



2016 Fireworks Buyers Guide

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Drum and Bugle Corps from Around the U.S. to Compete in National Competition in Sacramento

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Carmichael Times

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June 17, 2016

ENJOY A HAPPY FATHER'S DAY!



LOCAL SUPERHEROES RAISE \$17,000 AT WALK FOR LIFE



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POPPOFF!

with Mary Jane Popp



CALORIES DON'T COUNT

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A Fruitful Return



Business as usual. The summer growing season means rekindled trade for Farmer's Wife co-owner Rosemarie Martell (left) and helpers Astrid Blair and Martell grandson Jacob Tupou (13). Fire leveled the 40-plus year old business a year ago (above). Recovered from a serious illness, Gordon Martell (at right) offers berries to resident mother hen Fatty Patty.

Story and Photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - A farmer, his wife, their workers and a stout hen called Fatty Patty have reason to thank the community for turning disaster into triumph.

Last June, Rosemarie and Gordon Martell awoke to find found their business in ashes. A Winding Way landmark for more than 40 years, the Farmer's Wife produce stand had been burned to the ground. Rosemarie faced the wreckage with a vanload of fresh strawberries and nowhere to sell them. "I didn't know what to do," she recalls. "I drove to Walmart and bought five tables. When I got back to the stand, I found customers who'd brought tents and tables. They helped me set up so we could do business. I was crying and hugging people all day long. I realized then they weren't just customers - they were family."

As it has done since before farm-to-fork was fashionable, the Martell's seven-acre garden still produces a cornucopia of vegetables and fruit for roadside sale. Sixteen-year retainer Cirilo Ruiz still tends the suburban oasis. Resident poultry lays fresh eggs. "Fatty Patty is their leader," smiles Rosemarie. "She's so tame she eats berries from our hands."

For now, temporary pop-ups shade

heirloom and homegrown veggies. Lumber lies on hand; replacing the store's permanent stand is a \$50,000 project scheduled to recommence this summer. "Work stopped last year because of my husband's illness," explains Rosemarie. "We didn't know whether he would recover." Again, community helped the vendors through their roughest patch. Customers made donations. Children offered lemonade stand proceeds. "My son-in-law's Mormon Church friends came to the hospital and prayed for us," says Rosemarie. Closing shop for their winter break, the farmer and his wife faced uncertain futures. "But the Lord works in mysterious ways," considers Rosemarie. "Gordon got better. He can still drive our truck to pick up supplies. The Mormon boys help us unload our truck every Thursday."

On the Martell's verdant corner, thriving vegetable beds seem symbolic of the couple's resilience. "We believe hard work keeps you well," says Rosemarie. "It's also good for the soul. We were so happy to see our loyal customers again when the asparagus and strawberries started in April." Dotted by American flags, a roadside



banner announces the Martells' gratitude for community: "Thank you for making this possible," is the Carmichael family's message. Affirms Rosemarie: "We so appreciate people who tell us every day they're grateful we stayed open. That's why we can never give up. We're happy to keep going as long as our health allows. We'll never be rich but we love our customers and we love what we do. It's a busy and wonderful life."

Footnote: Sacramento Metropolitan Fire investigators established arson as the cause of the Farmer's Wife fire. The crime is possibly linked to several other 2015 Arden/Carmichael blazes. Anyone with information on the fires may call Sac Metro's arson tip line: (916) 858-3775. ★

Eskaton Hosts Aging2.0 Global Startup Search

CARMICHAEL, CA (MPG) - Eskaton Village Carmichael will host Aging2.0's annual Global Startup Search. It's a competition similar to American Idol, but for startup companies passionate about improving the lives of older adults. More than 30 locations worldwide are holding this event.

Eskaton, an Aging2.0 Alliance member is organizing the Sacramento Global Startup Search event on June 30. Startups selected for the Sacramento area competition include Aging in the Community, Dance4Healing, Hello Nurse, Neurocern, PT Track and Stack Labs. Each

will present the idea for their product, discuss objectives, and demonstrate the viability and scalability of their business.

The audience attendees include policy makers, technology start-up entrepreneurs, academia professionals, designers, venture capitalists/investors, healthcare professionals, senior housing providers, and the beneficiaries -- seniors themselves. The audience and judges will have the opportunity to ask questions about innovation, marketing, pricing, and the business model. Real-time voting by a panel of five judges will score on the criteria of presentation

quality, the overall idea and its impact on aging services. Local winner will receive a free Entrepreneur Basic Membership to MEDSTART and \$1,500 towards app design courtesy of Aptology, as well as moving forward to the next stage of the global competition.

Aging2.0's goal is to fast-track innovative products and services that will improve the lives of seniors, while emphasizing the need for solutions to help with the challenges of growing older. Finalists will receive complementary exhibit space and stage time at the Aging2.0 OPTIMIZE conference in this October in San Francisco.

Judges include: Randy Swanson, CEO, Care Innovations; Connie Samla, Lighting Specialist, Sacramento Municipal Utility District; Rich Foreman, CEO, Aptology; Robert Groth, VP Program Development, MEDSTART; and Karen Robison, retired RN, Eskaton Village Carmichael. Sponsorships by Eskaton, SMUD and Care Innovations made this event possible.

The event is scheduled for June 30, 2016, from 6-8 pm, at Eskaton Village Carmichael, 3939 Walnut Avenue Carmichael, CA 95608.

Source: Eskaton Media Relations ★

New California Tobacco Laws Go Into Effect

SACRAMENTO, CA (MPG) - Effective June 10th, the minimum age of sale for tobacco products in California increases from 18 to 21, and for the first time e-cigarettes are added to the existing definition of tobacco products. California is the second state in the nation, following Hawaii, to raise the minimum age for tobacco sales to 21.

"Today marks a significant moment in California history as new tobacco control laws go into effect statewide. This is the first time the Golden State has raised the age of sale for tobacco since the law first took effect 144 years ago," said Dr. Karen Smith, California Department of Public Health (CDPH) director and state health officer. "Our focus is on reaching more than 34,000 retailers with tobacco licenses and vape shops to provide them the information and resources needed to comply with the new tobacco 21 law."

To help retailers comply with these new laws, CDPH developed a series of educational materials, including age-of-sale warning signs, window clings reminding customers of the new law and tips to help clerks check identification.

About 34,000 Californians die each year from tobacco use. In addition, tobacco-related diseases cost Californians \$18.1 billion each year in both direct and indirect healthcare costs due to premature death and low productivity due to illness.

As part of the new law defining e-cigarettes as tobacco products, e-cigarettes, e-liquids including vaping devices and accessories can no longer be sold in self-service displays. E-cigarettes are also not allowed in locations where smoking has long been prohibited, including public transit, worksites, restaurants, schools and playgrounds. Approximately 217,000 California youth between the ages of 12 and 17 currently smoke traditional cigarettes or e-cigarettes.

"California is taking a big step forward in preventing a new generation of young people from becoming addicted to nicotine," said Dr. Smith. "The surge in e-cigarette use among teens and young adults is no accident. The tobacco industry's aggressive marketing of e-cigarette gadgets and candy flavors is jeopardizing the health of our young people."

Many e-cigarettes contain nicotine, a highly addictive neurotoxin. Research shows that the brain continues to develop until age 25, and nicotine exposure before that age may cause permanent brain damage and fuel a lifelong battle with addiction. According to the California Department of Education's California Healthy Kids Survey, middle and high school teens are currently using e-cigarettes at much higher rates than traditional cigarettes. Studies also show that teens who use e-cigarettes are three times more likely to start smoking traditional cigarettes within a year.

For those struggling with nicotine addiction, resources are available at www.nobutts.org.

Continued on page 3

Drum and Bugle Corps from Around the U.S. to Compete in National Competition in Sacramento



Drum and Bugle Corps are judged on musical performance, general effect on the audience, and color guard. Six of the groups are former national champions. Shown above are the Blue Knights from Denver, CO. Photo courtesy Steve LaRosa/Media Liaison

SACRAMENTO REGION, CA (MPG)

- On Saturday, June 25, 2016, at 5:30PM, Drum and Bugle Corps from around the country will gather at Hughes Stadium at Sacramento City College to compete in the 37th Annual Moonlight Classic, presented by S.O.M.E. (Sponsors of Musical Enrichment). Gates open at 4:00pm.

For the uninitiated, this event, the longest running of its kind in the Western United States, is a visual extravaganza of sight and sound. It's often described as "marching bands on steroids."

Competing corps can include up to 150 youths, ages 8-21, comprised of marching percussion and brass, front ensemble,

(vibraphones, marimbas and other percussion instruments) and color guard. The color guard component has evolved from merely carrying the flag to now include dance and props such as rifles, sabers and other specialty items.

Each 11 minute performance, which can span the entire football field, will include all of these elements in a meticulously choreographed presentation which, in past competitions, has included spectacular visuals like a field of mirrors, giving the illusion of doubling the size of the corps, full on Spartacus inspired gladiator match. Other sense-dazzling performances have included a presentation of

the Who's rock opera Tommy, as well as a James Bond theme with the corps in tuxes, and a horse race, complete with track, accompanied by, what else, the William Tell Overture. Military drill has graduated to big-time show biz, and the appreciative crowds, which, like last year, are expected in the thousands, love the show.

Corps are judged on musical performance, general effect on the audience, and color guard. Six of the groups are former national champions.

The popular food trucks and souvenir booths will also be on site during the program. Tickets can be purchased at the S.O.M.E. web site at someinc.

Follow the Money: Prop. 65 Payday Continues

NFIB California shines light on summary of the 2015 Prop. 65 private settlements

SACRAMENTO, CA (MPG) - As required by state law, each year the California Attorney General's office releases an executive summary of Proposition 65 private settlements brought by trial lawyers in the state. This summary has been released each year since 2000, summarizing the total penalties, attorney fees, and other related funds collected, accompanied by a brief description of actions taken to remedy the alleged violations.

The most recent report reveals that Proposition 65 private settlements remain a lucrative tool for trial lawyers, collecting on average 70% of the private settlement dollars for personal profit.

"Proposition 65 was passed by the voters in 1986 in the spirit of keeping the public safe from harmful chemicals; instead, it has turned into a lucrative payday for plaintiffs' attorneys with no public benefit," commented NFIB/CA State Executive Director Tom Scott. "Unfortunately, it is no surprise to see these frivolous Prop. 65 lawsuits continue year-to-year. This trend is especially concerning when considering the fact that the Office of Environmental Health Hazard Assessment is proposing even more complicated signage regulations which will only further increase this costly burden for small business. We are currently opposing

these additional regulations with a broad coalition."

"The average Proposition 65 individual private settlement ranges from \$60,000-\$80,000, which is roughly four times the cost of an ADA settlement. This legislature has at least shown a willingness to look at reforming ADA legal abuse, most recently with the enactment of SB 269 (Roth). It would seem common-sense to consider modest reform to the even more burdensome Prop. 65 abuse which occurs in this state. For example, AB 1252 (Jones) was introduced last year to make slight progress on this issue, but it died in its first policy committee. Sacramento needs to get serious about the Prop. 65 payday occurring on the backs of small businesses in California," continued Scott.

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. NFIB has 350,000 dues-paying members nationally, with over 22,000 in California. NFIB annually surveys its members on state and federal issues vital to their survival as America's economic engine and biggest creator of jobs. To learn more visit www.NFIB.com/california

Source: NFIB

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CHP Offers Free “Start Smart Classes”

SACRAMENTO REGION, CA (MPG) - The leading cause of death for Americans 15-20 years old is motor vehicle collisions. In an effort to inform and to reduce motor vehicle collisions in California, California Highway Patrol (CHP) North Sacramento area will offer a free Start Smart class. According to the National Highway Traffic Safety Administration (NHTSA), mile for mile, teenagers are involved in three times as many fatal crashes as all other drivers.

Recent collisions involving teenagers in our area demonstrate the importance of these types of classes. The classes are used to promote traffic safety to both parents and teens. We encourage both parent/caregivers and teens to attend the class.

The CHP's Start Smart program is a driver safety education class which targets new and future licensed teenage drivers between the age of 15 -19 and their parents/guardians.

The Start Smart class will cover collision avoidance techniques, driver responsibility, collision trends, distracted driving laws, alcohol related driving laws and the provisional license process.

The program also offers an opportunity for new drivers and parents/guardians to ask CHP Officers clarifying questions. The class incorporates videos and classroom discussion.

North Sacramento CHP will be offering this free class on Tuesday, June 28, 2016, from 6:30 p.m. to 8:30 p.m. The class will be held at the Sacramento Water and Sewer Treatment Plant at 5026 Don Julio Blvd, in the conference room. This building is located on the northeast corner of Elkhorn Blvd. and Don Julio Blvd.

Persons interested in signing up for the class will need to register for the class by emailing Officer Berry at jeberry@chp.ca.gov or by calling (916) 348-2300. Officer Berry will need the first and last name of every teen attending so that a certificate of completion can be handed to the teen at the end of the class. It is highly encouraged that at least one parent/guardian attend the class with their teen driver. Funding for CHP's Start Smart programs is provided by a grant from the California Office of Traffic Safety through NHTSA.

Source: CHP Media ★

Local Superheroes Raise \$17,000 at Walk for Life

Event Raised Funds For Free Medical Care For Low-Income Pregnant Women, Teens

SACRAMENTO, CA (MPG) - Five hundred local residents dressed up as superheroes for Sacramento Life Center's Heroes Walk for Life in Roseville in May, raising \$17,000 for free medical services benefiting low-income pregnant women and teens. The 2K and 5K walk and fun run included a rally, toddler dash, costume contest, bounce houses, carnival and more.

“Each and every man, woman and child who came out for the walk deserved to be called a superhero,” said Marie Leatherby, executive director, Sacramento Life Center. “Every dollar raised helps us continue to provide our medical services for free so that every woman or teen who walks through our doors can leave with the care she needs and a strong support system.”

The Sacramento Life Center's mission is to offer compassion, support, resources and free medical care to women and couples facing an unplanned or unsupported pregnancy. The Sacramento Life Center's licensed Sac Valley Pregnancy Clinic includes a primary clinic and two Mobile Medical Clinics that provide all services for free, including pregnancy testing, STI testing, ultrasounds, advocacy for men and women, education and resource referrals. The nonprofit also offers a school-based teen education program, a 24-hour hotline and a program for women seeking support after having an abortion. For more information about the Sacramento Life Center's Sac Valley Pregnancy Clinic, visit www.svplclinic.com. For more information about the Sacramento Life Center or to make a donation, visit www.saclife.org.

Source: Kristin Thébaud Communications ★

Five hundred local residents dressed as superheroes descended on Maidu Park in Roseville for Sacramento Life Center's Heroes Walk for Life in May. Photo courtesy Sacramento Life Center's Heroes Walk for Life



New California Tobacco Laws Go Into Effect

Continued from page 1

Californians who want help quitting can call the California Smokers' Helpline at 1-800-NO BUTTS.

The California Tobacco Control Program was established by the Tobacco Tax and Health Protection Act of 1988. California's comprehensive approach has changed social norms around tobacco-use and secondhand smoke. California's tobacco control efforts have reduced both adult and youth smoking rates by 50 percent, saved more than one million

lives and have resulted in \$134 billion worth of savings in health care costs. Learn more at TobaccoFreeCA.com.

The California Department of Public Health, Food and Drug Branch is charged with enforcing the Stop Tobacco Access to Kids Enforcement Act, and conducts ongoing illegal sales enforcement operations. California retailers caught selling tobacco products to minors during these enforcement operations are subject to fines up to \$6,000.

Source: California Department of Public Health ★



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Bill to Keep Drones Out of Emergency Zones Passes Assembly Committee

SACRAMENTO, CA (MPG) - Senator Ted Gaines (R-El Dorado) has announced his Senate Bill 807, which would protect forests, property and the lives of citizens, firefighters and emergency personnel from drone interference, passed out of the Assembly Committee on Privacy and Consumer Protection.

"To think that someone would interfere with firefighting or emergency response situations to get a sneak peek or to post a drone video on YouTube is an outrage that is deserving of punishment and condemnation," said Senator Gaines. "I look forward to Senate Bill 807's continued support as it makes its way through the Assembly."

Senate Bill 807 will grant

civil immunity to any emergency responder who damages an unmanned aircraft in the course of firefighting, air ambulance, or search-and-rescue operations. The bill stems from alarming reports of private, unauthorized drones causing mission-critical aircraft to be grounded during firefighting and medical response operations, putting pilots, firefighters, civilians and property at unnecessary risk.

Senator Gaines believes drones hold great promise for wildfire suppression and other emergency services when used properly by the appropriate agencies, but does not want rogue drones to interfere with the most effective response to time-sensitive crises.

"California's dangerous

wildfire season is upon us, and I want everyone to know that interfering with firefighting or other emergency activities is reckless and wrong. Let's get the word out as far and wide as we can - immediately - to help keep our people and emergency personnel safe," said Senator Gaines. "But this bill will help ensure our skies are protected. People can replace drones, but we can't replace a life. Public safety should be our absolute number one priority."

Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra and Siskiyou counties. ★



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Medicare Part B Reimbursement Cuts Are Backdoor Rationing



Commentary by Sally C. Pipes

Imagine being denied treatment for cancer because Washington bureaucrats decided that a cutting-edge new therapy that could cure you just wasn't "cost effective."

That's already happening in Britain under its government-run healthcare system, the National Health Service. And Medicare officials are poised to bring similar policies here.

The NHS's "Cancer Drugs Fund" restricts physicians' ability to prescribe half of all oncology medicines. If a medicine doesn't extend the average cancer patient's lifespan by a set length of time, which varies according to the medicine's price, doctors can't prescribe it for general use -- even if it would be the most effective treatment option.

In February, the NHS announced it would review existing general-use drugs to tighten prescribing restrictions. After the review, the number of off-limits drugs will rise. Patient groups predict the move will deny treatment to 22,000 cancer sufferers and "set cancer treatment back by a generation."

A new proposal from the Center for Medicare & Medicaid Innovation could similarly tie American doctors' hands. CMMI plans to slash physician reimbursements for medications administered in a doctor's office under Medicare Part B. Doctors buy these medications up-front and receive reimbursement from Medicare.

The proposed scheme will prevent many doctors from breaking even on the most advanced, most expensive treatments. Essentially, CMMI will cut Medicare spending by forcing doctors to resort to cheaper drugs and second-tier treatments -- or run the risk of having to close their practices.

Currently, Medicare reimburses physicians for chemotherapy and certain other medications at the drug's average sales price (ASP) plus 6 percent. That add-on accounts for the fact that some doctors pay more than the average price. It also covers expenses associated with handling, storing, and administering the drugs.

Often, that 6 percent makes the difference between a viable medical practice and one drowning in red ink.

Under CMMI's proposal, Medicare would reduce reimbursements to ASP plus 2.5 percent, along with a flat fee of \$16.80 per day. The formula makes generic drugs more economical to administer compared to pricier, cutting-edge treatments.

Most doctors already don't receive ASP plus 6 percent. In 2013, "sequestration" budget cuts effectively lowered reimbursements to ASP plus 4.3 percent.

Those cuts crippled many doctors' ability to care for Medicare patients. Eighty percent of oncologists at community cancer clinics reported that their practices were affected by the cuts. Fifty percent had to send Medicare patients elsewhere -- often to distant hospitals -- for chemotherapy.

Now, analysts predict CMMI's proposal will bring the effective reimbursement rate down to ASP plus 0.86 percent and a daily flat fee of \$16.53.

If sequestration cuts forced doctors to turn away cancer patients, the new CMMI cuts could outright bankrupt many clinics. At minimum, many doctors will feel pressure to stock and prescribe cheaper treatments, even if they're less-effective.

Keeping Medicare spending under control is important. But reforms should incentivize providers to do so while improving care -- which sometimes means paying more for higher quality treatments. CMMI's proposal relies on the mindless bureaucratic logic that Britain's NHS and other socialized medical systems use: good care is expensive -- let's ban it.

Medicare might be ailing. But CMMI's reimbursement scheme isn't what the doctor ordered. It will tie the hands of physicians and make them choose between running a profitable practice and providing the best care for their patients.

Sally C. Pipes is President, CEO, and Thomas W. Smith Fellow in Health Care Policy at the Pacific Research Institute. Her latest book, *The Way Out of Obamacare (Encounter)*, was released in January. ★

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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

In the meeting room of the WPAC office. Enter from the back parking lot at 2628 El Camino Ave., Ste D-18

Sunday Support - Any and all widows or widowers are invited. Every Sunday from 3:00pm - 5:00pm

STATEPOINT CROSSWORD • INDEPENDENCE DAY

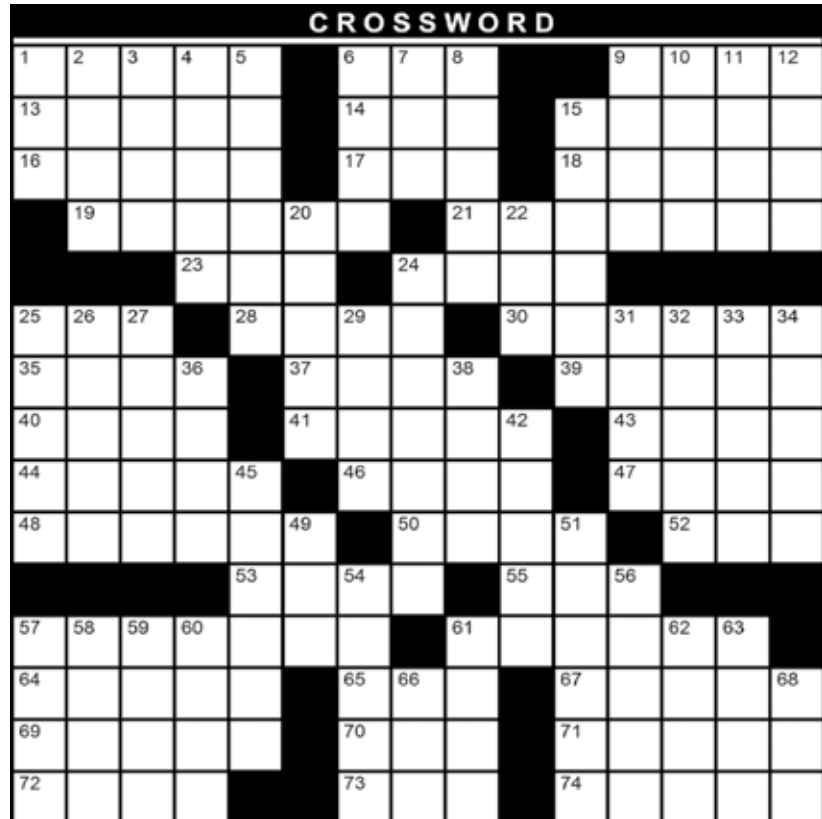
CLUES

- ACROSS**
1. Beaten as punishment in some countries
 6. Tai's partner
 9. Suite cleaner
 13. Savory taste sensation
 14. Time delay
 15. *Colonial money: pounds, shillings and _____
 16. Dyed fabric
 17. Pooh's wise friend
 18. Can't stand
 19. *Grilled July 4th favorite
 21. *The Washington Monument, e.g.
 23. Confession subject
 24. Under a fig leaf?
 25. Talking Heads' "And She _____"

28. New Zealand fruit
30. *At center of the American Revolution
35. Crumbs
37. Before "saw" and "conquered"
39. Butterfly, pre-metamorphosis
40. Curved molding
41. Each and all
43. Pinocchio's claims
44. Albrecht _____, Renaissance artist
46. Alleviate
47. Legal wrong
48. Pined
50. Hibernation stations
52. Pig's digs
53. Worker's reward
55. Two-year-old sheep
57. *Washington and Jefferson's Mt. Rushmore neighbor
61. Holy Hindu
64. Foreign Language Oscar winner, 2012
65. **All men _____ created equal
67. Arm bones
69. Equipped with feathers
70. Famous T-Rex
71. Spritelike

72. Famous cookie brand
73. "For _____ a jolly..."
74. City in France

- DOWN**
1. Mowgli to Raksha in "The Jungle Book"
 2. Nanjing nanny
 3. North Atlantic Alliance, acr.
 4. Gives off
 5. Tiny antelope
 6. Heidi's "Magic Wooden Shoe"
 7. TV variety show "Hee _____"
 8. Icy hut
 9. One of three square ones
 10. Opposed to
 11. Frosts a cake
 12. Office furniture
 15. _____ red, pH indicator
 20. On the rocks
 22. Baby's apron
 24. Lemonade cousin
 25. *Guthrie of "This Land Is Your Land"
 26. Lock horns
 27. "Private Parts" author
 29. **...star-spangled banner yet



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7	5		9			2	
8	4					9	1
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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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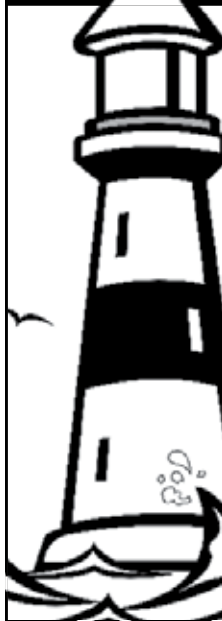
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- Wednesday Evening 7:00pm

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Pastor Charles Carter (916) 967-3915

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Publisher, Paul V. Scholl

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Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at (916) 773-1111.

Carmichael Times

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POPPOFF!

with Mary Jane Popp

to say processed foods weaken your immune system. That's why he created **Nutri-90**, a wellness program that has helped thousands of medical professionals and laypeople alike reach and maintain weight loss, health, and wellness goals. So I asked him to share the Top Ten Tips for successful wellness.

- 1) Just because it is liquid does not make it water. Pure water really is the elixir of life. Drink one-half of your body weight in ounces every day.
- 2) Eating the RIGHT stuff only matters if you eliminate the WRONG stuff.
- 3) Calories are a distraction. Look only at the "ingredient label. If an ingredient does not belong in your body, don't put it there.
- 4) Everyone is telling you to boost your metabolism. Why not take the time to learn what your metabolism really is and really does, and then nourish it accordingly.
- 5) You can never have too many leafy greens; they are nature's vitamin powerhouses.
- 6) Marketers lie. Their job is to manipulate you and make you buy stuff. It's not their job to look after your best interests. Don't choose a food by its advertising.

7) Diet, lo-cal, sugar-free, fat free, and heart healthy are all euphemisms for a poisonous, toxic cesspool of disease.

8) Do not accept obesity and disease as normal. It isn't, and you deserve better.

9) As a nation: The more products we have, the sicker we become. The more we spend fighting calories the fatter we become. Maybe it's time to stop buying products and just learn to eat right.

10) MOST IMPORTANT, and whether you believe life got here by creation or evolution, you have to arrive at this same conclusion; Pills, powders, shakes, and elixirs did not evolve, and neither were they created. Real food, the kind that comes from farms, is for nourishment. Products are for corporate profit. There are no exceptions...EVER!

If you' like more information about **"No One Ever Got Fat From Calories"** and more information about **Nutri-90**, you can check out **www.Nutri-90.com**. "The evidence is all around us," says **Beldon Colme**, "the proper balance of food types does." Remember bikini vs. moo-moo. Your choice! ★

CALORIES DON'T COUNT

Summer is just around the corner. Are you ready for that bikini or will it be the moo-moo? I know which I would choose, but I don't think I'm there...if you know what I mean. My first thought was to cut back on calories, right?

Not really. When I talked with **Beldon Colme** on POPPOFF, he told me calories don't count. So what does? My first impression was just another diet, but then **Beldon** told me his story. He ballooned to 280 pounds and literally found himself unconscious on the floor. Certain that he was headed for a heart attack, he lost 105 pounds and dedicated himself to helping others achieve wellness. So comes **"No One Ever Got Fat From Calories:"** The real truth about weight loss, Your Body, and Wellness. He explains why eating less and exercising more is a prescription for failure and why "eating healthy" and healthy eating are not the same. He goes on

Sacramento County DA Reports



Felony Insurance Fraud, Stemming From Hit & Run; Defendent Convicted for Murder of Gardening Store Owner Multiple; Sexual Assault & Kidnapping Charges

CASE: Michael Bridges & Jenifer Brumfield
PROSECUTOR: Deputy District Attorney Kelly Mulcahy, Insurance Fraud Unit

Fifty-two-year-old Michael Bridges and his wife, 50-year-old Jenifer Brumfield, pled no contest to felony insurance fraud charges. Bridges also pled to felony hit-and-run with injuries and Brumfield pled to filing a false police report.

On May 28, 2015, Bridges was driving Brumfield's car when he rear-ended a car that was stopped at a red light on Truxel Road. The collision totaled both vehicles and left the victim with injuries, which still require medical treatment. After the crash, Bridges pulled up to the driver's side of the car and told the victim, "I didn't just do that" before driving away without providing his driver's license or insurance information. The license plate number was obtained by witnesses and the front license plate left at the scene of the accident.

On May 29, 2015, Brumfield reported her car stolen to the Sacramento Police Department and filed a claim with her insurance company. Bridges was an excluded driver on Brumfield's car insurance policy. She stated she had no idea who stole her car and that she still had the only key to the car. The car was located on June 26, 2015, one-half mile from the defendants' residence. The vehicle's transponder anti-theft system was intact and undamaged. The windows were also intact, but the vehicle had sustained major front-end damage.

Witnesses identified Bridges as the driver of the hit-and-run vehicle. Cell phone records also indicated that on the day of the collision Bridges drove Brumfield to work in her car, which was contrary to her story that a nephew had driven her to work.

Bridges was sentenced to serve 3 years in state prison. Brumfield was sentenced to 150 days county jail and 5 years probation. Both defendants were ordered to pay \$19,625 in restitution to the victim and the insurance company.

This case was investigated by the Sacramento County District Attorney's Auto Insurance Fraud Unit.

CASE: Marlon Palmer
PROSECUTOR: Deputy District Attorney Andrew Smith, Homicide Unit

Marlon Palmer was convicted by jury for the second-degree murder of Hoa "Rickey" Tuyen.

On February 25, 2014, Mr. Tuyen was found face down on bags of soil in the back of his business, Discount Indoor Gardening. He was pronounced dead shortly after arriving at the hospital. The autopsy report revealed Mr. Tuyen died from asphyxia due to

neck compression. There were no witnesses or surveillance video. The District Attorney's Crime Lab developed a DNA profile from fingernail scrapings from Mr. Tuyen. Detectives were notified a cold hit on the DNA profile matched Marlon Palmer.

Palmer was interviewed and denied knowing or having any contact with the victim. He also denied visiting or being in the area of the store, even though cell tower information placed Palmer's phone in the area of Mr. Tuyen's business during the timeframe of the murder.

Palmer was on parole at the time for multiple counts of robbery and assault with a deadly weapon. The Honorable Matthew Gary found two prior strike allegations true, making Palmer a three striker.

Palmer faces a maximum potential sentence of 45 years to life in prison. Sentencing is set for July 15, 2016, at 9:00 a.m. in Department 13 before the Honorable Matthew Gary.

CASE: Joseph Lee Bonderer
PROSECUTOR: Deputy District Attorney Quirina Orozco, Adult Sexual Assault Prosecution Unit

Joseph Lee Bonderer was convicted by a jury of two kidnapping charges and multiple sexual assault charges, including rape and sodomy. The jury also found true that Bonderer kidnapped and transported the victim to commit the sexual assaults – a one strike allegation.

On October 30, 2013, the victim was in her car and about to leave the Walmart parking lot on Greenback Lane when Bonderer forced entry into her car. He pointed something in the victim's direction under his shirt and told her to do everything he demanded or he would kill her. After forcing the victim to drive to a dark desolate field area in Placer County, he raped, sodomized, and digitally penetrated her. Bonderer then ordered the victim to drop him off at the Walmart where he first kidnapped her.

Sacramento Sheriff's deputies and detectives canvassed the vicinity. Employees at a bar across the street from Walmart disclosed that Bonderer had been inside the bar just moments before the incident. Walmart surveillance video showed Bonderer loitering in the parking for at least 30 minutes before the assault. He followed at least two other women before finally choosing to attack the victim.

Bonderer faces a maximum potential sentence of 107 years to life in prison. Sentencing is set for July 8, 2016, at 9:00 a.m. in Department 15 before the Honorable Kevin McCormick. ★

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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
#34-2016-00195034

WHEREAS, Sukhdeep Singh and Jazmin Maldonado have filed a petition with this court for a decree changing the name(s) of Sukhdeep Singh to Sukh Sohal, Jazmin Maldonado to Jazmin Sohal. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on Aug 29, 2016, 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. Dated: May 26, 2016
Raymond M. Cadei, Judge of the Superior Court
Publish: June 10, June 17, June 24, and July 1, 2016
SOHAL 160602 07-01-16

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00194292

WHEREAS, Sergey Pavlovich Zhidovlenko and Violeta Andreevna Zhidovlenko have filed a petition with this court for a decree changing the name(s) of Veronika S Zhidovlenko to Varonika Sergeevna Zhidovlenko. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on Aug 12, 2016, 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. Dated: May 10, 2016
Raymond M. Cadei, Judge of the Superior Court
Publish: June 10, June 17, June 24, and July 1, 2016
ZHIDOV 160527 07-01-16

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00195209

WHEREAS, Maria S. Mendoza and Ulises Lopez have filed a petition with this court for a decree changing the name(s) of Julissa Suguey Lopez to Julissa Suguey Lopez-Mendoza. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on Aug 31, 2016, 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. Dated: May 31, 2016
David I. Brown, Judge of the Superior Court
Publish: June 10, June 17, June 24, and July 1, 2016
MENDOZA 160601 07-01-16

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00195267

WHEREAS, Kalavathi Anupama Busani, Kalavathi Anupama Nampally has filed a petition with this court for a decree changing the name(s) of Kalavathi Anupama Busani, (aka) Kalavathi Anupama Nampally, (aka) Anupama Kalavathi Nampally to Anupama Busani . IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on Sept 1, 2016, 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. Dated: June 1, 2016
David I. Brown, Judge of the Superior Court
Publish: June 10, June 17, June 24, and July 1, 2016
BUSANI 160602 07-01-16

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00194728

WHEREAS, Maria Erlinda Z Nieto has filed a petition with this court for a decree changing the name(s) of Maria Erlinda Z Nieto to Maria Erlinda Nieto Sessoms . IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on Aug 22, 2016, 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. Dated: May 18, 2016
David I. Brown, Judge of the Superior Court
Publish: June 10, June 17, June 24, and July 1, 2016
MARIA 160606 07-01-16

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00195263

WHEREAS, Petronila Juraball has filed a petition with this court for a decree changing the name(s) of Petronila Juraball to Paula Cyphers Juraball. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on Aug 31, 2016, 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. Dated: June 1, 2016
Raymond M. Cadei, Judge of the Superior Court
Publish: June 17, June 24, July 1, and July 8, 2016
PETRO 160527 07-08-16

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00195669

WHEREAS, Larry Mart Logan has filed a petition with this court for a decree changing the name(s) of Larry Mart Logan to Max Thomas Logan . IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on Sept 7, 2016, 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. Dated: June 9, 2016
David I. Brown, Judge of the Superior Court
Publish: June 17, June 24, July 1, and July 8, 2016
LOGAN 160609 07-08-16

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00195682

WHEREAS, Phyllis Marie Capps has filed a petition with this court for a decree changing the name(s) of Phyllis Marie Capps to Maisie Anli Capps. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on Sept 9, 2016, 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. Dated: June 9, 2016
Raymond M. Cadei, Judge of the Superior Court
Publish: June 17, June 24, July 1, and July 8, 2016
CAPPS 160610 07-08-16

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

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate,

or both of Carole J. Norlen (deceased): A Petition has been filed by Anita J. Follett in the Superior Court of California, County of Sacramento, requesting that Anita J. Follett be appointed as personal representative to administer the estate of the decedent. A hearing on the petition will be held in this court as follows: July 26, 2016 9:00 a.m. in Dept. No. 129 at Ridgeway Family Relations Courthouse, 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-111) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 8482. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Petitioner(s) is: Anita J. Follett, 6608 Vienna Court Citrus Heights CA, 95621. 916-729-7384 Publish: June 3, June, 10 and June 17, 2016 NORLEN 160523 6-17-16

CITATION TO PARENT

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON, IN AND FOR THE COUNTY OF PIERCE JUVENILE DEPARTMENT IN RE TIMOTHY ALLEN GORHAM, alleged father, of ISAIAH A. CHESSER GORHAM DOB: 10/16/05; Cause No. 16-7-00792-2 A Dependency Petition was filed on 3/18/16; An Amended Petition was filed on 3/24/16. A Fact Finding Hearing will be held on this matter on: July 5, 2016 at 1:30 P.M. at Pierce County Family and Juvenile Court, 5501 6th Avenue Tacoma, WA 98406. YOU SHOULD BE PRESENT AT THIS HEARING. THE HEARING WILL DETERMINE IF YOUR CHILD IS DEPENDENT

AS DEFINED IN RCW 13.34.030(6). THIS BEGINS A JUDICIAL PROCESS WHICH COULD RESULT IN PERMANENT LOSS OF YOUR PARENTAL RIGHTS. IF YOU DO NOT APPEAR AT THE HEARING THE COURT MAY ENTER A DEPENDENCY ORDER IN YOUR ABSENCE. To request a copy of the Notice, Summons, and Dependency Petition, calls DSHS at 1-800-423-6246. To view information about your rights in this proceeding, go to www.atg.wa.gov/DPY.aspx DATED: this 24TH day of May 2016 January 14, 2016 By: PEGGY PIWONSKI, Deputy County Clerk. Published: June 10, 17, and 24, 2016. GORHAM 160525 06-24-16

LEGAL NOTICE

The Los Rios Community College District hereby offers its surplus property located at 1788 Tribute Road (further identified as APN 277-0285-003-000) for sale at its fair market value to any public district, public authority, public agency, public corporation, or any other political subdivision in this state, to the federal government, and to nonprofit charitable corporations pursuant to California Education Code section 81363.5. The property consists of 1.09 +/- acres and a single building.

Any entity interested in purchasing this property must provide notice to the Los Rios Community College District, attention General Services, 1919 Spanos Court, Sacramento, California 95825 within 60 days of the final publication of this notice. Further, any such entity must arrive at a mutually satisfactory price with the District within that time frame. If the District receives more than one offer to this notice, the Board of Trustees reserves the right, in its sole discretion, to determine which of the offers it will accept, if any. LOSRIOS 160606 6-24-16

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SAN JUAN UNIFIED SCHOOL DISTRICT RESOLUTION NO. 2804

RESOLUTION BEFORE THE GOVERNING BOARD OF THE SAN JUAN UNIFIED SCHOOL DISTRICT (Intent To Convey an Easement for Public Utilities)

WHEREAS, section 17556, et seq. of the Education Code authorizes the San Juan Unified School District ("District") to dedicate or convey an easement/real property to municipal corporations for public streets or highways and to a public corporation, to lay, construct, reconstruct, maintain and operate water, sewer, gas, or storm drain facilities or ditches, electric or telephone lines, and access roads used in connection therewith, either with or without consideration and without a vote of the electors of the District being taken;

WHEREAS, the District desires to dedicate two permanent easements for utility access and maintenance to the Sacramento County Water Agency ("SCWA") for the purpose of maintaining water lines at Mariemont Elementary School, located at 1401 Corta Way, Sacramento, California. The proposed easements are specifically described in Exhibit "A" attached hereto and incorporated herein by the reference (hereinafter referred to as the "Easement"); and

WHEREAS, the District desires to give notice of its intent to dedicate to the SCWA the Easement described above and to call a public hearing in connection therewith.

NOW, THEREFORE, the Board of Education of San Juan Unified School District does hereby resolve as follows:

Section 1. The foregoing recitals are hereby adopted as true and correct.

Section 2. The District declares its intent to dedicate and convey the Easement to the SCWA, as described and depicted in Exhibit "A" for the purposes set forth in the Grant of Easement Document attached herewith.

Section 3. The Superintendent or a designee thereof is hereby directed to give notice that on June 28, 2016 at 6:30 p.m. or as soon thereafter as practicable, at the District Board Room, located at 3738 Walnut Avenue, Carmichael, CA, the Board will hold a public hearing on the question of making the conveyance of the Easement to the SCWA. The public hearing shall be held during a regularly scheduled public meeting of the Board. Notice of the public hearing shall be given by posting copies of this resolution, signed by the majority of the Board, in three public places within the District at least ten (10) days prior to the hearing, and by publishing the notice once in a newspaper of general circulation in the District, at least five (5) days prior to the hearing. At the time and place of the hearing, if no legal protest is entered, the Board may adopt a Resolution by a two-thirds vote of all its members authorizing and directing the conveyance of the Easement to the SCWA.

The foregoing Resolution was adopted by the Governing Board of the San Juan Unified School District at a meeting of the Board on June 14, 2016, by the following vote:

AYES: 4 [Costa, Luttggen, Paulo, Hernandez]
NOES: 0
ABSENT: 1 McKibbin
ABSTAIN: 0

Attest:

Lucinda Luttggen, Clerk
Governing Board of the San Juan Unified School District

Pamela Costa, President,
Governing Board of the San Juan Unified School District

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July 9, 6:30PM-8:30PM:	Cherry Bomb
July 10, 5PM-7PM:	Carmichael Kiwanis Swing Band

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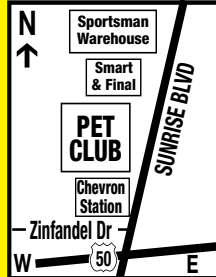
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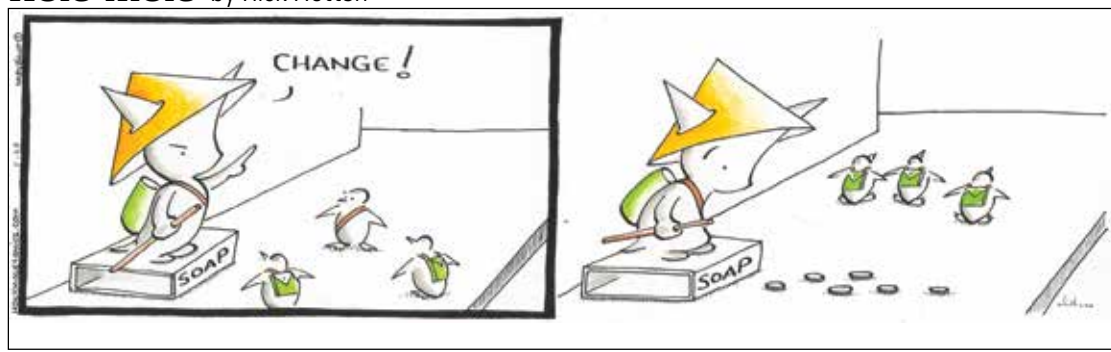
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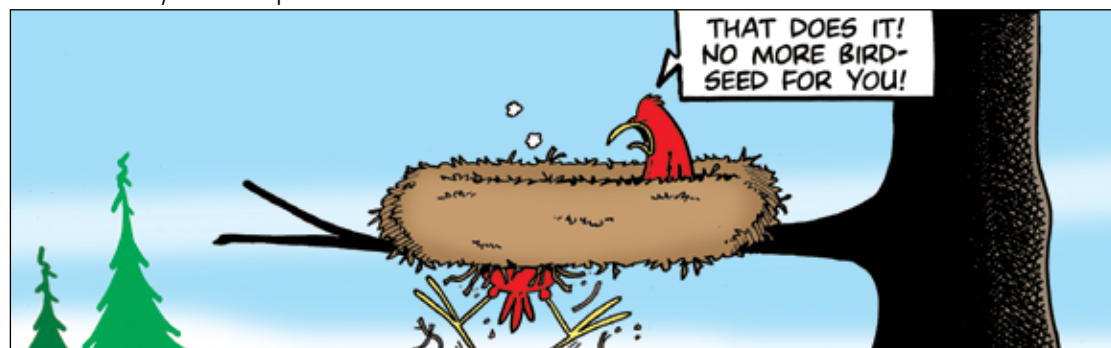
Cranky Girl by Crystal Jones



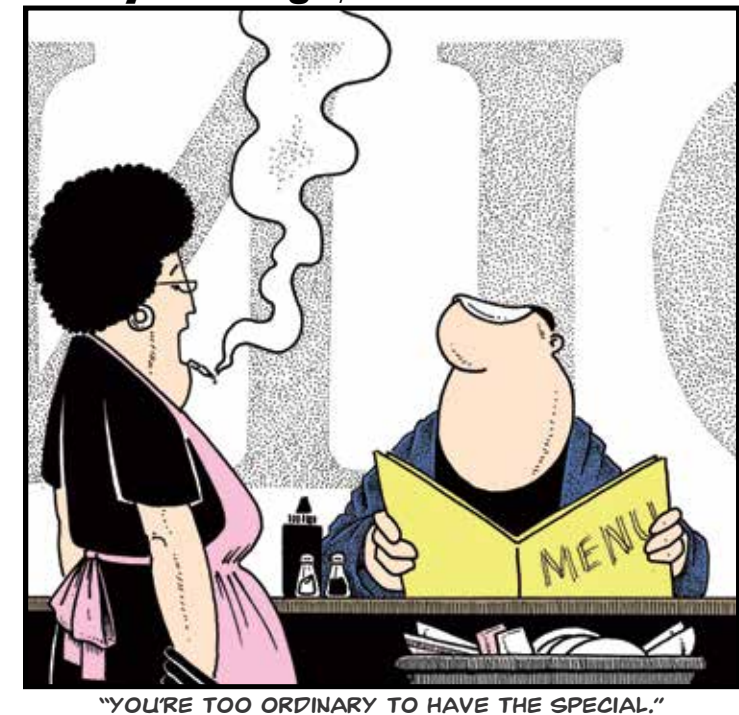
Frank and Steinway by Wil Panganiban



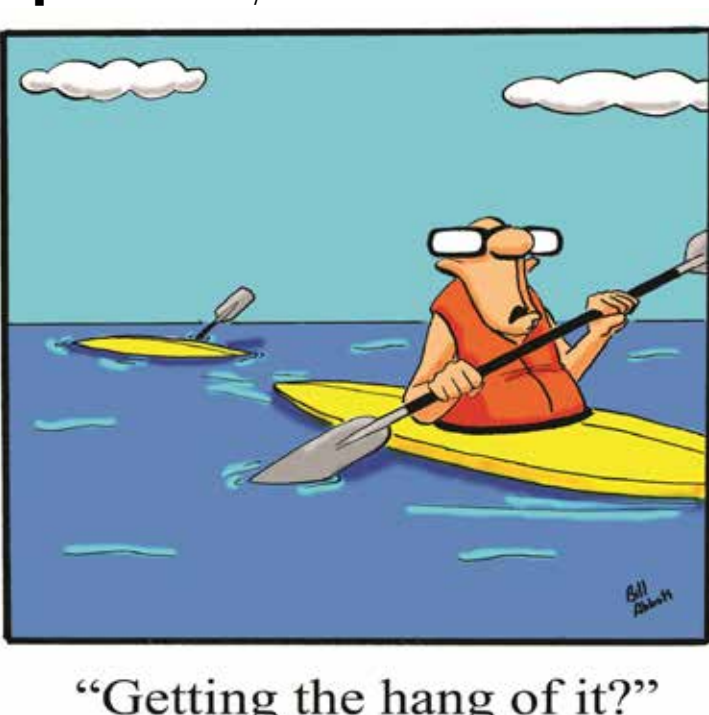
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2016 FIREWORKS BUYERS GUIDE

Season Boasts Strongest Freshman Class in Years

By David Dickstein

SACRAMENTO REGION, CA (MPG) - With the Fourth of July just around the corner, non-profits throughout the region are hoping that red, white and blue turns into lots of green. The great news for fundraising groups and California consumers is the freshman class of fireworks is the strongest in over a dozen years. This would be the season to spend more of your disposable income in the name of charity and country.

Firework stands in Greater Sacramento open for business starting June 28, and when they do patriotic, philanthropic and pyrotechnics-passionate purchasers will want to know the five basic questions of fireworks buying: What's new? What's loud? What's colorful? How long does it last? What gives me the most bang for my buck?

Messenger Publishing Group has the answers, having put every new state-approved firework to the test. Our annual fireworks buyers guide also

includes returning favorites that scored at least 4 of 5 stars on a scale based on performance, value, duration and distinctiveness.

Sacramento Valley is dominated by TNT and Phantom, both of which have regional headquarters based here and a long history of splitting profits with hundreds of churches, athletic clubs, youth groups and other area non-profits. Discount Fireworks Superstore (DFS), which expanded from Oregon to mostly Central California a few years ago, makes its Sacramento County debut this season with three church-run stands in Elk Grove.

Judges this year included firefighters of Sacramento Metropolitan Fire District, Station 65 in Rancho Cordova, where the test was conducted. Fireworks are listed by price, highest to lowest. Every firework sold individually in California has been rated for the guide since 2003, so whatever isn't listed wasn't forgotten - it just didn't make the grade.

Let the sparks fly!

BEST OF THE REST (4-5 STARS)



• **DELIRIUM (TNT), \$49.99 AND CORAL REEF (PHANTOM), \$49.99** - TNT's is the granddaddy of finales, a long-lasting, 500-gram fan fountain that wows with radiant colors and clamorous whistles and crackles. No wonder Phantom came out with the indentially performing Coral Reef last year. Best finale for the money since TNT's Opening Show (\$69.99, 130 seconds) went up \$10, dropping it to 3 Stars. 105 seconds.

• **KING OF BLING (PHANTOM), \$14.99** - Crackles heard during the final third sound just like popping popcorn. Burn time and chrysanthemum and whistle effects are majestic for the price. 90 seconds.

• **LUMINESCENCE (PHANTOM), \$14.99** - Starts out as a run-of-the-mill multi-effect fountain, but then surprises with an eruption of wide-spreading sparks. 73 seconds.

• **TWILIGHT MAGIC (PHANTOM), \$12.99 FOR TWO** - A former "Best New Fountain," now a 2-for-1 item, has three exciting rotations of crackle-and-whistle and wide-spreading sparks. 57 seconds.

• **APACHE FIREDANCE PREMIER (PHANTOM), \$49.99** - A former "Best New Firework," this fountain scores with seven effects, including some of the best crackles, strobes and height on the safe and sane market. 140 seconds.



• **SURFS UP (TNT), \$12.99 FOR TWO** - TNT is making this a buy-one-get-one for just \$2 more - a super new deal. Gorgeous globs lead to a wave of multiple effects and some of the best and widest-spreading titanium rain and crackles for the price. 58 seconds.

• **FIRECRACKER FOUNTAIN (PHANTOM), \$9.99** - Lives up to its name with an awesome crackling barrage alongside multi-colored pearls. 76 seconds.

• **PHANTOM DRAGON SLAYER (PHANTOM), \$9.99 FOR TWO** - Solid buy with pretty white, blue and lemon chrysanthemums, rowdy crackles and red stars. 66 seconds.

• **CRYSTAL SKIES (TNT), \$9.99** - 2014's "Best New Fountain" has great height, striking gold glitters and white pines, and loud crackles. Better than many fountains sold at double the price. 68 seconds.

• **LIL RED DEVIL (TNT), \$9.99 FOR TWO** - Packs plenty of heat for the size and price. Ends strong with wide-spreading titanium crackling sparks. 35 seconds.

• **RAINBOW RAYS (TNT), \$5.99** - Terrific value-priced item, delivering on burn time, height and crackle. 56 seconds.

• **PURPLE RAIN (TNT), \$5.99 FOR TWO, AND MOONDANCE (PHANTOM), \$2.99 FOR ONE** - Identical little dynamos emit loud crackles, purple pearls and glittering gold and white sparks. 45 seconds.

For stand locations and additional product information, visit the retailers' websites: TNT, www.tntfireworks.com; Phantom, www.fireworks.com; and Discount Fireworks Superstore (three Elk Grove locations), dfsfireworks.com. ★

NEW FOR 2016

• **WICKED STRONG (TNT), \$59.99** - Combines the best of a fan fountain and a bona fide finale. A surge of sparks at the 90-second mark truly gives this newcomer its name. A price drop of \$10 would give it a rare perfect rating. 105 seconds. ★★★★★

• **GRAND ILLUSION (DFS), \$40.99** - Long-lasting 500-gram fountain from Showtime took 7 years to reach California, but you didn't miss much with its mundane crackles, whistles and height. 195 seconds. ★★★



• **MAGNETIC HEAT (TNT), \$39.99** - Opens with gorgeous smokeless complements of a compound called nitrocellulose, then further amazes with pretty palms and intense colorful crackles. Decent price, too. 112 seconds. ★★★★★ 1/2 Stars.

• **SEA SERPENT (PHANTOM), \$34.99** - Crowd-pleasing crackles, whistles, darting silver sparks and height that pushes the 10-foot legal limit. 100 seconds. ★★★★★ 1/2 Stars

• **FLIGHT OF FANCY (DFS), \$29.99** - Brand new flower-shaped fountain from Brothers packs a dazzling display of multicolored showers and pearls, silver glitter, crackling, pine needles and golden flowers. 123 seconds. ★★★★★

• **CORE REACTOR (PHANTOM), \$24.99** - It's Phantom's popular Firecracker Fountain on steroids, featuring raucous silver crackles from start to finish. Incredible height for the price. 73 seconds. ★★★★★

• **SPARKNADO (TNT), \$24.99** - Crackle-happy fountain comes alive with a unique effect that has geysers of sparks breathing in and out before going into a frenzy. 85 seconds. ★★★★★



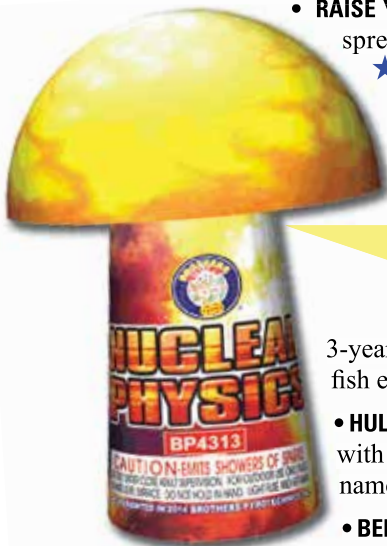
• **SHUT UP! (DFS), \$24.50** - Volcanic-like surges of multi-colored sparks and flares give this year-old fountain high marks. Includes crackles, so this item isn't as "low noise" as Black Cat describes and the name suggests. 75 seconds. ★★★★★

• **FROM THE HEART (DFS), \$20.40** - Debuted last year outside California, this heart-shaped fountain from Black Cat would delight with red flares, chrysanthemums and pink sparks if not for the fleeting burn time and heart-stopping price. 50 seconds. ★★

• **GOOD VS. EVIL (TNT), \$19.99 (FOR BOTH)** - Silly marketing gimmick has the mediocre Rocketman Fountain bundled with the even less impressive Rage Monster Fountain, and for no reason this combo is called "Good vs. Evil." Despite coming in a few seconds shorter, "Good" gets the nod with a darting sparks, or fish, effect. Rocketman, 81 seconds; Rage Monster, 87 seconds. ★★ 1/2 Stars.

• **RAISE YOUR FLAG (TNT), \$17.76** - Long may this fountain wave with wide-spreading crackling sparks, whistle and a patriotic price. 65 seconds. ★★★★★

• **NUCLEAR PHYSICS (DFS), \$15.99** - Mushroom cloud-shaped packaging is the most unique feature of this 2-year-old fountain from Brothers. That said, pretty gold flowers, silver chrysanthemums, noisy crackles and a fair price should give this item a warm welcome in California. 66 seconds. ★★★★★



• **CAT FIGHT (DFS), \$13.25** - A late arrival to California is this 3-year-old fountain from Black Cat that mesmerizes with multi-colored fish effect. 72 seconds. ★★★★★ 1/2 Stars.

• **HULL-A-BLUE (Phantom), \$12.99** - Low on height, but high on beauty with a non-stop vibrant gold shower. Expected more blue due to its name. Good burn time for the price. 60 seconds. ★★★★★ 1/2 Stars.

• **BEE'S KNEES (DFS), \$12.49** - Vibrant fan fountain from Brothers is fun while it lasts, but doesn't last long. Debuted two years ago outside the

Golden State. 35 seconds. ★★★

• **MAD MONKEY (DFS), \$12.25** - Intense crackling sparks and glowing eyes and mouth make for a lot of fun at a small price. From Showtime. 32 seconds. ★★★★★

• **PHANTOM SPARKLES OF PRIDE (PHANTOM), \$8.99** - Nifty opening of gold sizzling sparks is followed by routine crackles and chrysanthemum. 40 seconds. ★★★★★ 1/2 Stars.

• **PIRATE SWORD (DFS), \$7.69** - Unique handheld fountain from Showtime is a step up from boring morning glories, but the cost of swashbuckling fun requires too much booty, even for the pricy California market. 24 seconds. ★★

• **NEON FORCE (TNT), \$6.99** - Height, crackles and color are all solid, as is the price. 55 seconds. ★★★★★

• **JALAPENO POPPER (TNT), \$3.99** - Strong crackling silver sparks and, to be expected at this price point, no altitude. 49 seconds. ★★ 1/2 Stars.



Area non-profits kick off their fireworks fundraisers on June 28. Photo by David Dickstein



Friends and neighbors keep up the tradition of celebrating America's birthday with fireworks. Photo by David Dickstein



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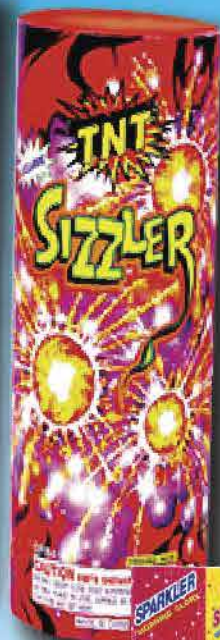
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Transforming the Aging Experience



Eskaton Village Carmichael Spring Home Tours

If you are ready for more freedom, but want more than month-to-month rental ... If you want spacious apartment or cottage living and the assurance of staying in your community should your health needs change ... If you want luxury, comfort and service in a gated retirement community at a price that's more affordable than you might think ... Come to a Home Tour at Eskaton Village Carmichael. Call for dates. Lunch is on us. Reserve your spot today.



Take in our beautiful 37-acre campus and imagine your life with so many exciting opportunities right outside your door.

Your community. Your life. **Your choice.**

Pick up the phone or go online for more!

eskaton.org

Eskaton Village Carmichael
Continuing Care Community (CCRC):
Independent Living with Services, Assisted Living, Memory Care and Skilled Nursing
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