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Many Blessings



Story by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - 2016 looks to be an eventful year for businesswoman Jennifer Knighten. The honor of Young Professional of the Year (to be awarded Friday, April 8th, by Carmichael Chamber of Commerce) was recently preempted by an even more delectable prize. Ten-pound baby Jerry James was born March 23rd.

"Of all the hard work and accomplishments of my career," summarized the new mom, "nothing compares with having a child. He's healthy and perfect. For my husband Nathan and me, our baby is the cherry on top of our lives."

Roseville-born and Rocklin-educated Knighten (34) has worked for State Farm Insurance for 15 years. In 2012, she founded her own Carmichael agency. That it is one of the fastest-growing State Farm agencies in the area belies personal hurdles its owner overcame. Three years ago, she was diagnosed with Myxoid Liposarcoma, a rare form of cancer. After two years of treatment she got a green light and is now considered a cancer survivor.

The episode was a second big test for the Knighten partnership. During their courtship a serious vehicle accident required months of therapy for Jennifer. As she recovered from head injuries success in her own business seemed against the odds. "I had to learn to speak again," she recalled. "Nathan never left my side. He made me believe I'd never be alone and that we'd succeed together. He's the most selfless and supportive man I've ever known."

Life, she feels, teaches people to be willing to do whatever it takes. "Once my cancer was considered gone, we

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Jennifer Knighten's award as Carmichael Chamber of Commerce Young Professional of the Year was preceded (barely) by another prize: son Jerry James Knighten. Photo courtesy Jennifer Knighten

Summertime Upgrades to Keep Up on Conserving

CARMICHAEL, CA (MPG) - Summer will be on us in no time at all, and spring is a great time to get your landscape ready for the hot days ahead. Sacramento Suburban Water District (SSWD) has put together some handy tips and advice to help you have a beautiful and water-efficient yard.

• Walk Your Yard

One of the first steps is to walk the zones of your sprinkler system. Turn them on one zone at a time and check each sprinkler to make sure it is not clogged, leaking, or damaged. Also make sure the sprinklers are watering your plants and not your driveway, the sidewalk, or causing runoff. Mark any problem sprinklers you find with a small flag so you'll know which ones require repairs or adjustments.

• Upgrade Your Equipment

You can improve your sprinkler system's efficiency by 25 to 30 percent by swapping out old sprinklers with water-efficient ones. Newer rotary pop-up sprinklers deliver water in a thicker stream than mist sprayers ensuring that more water reaches plants. Drip irrigation systems are even more efficient because they deliver water directly to a plant's roots, reducing water loss to evaporation, runoff, and wind.

Another important piece of equipment to add is a WaterSense labeled weather-based irrigation controller. These controllers act like a thermostat for your sprinkler system and use local weather and landscape conditions to precisely tailor watering schedules. Replacing a standard clock timer with a WaterSense labeled controller can save an average home almost 9,000 gallons of water a year.

SSWD has rebates available for its customers for irrigation upgrades and WaterSense labeled weather-based irrigation controllers.

• Use the Soak and Cycle Method

Soak and cycle is a process of running your sprinklers in shorter increments spaced out over a period of time to allow for better absorption of the water by the soil. For example, if you're running your sprinklers for six minutes, break the watering cycle into two increments of three minutes, spaced an hour apart. This allows the water to permeate through the soil and get to where it's needed.

Running your sprinklers for one long period is like trying to eat breakfast, lunch and dinner all at the same time. Give your irrigation cycle some space and you'll see less waste.

• Layer on Compost and Mulch

Adding a layer of compost and mulch around your plants and trees will make them healthier and stronger. Compost adds much-needed nutrients to

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Rey Azteca: A Recipe for Success

Carmichael's Aztec Empire Opens Casa Número Dos

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - "Never give up on your dream," advised Ismael Pantoja. "If you're not afraid of hard work, you'll make it happen."

His own story is proof. The Mexican-born restaurateur takes four vacation days a year: Christmas, Easter, July 4th, and Thanksgiving. Every remaining day, for the past 11 years, he has opened and closed his Rey Azteca taqueria on Fair Oaks Boulevard. He manages; he cooks; he waits table. The one-time builder also handles in-house carpentry, plumbing, and electrical glitches. "There is more to a restaurant than serving food," he confirmed.

Pantoja recently extended Carmichael's Aztec Empire with casa número dos. If he anticipated a "soft" opening for the new venture at Fair Oaks Boulevard and Palm Drive, such plans were immediately whacked like birthday piñatas. On opening day, eager eaters mobbed the Rey Azteca Breakfast and Juice Bar. Day two, its kitchen ran out of food. Day three, the boss closed shop, restocked the pantry and finished training for 20 new staffers.

The entrepreneur gives thanks that breakfast and lunch hours now run smooth as blended margaritas. "My



Ismael Pantoja (center) shares the success of two Carmichael restaurants with staff and sons Johnathon (left) and Moises.

manager, Jorge Gonzalez, and I worked together in restaurants for 15 years," said Pantoja. "He put in 20-hour days to get my kitchen staff trained." Veteran server Leticia Gamez groomed wait staff for action, while smoothie bar genius Benny Chavez got all juices running.

"Customers have always

Continued on page 5



Carmichael Chamber of Commerce members recently help celebrate the grand opening of Ismael Pantoja's Rey Azteca Breakfast and Juice Bar.



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Forum Seeks to Improve Carmichael Business and Safety

CARMICHAEL, CA (MPG) - The City of Carmichael will be holding its annual Community Business Forum on Wednesday, April 13th, from 8:30 to 10 a.m., at the Community Clubhouse at Carmichael Park, located at 5750 Grant Avenue.

From the Chamber's website, inviting the community to engage, they remind that Carmichael has long been "known for good living, active commerce, and strong community."

"In its midst," the narrative continues, "Fair Oaks Boulevard, once a quiet country road as late as the 1950s, increasingly became a heavily-trafficked through way for daily commuters as our greater Sacramento region experienced growth and prosperity. To build upon the founding spirit and all investments made in Carmichael, an initiative is taking shape to increase the vibrancy and prosperity of our community while devoting attention to reduce the concerns that impact the quality of our daily lives."

The Chamber urges the community to support and join in the effort to "define and form a Property and Business Improvement District," often referred to as a "P-Bid," to focus attention and efforts toward enhancing the greater Fair Oaks boulevard corridor at the heart of the community.

There will be short, informative talks on improving business and safety in Carmichael and how establishing a P-Bid could help.

Invited speakers represent:

- Sacramento County Economic Development
- Sacramento Sheriff's Department
- Civitas Advisors
- Sacramento District Attorney's Office
- Carmichael Chamber of Commerce
- Executive Director from a PBID in Sacramento

To get more background on the effectiveness of improvement districts and their success nationally as well as more details on what the Chamber seeks to accomplish in the formation of such a district in Carmichael visit their website at www.carmichaelid.org.

Source: Carmichael Chamber of Commerce ★



Enjoying Life After Loss

SACRAMENTO REGION, CA (MPG) - One person in every couple that stays married will lose their spouse to death and according to the Holmes and Raye Stress Scale, being widowed is 100 on a scale of 0 to 100. No other loss is that devastating, and until it happens to you, one cannot imagine the life changing impact. That's where WPAC (Widowed Persons Association of California) comes in.

In the thirty years that WPAC, which started in Sacramento, has been in existence, thousands of widows and widowers have gone through their six-week Grief Recovery Workshops. With this free, non-denominational program, they found that they could laugh and enjoy life again.

The leaders of the WPAC program are not professionals, but many professionals refer people to them because they know how valuable going through their bereavement program and relating to others who have gone through the same trauma can be. All the trained facilitators and speakers in these workshops and are widowed. Only someone who is also widowed could understand and empathize with the pain that the participants have.

Beginning with the first week of a workshop, the subject is: "Understanding Grief." In this session, the typical symptoms usually experience by those widowed, is discussed. Some of those symptoms are: inability to sleep, memory loss, feeling like their mind is in a fog, not being able to read and comprehend a paragraph, being confused, feeling lost, lonely and more. Because of some of these symptoms, wondering if they are going crazy is something that many of those who attend the first week of the workshops report. Finding that other people feel the same way is a relief, and relating to those on the same journey of recovery from grief is comforting.

"Coping With Stress" is the subject of the second week. Whether it is the stress of a long drawn out illness, and caring for their dying spouse, or the shock of a sudden and unexpected death, stress is something that has to be dealt with. Not only can it increase blood pressure, stress can actually change a person's blood chemistry, and lower their immunity. If it does not cause illness, stress can make it harder



In the thirty years that WPAC, which started in Sacramento, has been in existence, thousands of widows and widowers have gone through their six-week Grief Recovery Workshops. What they almost always get instead, said the coordinator of the program, is: "Thank You," or, "WPAC saved my life, or my sanity."

to fight off illness.

Another thing that people who have lost their spouse to death usually experience, is that married friends they had, will at first express sympathy, and probably keep in touch for a few weeks, then tend to drift away, not knowing what to do with, or say to the now single half of the couple they knew. Even if the widowed friend is included in their activities, he or she will feel like a fifth wheel around couples. In fact noticing that almost every other adult seems to be married emphasizes the fact that they are now alone.

The third week of a workshop, "Changing Roles and Relationships," covers that subject along with many other changes that the widowed person must face. One of the hardest things for the newly widowed person to accept is that their spouse is actually dead, and they are not just having a bad dream.

"Rebuilding Your Life and Moving On," is the fourth subject that a workshop covers. Rebuilding is the correct

term, because when someone is widowed, the life that they lived with their now deceased spouse no longer exists. One day they were half of a couple, the next day that couple is gone. Starting over is not easy, but with the help of WPAC, they can do it.

The fifth week of these workshops is a review and evaluations of the program. They want to know what the people who go through the workshops think, and if they have suggestions for any changes. What they almost always get instead, said the coordinator of the program, is: "Thank You," or, "WPAC saved my life, or my sanity." That leads to the last session of each workshop, where the participants are asked to be responsible for a social that all those involved with the past five weeks are invited to. This is usually a potluck, or they chip in money to bring in pizza or something similar. Starting to socialize again is often a problem, but it is a necessary part of rebuilding their lives, and doing it with people they have gotten to know, and made some

friends with over the past five weeks is an easy way to start.

WPAC runs these free six week Grief Recovery Workshops four times per year. The next one starts on Thursday, April 21st, from 5:30 to 7:30 p.m. Signing up in advance is not necessary, but it gives them an ideal of how many to set up for, also if they have your phone number you will get a reminder call, usually the day before. The workshops takes place in their offices, at 2628 El Camino Avenue, Suite D-18 (the building in the back).

Widowed people do not have to wait for a workshop to start to get help. Every week WPAC has Sunday Support, a peer support group from 3 to 5 p.m., and it is also open to any widowed person.

Their website is: www.sacwidowed.org There are volunteers working in their office Monday through Friday, from 10 a.m. to 3 p.m. If you have questions, call (916) 972-9722, or stop by. Hugs are free they said.

Source: WPAC ★



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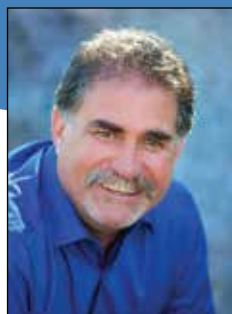
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Rey Azteca: A Recipe for Success

Continued from page 1

been interested in the healthy juices I drink," Pantoja explained. "So I wanted a juice bar for the new place." He recommends his blood-red Vampiro—a mix of beets, oranges, carrots, and celery. Or his Delicious Detox, which blends apples, cucumber, celery, spinach, and ginger for a morning pick-me-up. "I don't guarantee it cures hangovers," he grinned, "but believe me, it helps."

Each afternoon, Pantoja closes up shop and heads down the block to welcome faithfuls at his original Rey Azteca. "Some of my regulars came

there the first day I opened 11 years ago," he recalled. "Later, their children bought dates to eat my food. Now, they bring their own kids. It's a family business. Families like that."

Born in Zamora, Mexico, Pantoja immigrated to California as a teenager and is now a U.S. citizen. He treasures his heritage and makes his restaurants party central for Cinco de Mayo. He names mom Atanacia his número uno culinary inspiration. "When she visits, she cooks for me," he said. "Her dishes are so good I sometimes add them to my menu." For example: Quesadillas de Mama. "It's simple," explained her

disciple. "Tomatoes, cheese, avocado, green sauce. Mom never complains that there's no food in the house; she makes a delicious meal from almost nothing."

In time-honored tradition of family businesses, Pantoja's sons did homework in dad's office before graduating to table service. Johnathon, 24, lately assumes the front-man mantle. "He's finishing his business degree," approved papa. "I give him ideas, he makes them happen." His second son, Moises, 17, also aspires to college. "My sons have more education than I," he mused. "I have instinct. Restaurants

are not like other businesses. For us, success comes when you combine school learning and instinct."

"I owe my kids a lot," Pantoja reflected. "They've shared my sacrifices. They always loved going camping and boating with me. With only four days off per year, we don't get time now. But seeing how hard I work has given them the attitude to work for their dreams, too. They know you pay a price for success."

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Does the 'Bathroom Bill' Protect Privacy Rights? Asks the AMAC

SACRAMENTO REGION, CA (MPG) - North Carolina's so-called "bathroom bill" is causing quite a stir pitting defenders of the lesbian, gay, bisexual, and transgender communities against folks who think only ladies should be allowed in the Ladies' Room and only men should be allowed in the Men's Room.

"The law supposedly violates the rights of individuals with alternative sexual preferences, particularly anatomically correct men who see themselves as women and women who wish they were men. But what about the rights of the rest of us? Americans overwhelmingly seek a modicum of privacy when we need to use the toilet or take a shower or use the locker room to change into gym clothes? The way a person thinks of himself or herself sexually is not an issue. Their thoughts are theirs alone as are the thoughts of traditionalists who find it intrusive and offensive to be forced to use communal bathrooms, shower rooms, and locker rooms," according to Dan Weber, president of the Association of Mature American Citizens.

Weber said he was sad to see the amusement with which such a sensitive issue was greeted when New York Governor Andrew Cuomo banned state travel to North Carolina earlier this week in protest to the bathroom bill. "Challenging an individual's right to privacy when using a bathroom, as Mr. Cuomo is doing, is no laughing matter."

North Carolina Governor Pat McCrory insists that the law is not discriminatory. The law does not take away or infringe on anyone's rights, he said. However, he added: "Would you want a man to walk into your daughter's shower, and legally be able to do that? I happen to disagree with that."

Meanwhile, McCrory's office quickly distributed a Fact Sheet pointing out, among other things, that the law does not limit or prohibit private sector companies from adopting their own set of bathroom rules. Nor does it leave the LGBT community without protections. In addition, private businesses have the right to allow mixed use bathroom, shower, and locker facilities.

Weber believes that "them versus us" politics is behind the fuss. After all, why have the CEOs of major companies doing business in North Carolina banded together to challenge the law. In fact, 80 companies including Charlotte, NC-based Bank of America, Apple, Google, Facebook, and PayPal,



for example, signed a somewhat threatening letter hoping to put economic pressure on the state. Why would they take such a high-profile stance since the law does not impose any new rules on their businesses? They are free to set their own bathroom policies as they see fit.

So, why was the law passed in the first place? According to the Governor's Fact Sheet: "The bill was passed after the Charlotte City Council voted to impose a regulation requiring businesses

to allow a man into a women's restroom, shower, or locker room if they choose. This ordinance would have eliminated the basic expectations of privacy people have when using the restroom by allowing people to use the restroom of their choice. This new local regulation brought up serious privacy concerns by parents, businesses, and others across the state, as well as safety concerns that this new local rule could be used

by people who would take advantage of this to do harm to others."

The Association of Mature American Citizens [http://www.amac.us] is a vibrant, vital senior advocacy organization that takes its marching orders from its members. We act and speak on their behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today. Live long and make a difference by joining us today at <http://amac.us/join-amac>.

Source: AMAC

“Challenging an individual's right to privacy when using a bathroom is no laughing matter.”

Belgian Awful

The Latest European Terrorist Attacks Redefined Nuclear Security

Commentary by Emily Schwartz Greco

The ISIS supporters who attacked Brussels killed more than 30 people and injured hundreds more. Bombings at the city's airport and a subway station blew up the notion that measures taken after the Paris siege were keeping Europe safe.

The scariest part of this story is the thought of something that hasn't happened yet and hopefully never will: an act of nuclear terrorism.

World leaders and the experts who track the whereabouts of fissile material should see Belgium's ordeal as a wakeup call. Nuclear reactors — as the Fukushima disaster proved five years ago in Japan — aren't worth the risks they pose based on operational safety considerations alone. But security questions also render them unacceptably perilous.

Consider this news out of Europe that you may have missed:

Didier Prospero, a security guard at a Belgian reactor, was murdered in his own home two days after the March attacks. The killers shot the slain man's dog too. After Prospero's children found his body, authorities determined that his security pass was missing.

This gut-wrenching tragedy is even more troubling than it sounds.

Belgian authorities discovered hours of secretly recorded video footage of a nuclear scientist during a raid on a suspected terrorist late last year. Khalid and Ibrahim El Bakraoui, two brothers believed to have participated in the Brussels attacks, planted a camera in the bushes outside that scientist's home.

Perhaps the suspected terrorists intended to sabotage one of Belgium's aging nuclear reactors, turning it into a weapon



A Nuclear Juggling Act, an OtherWords cartoon by Khalil Bendib

of mass destruction — a tactic our government says the 9/11 attackers contemplated.

Or the suspected terrorists may have aimed to steal radioactive material for a "dirty bomb," a conventional explosive that contaminates the area where it detonates with radiation. Either way, they've raised the bar for guaranteeing security at nuclear power plants.

Even before the attacks on Brussels and Prospero's murder, Belgium was under pressure from Germany, the Netherlands, and Luxembourg to address lapses at the 11 aging nuclear reactors that generate half its electricity.

There were good reasons to be alarmed. The Belgian nuclear agency's computer system has been hacked, intruders have stolen and sabotaged equipment, and two employees at a Belgian reactor joined ISIS after quitting their jobs.

Hundreds of thousands of Europeans had signed a petition calling for independent inspections of Belgium's worrisome reactors weeks by late January. Their goal was to "avoid the next Chernobyl," based on reports of leaks and cracks, along with assorted sabotage

attempts. Fifteen years after 9/11, how are reactor safety and security on our side of the pond? Not so hot, as seven engineers employed by the Nuclear Regulatory Commission recently made clear.

Upon finding the NRC unresponsive to their concerns about a dangerous design flaw at all but one U.S. nuclear reactor, they filed a public complaint using the same channels available to all private citizens.

It's not clear who has the power to do something about this problem.

New York Governor Andrew Cuomo apparently doesn't. He wants the Indian Point power plant located 30 miles north of the Bronx closed. That's easier said than done, even though its two active reactors — rife with security and safety issues — are so near our country's biggest city.

Plant operator Entergy downplayed one recent outage after blaming it on — get this — bird droppings.

If the company can't protect Indian Point's equipment against natural threats like avian excrement, how well would it handle terrorists? ★

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CLUES

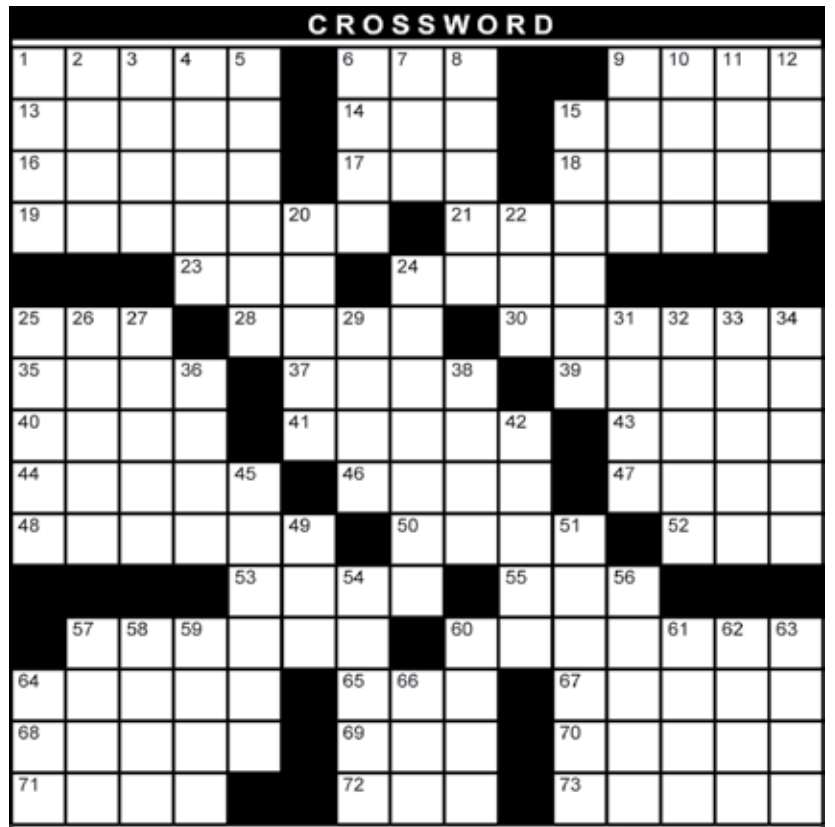
ACROSS

- Santa and Uncle Sam have this in common
- Be in a cast
- Plural of cecum
- **"Pitching _____"
- Sacrificial spot
- Less than 90 degrees
- Grass bristle
- Had in mind
- **"Retail _____"
- **"_____ it"
- Bruin legend Bobby
- Forbidden fruit, e.g.
- **"_____ humbug!"
- Ready and eager
- Foot part
- Mosque V.I.P.
- Indian restaurant staple
- Bodies
- Part of cathedral
- Binary digits code
- Interest _____
- Writer behind a writer
- Rodeo Drive tree
- Cold War's Warsaw Pact, e.g.
- Protective embankment
- **"You _____ what you sow"
- King Kong, e.g.
- Kick out
- India's smallest state
- "Add this to injury?"
- *"Disorderly person or thing"
- Ice cream amount
- Roswell subject
- Figure with vertex and rays
- Coastal town in southern England
- Animal's nose
- Leg of lamb
- Actress Hathaway
- **"A bird in the hand is worth _____ in the bush"
- Cardinal compass point at 90 degrees, pl.

DOWN

- **"Don't _____ around the bush"
- **"To _____ his own"
- Chills and fever
- Old but in
- Like rainy afternoon?
- **"An apple a day keeps the doctor _____"
- **"Don't have a _____!"
- Polynesian kingdom
- Horsefly
- Short for "and elsewhere"
- C&H crop
- Product of creativity
- Quantity
- Vital life, in Sanskrit
- _____Wan of "Star Wars"
- Server on wheels
- **"_____watch" a lot of TV
- Wet nurses
- **"Wreak _____"
- Coarse file

- Kind of apple, gritty and acidic
- _____ - _____la
- Bar by estoppel
- **"_____ of cake"
- Table in Mexico
- African river
- Idealized image
- Group of performers
- Afghan monetary unit
- Thick soup
- Dangerous movie trick
- Plural of amnion
- Desktop picture
- Lunch time?
- Worn from walking
- Great Depression drifter
- *"Don't put these into one basket"
- Vegas bandit
- They make up a tennis match
64. R&R spot
- **"The _____ The Proud. The Marines"



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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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ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00190841
WHEREAS, Shahin Wadhwanian has filed a petition with this court for a decree changing the name(s) of Shahin Wadhwanian to Shahin N. Kachhi.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00191099
WHEREAS, FNU Farida has filed a petition with this court for a decree changing the name(s) of FNU Farida to Farida Adil.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00191337
WHEREAS, Yevgeniy J. Mikhaylevskiy has filed a petition with this court for a decree changing the name(s) of Yevgeniy J. Mikhaylevskiy to James Mikhaylevskiy.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00191736
WHEREAS, Alona Dior Goveh has filed a petition with this court for a decree changing the name(s) of Alona Dior Goveh to Markia Kealani Daniels.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00190098
WHEREAS, Jeremiah Brandon Randall has filed a petition with this court for a decree changing the name(s) of Jeremiah Brandon Randall to Jeremiah Brandon Bames.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00191328
WHEREAS, Wendy Gay Kushida has filed a petition with this court for a decree changing the name(s) of Sarah Lauren Akabori-Bouzaglou to Lauren Seimiko Akabori.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00191807
WHEREAS, Jonathan Do has filed a petition with this court for a decree changing the name(s) of Jonathan Do to Jonathan Nguyen Do.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00191851
WHEREAS, FNU Hasibullah and FNU Farhanaz have filed a petition with this court for a decree changing the name(s) of FNU Hasibullah to Hasibullah Hasib and FNU Farhanaz to Farhanaz Hasib.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00191839
WHEREAS, Zalmal Rizae and FNU Setara have filed a petition with this court for a decree changing the name(s) of Zalmal Rizae to Zalmal Karimi and FNU Setara to Setara Atakozai.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2015-00198530
WHEREAS, Lalara Nickcole Burton has filed a petition with this court for a decree changing the name(s) of Lalara Nickcole Burton to Princess Latera Nickcole Andrez.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00191659
WHEREAS, Mir Ahmad and FNU Tahmina have filed a petition with this court for a decree changing the name(s) of Mir Ahmad to Mir Ahmad Jan, FNU Tahmina to Tahmina Mirzad, and FNU Abin Amen to Suhil Mirzad.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00191529
WHEREAS, Alaudin Oriyakhail and FNU Maroofa have filed a petition with this court for a decree changing the name(s) of FNU Maroofa to Maroofa Oriyakhail, FNU Awaldin to Awaldin Oriyakhail, Mohammad Haroon to Mohammad Haroon Oriyakhail, FNU Mursal to Mursal Oriyakhail, FNU Saesuiddin to Saesuiddin Oriyakhail, and FNU Zuhra to Zuhra Oriyakhail.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00192007
WHEREAS, FNU Khairullah has filed a petition with this court for a decree changing the name(s) of FNU Khairullah to Khairullah Alizada.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2015-00191990
WHEREAS, Ahmad Zubair has filed a petition with this court for a decree changing the name(s) of Ahmad Zubair to Zubair Ahmad Hussaini.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2015-00191990
WHEREAS, Ahmad Zubair has filed a petition with this court for a decree changing the name(s) of Ahmad Zubair to Zubair Ahmad Hussaini.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00191994
WHEREAS, Monia Salimi has filed a petition with this court for a decree changing the name(s) of Monia Salimi to Mona Azaad.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00191733
WHEREAS, FNU Abdulrab has filed a petition with this court for a decree changing the name(s) of FNU Abdulrab to Abdulrab Ahrari.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00191660
WHEREAS, FNU Sohaila has filed a petition with this court for a decree changing the name(s) of FNU Sohaila to Sohaila Sofizada.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00192173
WHEREAS, Ahmad Jawad and FNU Lida have filed a petition with this court for a decree changing the name(s) of Ahmad Jawad to Ahmad Jawad Ahmadi. FNU Lida to Lida Ahmadi, and FNU Zahra to Zahra Ahmadi.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00192134
WHEREAS, Mohammad Ashraf and FNU Khalida have filed a petition with this court for a decree changing the name(s) of FNU Khalida to Khalida Stanikzai, FNU Emran to Emran Stanikzai, FNU Salma to Salma Stanikzai, FNU Sulaiman to Sulaiman Stanikzai, FNU Numaan to Numaan Stanikzai and FNU Muska to Muska Stanikzai.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00192079
WHEREAS, Monica Marie Gaffney has filed a petition with this court for a decree changing the name(s) of Monica Marie Gaffney to Monix Rose Zypher.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00192082
WHEREAS, Ali Mohammad and FNU Najila have filed a petition with this court for a decree changing the name(s) of Ali Mohammad to Ali Mohammad Pirzad, FNU Najila to Najila Pirzad, and FNU Elyas to Elyas Pirzad.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00192399
WHEREAS, Ahmad Daud has filed a petition with this court for a decree changing the name(s) of Ahmad Daud to Ahmad Daud Ziaeye.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00190712
WHEREAS, Cody L. Barbier has filed a petition with this court for a decree changing the name(s) of Cody L. Barbier to Cody L. Campaigne.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00191818
WHEREAS, Nimesh Hasji has filed a petition with this court for a decree changing the name(s) of Nimesh Hasji to Nathan N. Hasji.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00192314
WHEREAS, FNU Ramin and FNU Liza have filed a petition with this court for a decree changing the name(s) of FNU Ramin to Ramin Noori, and FNU Liza to Liza Noori.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00192005
WHEREAS, Angelica Maria Stevens has filed a petition with this court for a decree changing the name(s) of Angelica Maria Stevens to Angel Marie Leonard.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00192271
WHEREAS, Veeda Suhrahi and Mohammad Safa have filed a petition with this court for a decree changing the name(s) of Mohammad Yusuf to Yusuf Safa.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00192284
WHEREAS, Christian Andrew James has filed a petition with this court for a decree changing the name(s) of Christian Andrew James to Christian Andrew Malonson.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00190629
WHEREAS, FNU Shabnam has filed a petition with this court for a decree changing the name(s) of FNU Shabnam to Shabnam Ahmad and FNU Hawa to Hawa Ahmad.

NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF LYDIA MARIA CRUZ
CASE No. 34-2016-00191279
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Lydia Maria Cruz (deceased):

NOTICE OF PETITION TO ADMINISTER ESTATE OF DEAN ALLEN REICH
CASE No. 34-2016-00191773
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Dean Allen Reich (deceased):

NOTICE OF PETITION TO ADMINISTER ESTATE OF LYNN DIANE LYNCH (descendant)
ESTATE NO. 34-2016-00191615
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Lynn Diane Lynch (deceased):

NOTICE OF PETITION TO ADMINISTER ESTATE OF DEAN ALLEN REICH
CASE No. 34-2016-00191773
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Dean Allen Reich (deceased):

NOTICE OF PETITION TO ADMINISTER ESTATE OF LYNN DIANE LYNCH (descendant)
ESTATE NO. 34-2016-00191615
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Lynn Diane Lynch (deceased):

without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

IF YOU OBJECT to the granting of 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.

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.

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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.

SUMMONS

IN THE WEST JUDICIAL DISTRICT OF CALIFORNIA IN THE SUPERIOR COURT OF THE STATE OF CALIFORNIA IN THE COUNTY OF LOS ANGELES, IN THE SANTA MONICA COURTHOUSE SUMMONS Civil No. SC125134 Judge Nancy Newman: John A. Marrone, et. al., Plaintiff vs. Robert W. Sedlar, et. al., Defendants. THE STATE OF CALIFORNIA To: Richard Fecteau, A Verified Complaint for QUIET TITLE; FRAUD; CONSPIRACY; AND BREACH OF CONTRACT has been filed by the Plaintiff with the above-entitled Court. Said Complaint seeks for damages and equitable relief. Said Verified Complaint also alleges that the above entitled Court has jurisdiction over this matter pursuant to California Code of Civil Procedure §§ 760.040 (a). You are summoned and required to file an answer in writing to the Complaint filed in this case. Within 30 days after the last day of publication, which will be April 30, 2016, you must file your answer with the clerk of the court at the Santa Monica Courthouse, located at 1725 Main Street, Santa Monica, CA 90401, and serve a copy of your answer on Plaintiff's attorney Susan M. Murphy at 5455 Wilshire Blvd, Suite 2119, Los Angeles, CA 90036. If you fail to file and serve your answer on time, judgment by default will be taken against you for the relief demanded in the Complaint. The Complaint is on file with the clerk of the court. You can obtain a copy of the Complaint by requesting one from the clerk of the court by calling (310) . DATED this 03 day of March 2016. ADVOCATE LEGAL, Susan M. Murphy Attorney for John A. Narrone and Maria Davis Marrone (Plaintiffs) 5455 Wilshire Blvd, Los Angeles, CA 90036 Telephone: (323) 692-7499 Facsimile: (800) 878-7336 susan@advocatelegal.org Publish March 25, April 1, 8, and 15, 2016 NEWMAN 160320 4-15-16

LIEN SALE

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LIEN SALE

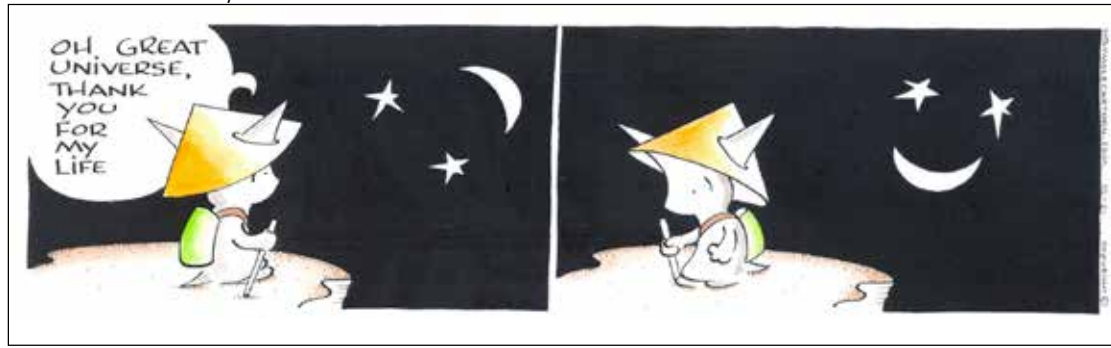
Vehicle Identification No: 2GIWW12E6Y9373688 Year: 2000 Make: Chevrolet Model: Monte Carlo License: 6RHL257 Sale Date: 4/18/2016 at 9:00 am Vehicle Location: LJ's Towing North Ave 2600 North Ave Sacramento, CA 95838 Publish April 8, 2016

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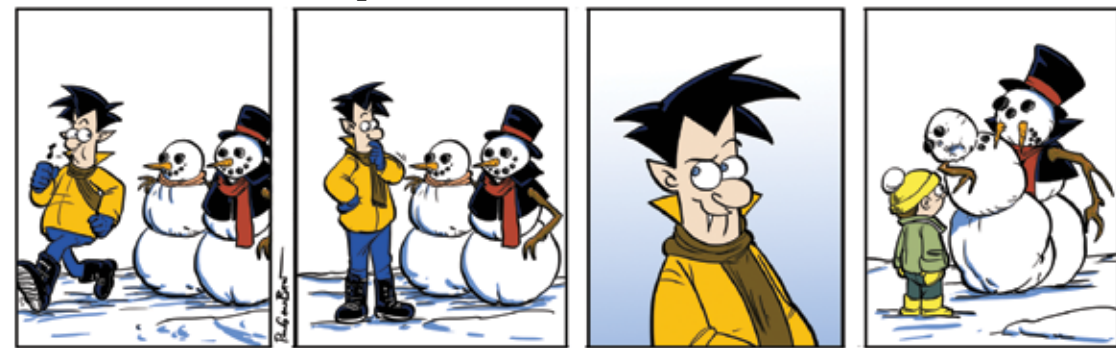
BC by Mastroianni & Hart



Cranky Girl by Crystal Jones



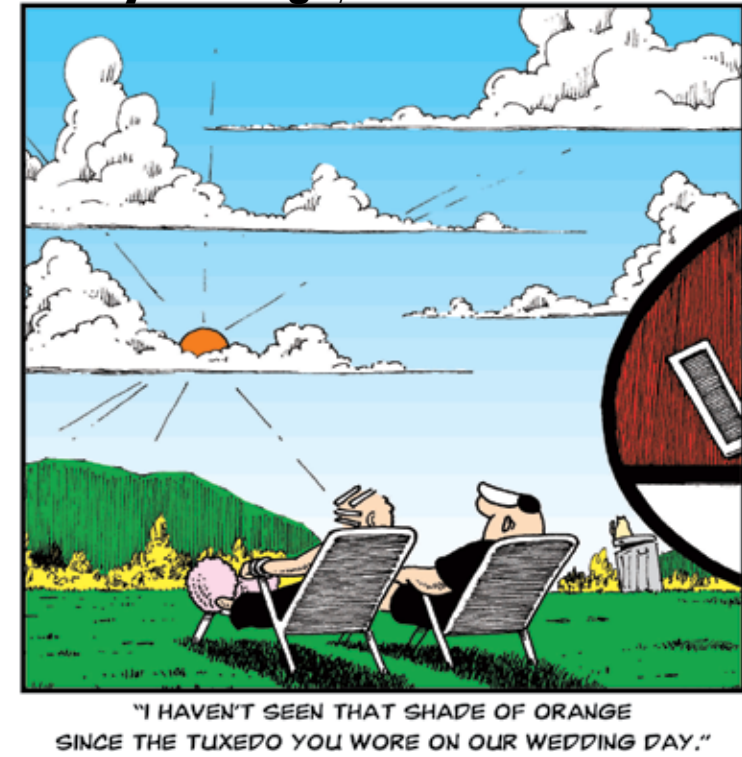
Frank and Steinway by Wil Panganiban



Tundra by Chad Carpenter



Funday Morning by Brad Diller



Speckticles by Bill Abbott



Tastes Like Chicken BY JOSH ALVES



New Shows
Sacramento Fine Arts Center

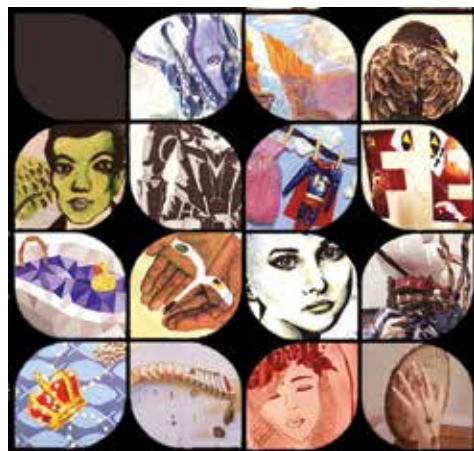
Gallery 3/Studio, April 1-30
Ken Potter
"A Man for all Seasons"



"The Last Interview"
Film and Dinner April 23
5:30 pm Tickets \$15



Mira Loma High School
IB Art Show - April 12-23



Coming April 26 - *WASH Members Show*
Gallery hours Tuesday 11 am-7 pm
Wednesday through Saturday 11 am-3 pm.
5330-B Gibbons Drive, Carmichael, CA 95608

The Carmichael Parks Foundation presents

Antiques Bubbles & Brunch

May 1, 2016

11am - 4pm
Special VIP Entry at 10am

a fun & exciting charitable event at the Milagro Experience

For more information or to buy tickets, please visit
carmichaelparksfoundation.org

Benefiting: Carmichael parks youth scholarships and beautification projects

The Carmichael Recreation and Park District Foundation is a 501 (c) (3) non profit Public Benefit Corporation, Fed Tax ID 26-4274059. Your donation to the Foundation is tax deductible to the fullest extent allowed by law.

4th Annual Classic Car Show & Spring Swap Meet
Saturday, April 23, 2016



8:00 a.m. - 2:00 p.m.
Rain Date: Saturday, April 30, 2016
(Food and Beverages available for purchase)

- Street Rods •Pick Ups
- Muscle Cars •Special Interest Customs
- Model/Year '75 & Older

River Cats Mascot "DINGER"
Appearance time (12:15-12:45)

Carmichael Elks Lodge 5631 Cypress Ave., Carmichael, CA 95608
Lodge Phone: (916) 489-2103 show info: Tom (916) 214-4952

Advertising Opportunities Available - Sponsorships from \$100 - Cash or Merchandise
Space Limited to first 200 cars. Vendor spaces also available.
Email: information@carmichaelclassic.com



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"We Meet By Accident"

up to **\$500.00**
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towards your **DEDUCTIBLE**

Some restrictions apply - call for details. Limit 1 coupon per customer. Not valid with any other offer. Expires March 31, 2016.

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Saturday: By appointment • Sunday: Closed

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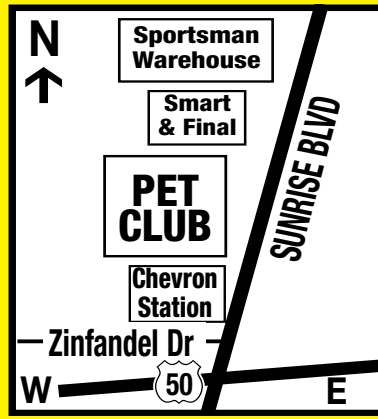
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with any purchase of pet, fish food or supply.
Large Size. \$1.49 value.
Limit 1 PLU323 CT
Limit 1 Coupon per family
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TOILET TISSUE

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With any Purchase of Pet, Fish Food or Supply
Limit: 1 Pkg PLU 325
Limit 1 Coupon per Family
Effective 4/6/16 - 4/12/16



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24-26 Lb Bag Limit 2 Bags Per Family

- Lamb Meal & Rice **\$31.99**
- Chicken Meal & Rice ... **\$32.99**
- Lite **\$33.99**
- Original
- Large Breed Adult

Effective 4/6/16 - 4/12/16

IAMS

DRY DOG FOOD

26 - 30 Lb Bag

- Lamb Meal & Rice •Weight Control
- Mini-Chunk •Lrg Breed Adult

Limit 2 Bags Per Family **\$25.99**

Effective 4/6/16 - 4/12/16

DIAMOND NATURALS

DRY DOG FOOD

40 Lb Bag

- Chicken •Lamb •Beef
- Senior 35 Lb •Light 30Lb **\$29.99**
- Large Breed
- Large Breed Lamb
- Ex-Athlete

Effective 4/6/16 - 4/12/16

NUTRO

NATURAL CHOICE DRY DOG FOOD

15 Lb Bag •Lamb & Rice (Adult & Small Bite)
•Senior (Small Breed Adult \$21.99)

Limit 2 Bags **\$19.99**

Effective 4/6/16 - 4/12/16

9 LIVES

CANNED CAT FOOD

5.5 Oz All Varieties

Limit 1 Case Per Family **35¢**

Effective 4/6/16 - 4/12/16

FANCY FEAST

GOURMET CANNED CAT FOOD

All Varieties 3 Oz

Limit 2 Cases Per Family **20/\$11.00**

Effective 4/6/16 - 4/12/16

PURINA

CAT CHOW DRY CAT FOOD

•Regular •Indoor 16 Lb Bag

Limit 2 Bags Per Family **\$11.99**

Effective 4/6/16 - 4/12/16

SCOOPAWAY

CLUMPING CAT LITTER

20 lb Box •Multi-Cat •Unscented
(Fresh Step Scoop, 20 Lb Box - \$7.49)

Limit 2 Boxes Per Family **\$5.49**

Effective 4/6/16 - 4/12/16

PURINA PRO-PLAN
CANNED FOOD SALE

Limit 2 Cases • Dog Food Grain Free \$1.29 **99¢**
Dog Food 13 Oz **63¢**
Cat Food 3 Oz

WORLD'S BEST
CAT LITTER

14 Lbs **\$11.99**
Limit 2 Bags Original **\$12.99** Extra Strength

MERRICK'S
GRAIN FREE DRY DOG FOOD

•Chicken/Sweet Potato •Duck/Sweet Potato 25 Lb Bag **ON SALE**
•Buffalo/Sweet Potato Limit 2 Bags

NUTRO MAX
MAX CAT DRY CAT FOOD

Selected Varieties **\$8.99**
6 Lb Bag Limit 2 Bags

PRECIOUS CAT
CLUMPING CAT LITTER

18 Lb Bag **\$5.99**
Limit 2 Bags Per Family

MEOW MIX
DRY CAT FOOD

•Original Choice 16 Lb Bag **\$10.99**
Limit 2 Bags Per Family

WELLNESS
CANNED DOG FOOD **15% OFF**

Natural 12.5 Oz Can, Limit 2 Cases Full Case **OUR REGULAR LOW PRICES**
(Reg.Price - Reg. \$2.39 Stew \$2.49 Core \$2.49)

JONNY CAT
PREMIUM CAT LITTER

10 lb Bag **\$1.69**
Limit 2 Bags Per Family

PEDIGREE
DRY DOG FOOD **\$23.99**

•Adult (Large Breed Adult 36 Lb \$21.99)
46 Lb Bag Limit 2 Bags Per Family

MEOW MIX
CAT FOOD

Market Select 2.75 Oz Cup Limit 1 Case **49¢**

CAT'S PRIDE
FRESH & LIGHT PREMIUM CLUMPING CAT LITTER

15 Lb Jug Limit 2 Jugs **\$5.99** **SUPER BUY**

WILDERNESS DRY CAT FOOD **AS MARKED \$5 OFF in store coupon**

•Chicken •Salmon •Duck •Indoor •Weight Control 100% Grain Free
11-12 Lb Bag Limit 2 Bags **OUR REGULAR LOW PRICES**

HAMILTON PET LEASHES

- Collars •Harnesses All Varieties
- Leads •Nylon
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20% OFF
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BARKWORTHIES **20% OFF**
ALL NATURAL DOG CHEWS
•Bully Sticks •Antlers •Treats All Varieties **OUR SUPER LOW PRICES**

VITTLE VAULT **20% OFF**
AIRTIGHT Food Containers except (30 gal \$19.99 50 gal \$27.99) **OUR SUPER LOW PRICES**

PRESTIGE All Sizes **20% OFF**
CABLE TIE OUT, AERIAL RUN & STAKE TIE OUT **OUR SUPER LOW PRICES**

JOLLY PETS JOLLY BALLS **20% OFF**
•Tug 'n Toss •Teaser Ball •Romp 'n Roll •Soft Toys •Bounce 'n Play •Tug All Varieties **OUR SUPER LOW PRICES**

MARINELAND POWER FILTER SALE

MODEL	TANK SIZE	PET CLUB SALE
PENGUIN 100B	20 Gal.	\$19.99
PENGUIN 150B	30 Gal.	\$27.99
PENGUIN 200B	50 Gal.	\$33.99
PENGUIN 350B	75 Gal.	\$45.99

TETRA BOXED 10 GALLON TANK
With Economy Kit **\$39.99** Limit 1 Per Family

Just add Heater For Tropical Fish

KORDON WATER CONDITIONERS

- Amquel 16 Oz. **\$5.99**
- Amquel Plus 16 Oz. **\$5.99**
- Novaqua Plus 16 Oz. **\$5.99**

KORDON CORAL SEA
50 GAL SALT MIX WITH AMQUEL **\$11.99**

BONUS COUPON
FANCY FEAST
ELEGANT MEDLEY CANNED CAT FOOD

Selected Varieties - 3 Oz
Limit 6 Cans with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 4/6/16 - 4/12/16

59¢ CT PLU 568

BONUS COUPON
GREENIES
DOG TREATS

Chewy Texture Easy to Digest
•Teenies 22 Ct •Petite 10 ct
•Regular 6 ct •Large 4ct
6 oz Pkg. Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon. Effective 4/6/16 - 4/12/16

\$4.99 CT PLU 355

BONUS COUPON
ARM & HAMMER
CAT LITTER DEODORIZER

20 Oz Box
Limit 2 Boxes with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 4/6/16 - 4/12/16

\$1.49 CT PLU 422

Is High-Speed Rail Gov. Brown's Latest Green Vanity Project?

SACRAMENTO REGION, CA (MPG) - Senator Ted Gaines (R-El Dorado) issued the following statement regarding recent Senate Transportation & Housing Committee oversight hearing on the updated High-Speed Rail business plan:



Senator Ted Gaines (R-El Dorado)

"High-Speed Rail is on pace to be the most colossal waste of taxpayer money in California history and needs to be stopped before our citizens take an unprecedented fleeing.

"The initial \$33 billion total cost estimate has already ballooned to more than \$60 billion, and the story is about to get worse. The California Rail Authority is facing potential cost overruns of \$400 million dollars on just the first 29 miles of the 500+ mile project. And this

is on the flat and sparse Central Valley. What will the cost overruns be in the infinitely more crowded and complex Bay Area,

Los Angeles, and San Diego?
"I'm incredibly disappointed that during today's oversight hearing, where legislators and bullet train representatives went back and forth on the new timelines, routes and funding proposals, there was zero opportunity for anyone in opposition to speak. On a project this big, the critics should be more than a silent ATM.

"To build this train is to rob Californians of the desperately needed roads, water storage, and other meaningful infrastructure projects those tax dollars could buy. To build it is to doom taxpayers to perpetual subsidies to prop up the ultimate green vanity project."

Source: Office of Senator Ted Gaines ★

SSWD Tips to Prep Your Yard for Summer

Continued from page 1
the soil and helps to improve soil structure and aeration.

Mulch acts like a layer of insulation and moderates soil temperature helping to protect a plant's and tree's roots as the temperature rises. It also reduces the rate of evaporation and hinders the growth and germination of weeds.

And just like getting back into

shape after not having worked out for a while, it's best to take it slow to start. Spring's cooler temperatures mean your yard doesn't need as much water as it does during the hot days of summer. Start out watering in shorter segments and gradually increase the watering time as the temperature gets warmer.

Please keep in mind as you begin to turn on your sprinklers

that SSWD's current watering schedule is two days per week (odd addresses can water on Tuesday and Saturday and even addresses can water on Wednesday and Sunday) before noon and after 6 p.m.

Be sure visit www.sswd.org for more information about SSWD's water use restrictions.

Source: SSWD ★

Many Blessings

Continued from page 1
had to wait two years before trying to have a baby. Through our journey we discovered a support system of family, friends, employees and clients that boosted my positive attitude. They all got us through."

As with most entrepreneurs, paid maternity leave is an unknown luxury for Knighten. "I was in the office until I was too big to drive," she said, "then I worked from home. I was on the phone to my team the day before I delivered. Ever since, Nathan (now on leave from his medical

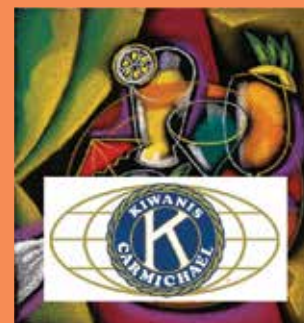
device sales job) has cooked and done laundry while I nurse, stare at my baby's face, and try to get some sleep. It's hard to recall how I ever got out of the house in five minutes flat. We can't remember what life was like before our baby got here."

Carmichael employees are holding down her office for now. "But I'm only a phone call away," confirmed the boss. Her Chamber of Commerce Award is another reminder of a beckoning career. "I'm honored and awed to be among the other achievers [NBA Legend Vlade

Divac, realtor Ben Tiner, and the Carmichael Kiwanis Club]," she said. The Chamber's top Young Professional nevertheless plans to bring a diaper bag to the April 8th gala.

"I'm nursing so it would be hard to leave my baby at home," she explained. "Besides, he and my husband earned part of this award. Everything I achieve is because of them and for them."

To contact Jennifer Knighten regarding professional matters visit her website: www.jenniferknighten.com, or you can reach her at (916) 483 6091. ★



You're invited to the Carmichael Kiwanis Club 14th Annual 'Taste' Event

Live Music, Sample Foods, Wines, Beers, Car Displays, Raffles, Silent Auctions.

TASTE OF CARMICHAEL



Friday, May 13, 2016
5:30pm - 8:30pm

La Sierra Community Center
5325 Engle Road
Carmichael, CA 95608

Fundraising for Children, Schools and Community Charities

Tickets are \$40 Per person

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Phone: (916) 870-0550
vaccarovera@yahoo.com

Event Manager:
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Thousands of gently used books in over 40 categories! Find a good read and help animals in need.

April 23 - May 1, 2016
Monday - Saturday 10:00am to 6:00pm
Sunday 11:00am to 5:00pm



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Inside the former Anna's Linens (916) 504-2842



Donald Kendrick, Music Director



European Masterworks

Franz Joseph Haydn | *Harmoniemesse*
Vaughan Williams | *An Oxford Elegy*
Antonín Dvořák | *Psalm 149*

Sara Duchnovnay, Soprano
Malin Fritz, Mezzo Soprano
Christopher Bengochea, Tenor
Matt Boehler, Bass
Narrator: Phillip Ryder

Haydn's rarely performed last major masterpiece

SATURDAY, MAY 14 AT 8:00 PM
7:00 PM Pre-concert talk by Conductor Donald Kendrick
Community Center Theater

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The Exciting New World of Implant Supported Dentures



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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.



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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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If you are interested in learning more about improving your quality of life with an implant retained snap on denture or partial, please contact us for a **FREE CONSULTATION** today!

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2 implants with 2 attachments to upper/lower denture

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