshall's Salon & Spa. The editors of this 2015 Consumer Business Review highly recommend Hoshall's Salon & Spa as the best place in our entire readership area to achieve the "Look That Spells Success."

Ken & John's Auto Repair

Foreign & Domestic
Call 916-944-1526

Ken & John's Auto Repair in Carmichael, at 3937 Marshall Avenue, offers complete scientific service on all makes of cars and trucks by trained mechanics. It is always the policy of Ken & John's Auto Repair to give the maximum service at the lowest possible price. Their many satisfied customers prove this. "Service" is Ken & John's Auto Repair's motto, and is backed by their fine reputation. Expert workmen give your automobile the attention it needs from the smallest repair to a complete overhaul or engine rebuild job. Every vehicle needs adjustments at some time or other. Wise owners allow Ken & John's Auto Repair to keep their car in first class operating condition! For guaranteed satisfaction, the editors of this 2015 Consumer Business Review recommend you take your car to Ken & John's Auto Repair.

American Tires & Auto Service

Auto Repair & Service
Foreign & Domestic
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Wouldn't it be nice to be able to take your car to just one place for all of your repair work? There is such a place and we're talking about American Tires & Auto Service! With shop facilities at 6800 Fair Oaks Boulevard, in Carmichael, American Tires & Auto Service is the area's leading repair shop. Ask any one who's used their services. They'll tell you this is the ONLY stop you need to make on your way to worry-free driving! From a simple oil change to complete repairs, American Tires & Auto Service has the equipment, parts and skill to repair or replace any part that may malfunction. With years of recommendations behind them, American Tires & Auto Service has established the type of reputation you can trust. So, when you need ANYTHING done to your car, see the best...first. The editors of this 2015 Consumer Business Review recommend you make an appointment with American Tires & Auto Service. They will take good care of you at prices you can afford!

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(Excluding Pet Food or Litter)
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Limit: 1 Coupon Per Family
Effective 6/1/16 - 6/7/16

<p>AVODERM NATURAL DRY DOG FOOD 24-26 Lb Bag Limit 2 Bags Per Family</p> <ul style="list-style-type: none"> Lamb Meal & Rice \$31.99 Chicken Meal & Rice \$32.99 Lite \$33.99 Original \$33.99 Large Breed Adult \$33.99 <p>Effective 6/1/16 - 6/7/16</p>	<p>IAMS DRY DOG FOOD 26 - 30 Lb Bag</p> <ul style="list-style-type: none"> Lamb Meal & Rice •Weight Control Mini-Chunk •Lrg Breed Adult <p>Limit 2 Bags Per Family \$25.99</p> <p>Effective 6/1/16 - 6/7/16</p>	<p>DIAMOND NATURALS DRY DOG FOOD 40 Lb Bag</p> <ul style="list-style-type: none"> Chicken •Lamb •Beef Senior 35 Lb •Light 30Lb \$29.99 Large Breed \$31.99 Large Breed Lamb \$36.99 Ex-Athlete \$36.99 <p>Effective 6/1/16 - 6/7/16</p>	<p>EARTHBORN HOLISTIC DRY DOG FOOD Natural Grain-Free 28 Lb Bag •Primitive Natural •Great Plains Feast •Meadow Feast •Coastal Catch</p> <p>Limit 2 Bags Per Family \$39.99</p> <p>Effective 6/1/16 - 6/7/16</p>												
<p>9 LIVES CANNED CAT FOOD 5.5 Oz All Varieties</p> <p>Limit 1 Case Per Family 35¢</p> <p>Effective 6/1/16 - 6/7/16</p>	<p>FANCY FEAST GOURMET CANNED CAT FOOD All Varieties 3 Oz</p> <p>Limit 2 Cases Per Family 20/\$11.00</p> <p>Effective 6/1/16 - 6/7/16</p>	<p>PURINA CAT CHOW DRY CAT FOOD •Regular •Indoor 16 Lb Bag</p> <p>Limit 2 Bags Per Family \$11.99</p> <p>Effective 6/1/16 - 6/7/16</p>	<p>SCOOPAWAY CLUMPING CAT LITTER 20 lb Box •Multi-Cat •Unscented (Fresh Step Scoop, 20 Lb Box - \$7.49)</p> <p>Limit 2 Boxes Per Family \$5.49</p> <p>Effective 6/1/16 - 6/7/16</p>												
<p>PURINA PRO-PLAN CANNED FOOD SALE</p> <p>Limit 2 • Dog Food Dog Food 99¢ Cat Food 63¢ Cases Grain Free \$1.29 13 Oz 3 Oz</p>	<p>WORLD'S BEST CAT LITTER</p> <p>14 Lbs \$11.99 Original \$12.99 Extra Strength</p>	<p>WELLNESS CANNED DOG FOOD 15% OFF Natural 12.5 Oz Can, Limit 2 Cases Full Case (Reg.Price - Reg. \$2.39 Stew \$2.49 Core \$2.49)</p>	<p>SCIENCE DIET SMALL BITES DRY DOG FOOD \$22.99 •Adult •Light •Mature •Puppy 17.5 Lb Bag Limit 2 Bags (Lamb & Rice Small Bites 15.5 Lb \$25.99)</p>												
<p>INTRODUCTORY OFFER NUTRO NATURAL CHOICE WILD FRONTIER DRY DOG FOOD \$34.99 •Real Chicken •Real Lamb •Real Salmon •Venison Meat •Grain Free •High Protein •Adult 24 Lb Bag Limit 2 Bags</p>	<p>MEOW MIX DRY CAT FOOD \$10.99 •Original Choice 16 Lb Bag Limit 2 Bags Per Family</p>	<p>JONNY CAT PREMIUM CAT LITTER \$1.69 10 lb Bag Limit 2 Bags Per Family</p>	<p>PEDIGREE DRY DOG FOOD \$23.99 •Adult (Large Breed Adult 36 Lb \$21.99) 46 Lb Bag Limit 2 Bags Per Family</p>												
<p>WILDERNESS DRY CAT FOOD AS MARKED \$5 OFF (in store coupon) OUR REGULAR LOW PRICES •Chicken •Salmon •Duck •Indoor •Weight Control 100% Grain Free 11-12 Lb Bag Limit 2 Bags</p>	<p>CAT'S PRIDE FRESH & LIGHT PREMIUM CLUMPING CAT LITTER SUPER BUY \$5.99 15 Lb Jug Limit 2 Jugs</p>	<p>MARINELAND POWER FILTER SALE TANK SIZE PET CLUB SALE</p> <table border="1"> <tr><td>PENGUIN 100B</td><td>20 Gal.</td><td>\$19.99</td></tr> <tr><td>PENGUIN 150B</td><td>30 Gal.</td><td>\$27.99</td></tr> <tr><td>PENGUIN 200B</td><td>50 Gal.</td><td>\$33.99</td></tr> <tr><td>PENGUIN 350B</td><td>75 Gal.</td><td>\$45.99</td></tr> </table>	PENGUIN 100B	20 Gal.	\$19.99	PENGUIN 150B	30 Gal.	\$27.99	PENGUIN 200B	50 Gal.	\$33.99	PENGUIN 350B	75 Gal.	\$45.99	<p>MEOU MIX CAT FOOD 49¢ Market Select 2.75 Oz Cup Limit 1 Case</p>
PENGUIN 100B	20 Gal.	\$19.99													
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PENGUIN 200B	50 Gal.	\$33.99													
PENGUIN 350B	75 Gal.	\$45.99													

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•Crunchy & Yummy - 1.7 Oz
Limit 2 Pouches with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon. Effective 6/1/16 - 6/7/16

BONUS COUPON ARM & HAMMER CAT LITTER DEODORIZER \$14.99
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Limit One Coupon Per Family
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THE DARTTS

LIVE - IN CONCERT



Tracy Dartt and his musical family group, "The Dartts," are a treat to the ears of music lovers everywhere, especially if you're a fan of gospel music. Their song list flows from one style of music into another, built from a catalog of original Gospel songs they've written themselves, and it's all delivered with a smooth vocal blend and beautiful harmonies too!

The Dartts travel full time throughout the USA and abroad, doing around 200 concerts a year. Their brand new album, "The Colors Of Another World" is a wonderful collection of freshly written songs that audiences everywhere seem to love.

The Dartts invite you to check out their full length movie, "The God on the Mountain Legacy," which has been aired on television, featured in magazines and websites.

When: 6 p.m. on Saturday, June 12, 2016
Where: Grace Baptist Church, 6724 Palm Ave. Fair Oaks, CA • (916) 967-3915
Tickets: At the door, love donation
 Visit www.DarttMusic.com to see a preview of the film, listen to samples of the album, and to order CDs, mp3s and the DVD.

POPPOFF!

with Mary Jane Popp



TEA FOR TOX

Can you use tea as your medicine for fitness and weight loss? According to health and wellness expert **Dr. Holly Lucille**, you certainly can. Dieting can be hard work and frustrating too... especially after days or weeks of deprivation and that number on the scale has hardly moved. It might even go in the wrong direction all together.

But before you give up, listen up. Don't head to that pint of Ben and Jerry's yet. The good Doc has a simple suggestion she shared with me on POPPOFF that can help all struggling dieters. How about a tea detox? According to Dr. Lucille, there are two primary reasons why body toxins interfere with weight loss.

1) "Our bodies try to protect us from dangerous substances by isolating and surrounding them with mucous, fat, and fluid so that they will not cause an imbalance or trigger an immune

response. Our body want to keep its fat and fluid in place to buffer the toxins."

2) "Toxins cause inflammation, leading to leptin resistance. When leptin resistance occurs in the body, excess weight is maintained."

Teas have been used for detoxifying and healing properties for many centuries. Here are a few tea types that have been shown both anecdotally and clinically to stimulate the detoxification process and/or jump-start the burning of resistant body fat.

1) **GREEN TEA.** Green tea has many well-researched health benefits including its ability to reduce oxidative stress, slow the aging process, reduce the formation of fat cells, speed metabolism, and increase fat-burning.

2) **OOLONG WU YI TEA.** Grown in the mountains of China, Oolong increase metabolism, improves alertness and cognitive function. Medicinally, it has been used to prevent tooth decay, cancer, heart disease, and osteoporosis.

3) **ROOIBOS TEA.** A healing tea with anti-viral and anti-inflammatory properties.

4) **GINGER TEA.** This tea aids digestive health, lowers cholesterol, dilates blood vessels, triggers thermogenesis, and boosts metabolism.

5) **BIRCH TEA.** Assists the transfer of toxins out of the body through the skin by stimulating perspiration. Birch possesses antiviral properties and is an immune activator.

6) **GUARANA TEA.** Guarana lessens food cravings and also increases the metabolic rate. It also acts as a diuretic, aiding the body in the elimination of excess fluids.

7) **SYNERGISTIC BLENDS.** Tea blends. Blended formulations give dieters and health enthusiasts additional benefits derived from the synergistic effect of the teas when taken in combination. Blended teas like Fit Tea, which contains the organic teas listed above and more, are enjoying tremendous consumer acceptance.

Healing teas have been around for thousands of years, but there is a surge in their use for both detoxing and slenderizing bodies. **Dr. Holly Lucille** is a nationally recognized and licensed naturopathic doctor and educator who has appeared on a myriad of TV programs with the likes of "Dr. Oz" and "The Doctors." In her book, "The Art of Detoxing," she explores all the possibilities for doing this thing detoxification which can help with getting fit and weight loss. You can also check out her website www.fittea.com. Have a spot of Tea for Tox! ★



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Mixer - Fundraiser



When: June 10, 2016

Where:
 Mack Powell Event Center
 Sacramento Association of Realtors
 2003 Howe Avenue
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Time: 6:45 p.m. to 10:00 p.m.
 8:00 p.m. Special Ribbon Cutting

Cost: FREE
 Confirm your attendance:
eventbrite.com/e/come-dance-with-me-tickets-25032656349

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If you would like to donate items or services

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All proceeds will support the Northern California Peruvian Chamber
 All proceeds may be tax deductible.



Saturday, June 11
10:00AM - 3:00PM

FREE event
for the whole family

Safetyville USA | 3909 Bradshaw Rd | Sacramento, CA 95827

*Over 60 safety, health, youth education & recreation info booths

*Live entertainment

*Safety demonstrations

*Safety & health giveaways

*Food, refreshments and raffle tickets for GREAT PRIZES

*NEW: educational breakouts designed for 9-12 year olds



Inside Safetyville USA every Thursday & Friday
 5:30PM - 8PM
 June 16 to August 26

Bring your bike & helmet!

- 3.5 acres for safe riding
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- Food & beverages for purchase

All children MUST be accompanied by an adult

Questions?
 Call 916.438.3380



For more info: 916.438.3357 | pamela@safetycenter.org

The Exciting New World of Implant Supported Dentures



• *Has the Security of a Fixed Bridge!* • *Easier to Maintain Good Oral Hygiene*

There are millions of people in the U.S. who are edentulous (meaning without teeth) who struggle daily with dentures. A majority suffer from discomfort as a result of loose or illfitting dentures. Many prosthetic wearers simply withdraw from any type of social engagement as a result of having to wear their dentures.

Lower dentures almost never fit properly. They are loose fitting due to less surface area which can't create a suction, shrinking gum tissue and bone loss, which can cause irritation in the mouth, sores and pain. The only relief is using sticky dental adhesive to help it, but it is very messy, hard to clean off and needs multiple applications throughout the day.

Upper dentures are better than lower dentures due to a suction in the upper palate that keeps the denture in place. However, having the palate covered reduces the tastes of foods and the ability to tell the temperature of foods.

Partial Dentures can be a source of discomfort due to lack of supporting teeth or an illfitting partial. Partials also use clasps to secure to existing teeth which can be noticeable and can put added pressure to the existing teeth.



Now there is a solution to these issues: Implants with "Snap On" Dentures!

Whether you are new to dentures or have worn them for years, a snap on denture is a great solution to uncomfortable chewing and slippery painful dentures. There are several types of snap on dentures available, including snap on partials. We make your denture or partial fit and function in harmony with the space available in your mouth, and give custom attention to the delicate fabrication of your snap on denture.

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