



Great Nosh at Beth Shalom

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Home Invasions by Armed Intruders Attempted in Carmichael Neighborhood

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Carmichael Times

Volume 35 • Issue 34

Serving Carmichael and Sacramento County since 1981

August 21, 2015

IS YOUR YARD WILDLIFE-FRIENDLY?



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TWO DAYS, ONE NIGHT



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THANK YOU SO MUCH FOR PARTICIPATING

END OF THE BENCH

BY GERRY SCHOLL

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PRESORTED STD.
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PERMIT 350
Carmichael, CA
Change Service Requested

Trees Are Top Priority

Carmichael Recreation and Park District Cuts Water Use by 25%



Maintenance staffer Mark Dexter (above) hand waters 60-year-old redwoods in Carmichael Park. Keeping Jensen Botanical Gardens (at left) attractive to visitors is another park district priority. The dawn redwood (center) is one of a nearly extinct variety. Sensitive to drought, the 90ft conifer is thought to be one of the largest of its strain on the West Coast.

to cut use by 25%," says District Administrator Tarry Smith. "We've achieved that—better in some places. In June this year, we used 5,000 cubic feet of water less than the State's baseline amount."

Water savings come at costs familiar to local residents: formerly oases of green, irrigated grass expanses are now browning in many parks. Where run-off occurs on boundaries, irrigation has ended completely.

Challenges don't stop there. Park districts, explains Smith, must juggle for compromises unrequired from residents. "We can't let sport fields die," says Smith. "We know how important soccer and baseball are to children. We must keep botanical gardens green; they bring visitors to the area. Community gardens produce food so they must have water." High-use zones such as the Carmichael Park Farmers Market location and small play areas in neighborhood parks are also favored. At Patriots Park, watering preserves the turf surrounding a monument to fallen heroes. "By caring for their memorial, we show respect,"

explains the administrator.

His district's top priority is saving trees in areas of low or nil irrigation. Many are native species that have stood for centuries in reserves like Jan, O'Donnell, and Carmichael Parks. "We're carefully watching for signs of stress," says Smith. "A water truck goes out to our parks four days a week. We provide supplemental water around roots. We recognize our trees' importance for shade, air quality, and as habitat for small animals."

Park districts, reports Smith, field complaints from both ends of the conservation spectrum: some patrons resent brown grass; others scream unfair when a sprinkler disperses much-needed H₂O. "Like everyone else, we have strict requirements for water saving," says Smith. "We have a certain leeway in how to achieve these. But we ask people to understand that we really are doing our part."

To view the Carmichael Park District water management plan, visit www.carmichaelpark.com. ★

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Tasked to limit irrigation while keeping parks usable during the drought, the Carmichael Recreation and Park District (CRPD) recently partnered with Carmichael Water District to formulate management plans.

The result has substantially drained water use over 13 district parks. "The State told everyone

New Study Shows Rising Use of Cell Phones While Driving

SACRAMENTO REGION, CA (MPG) - The Office of Traffic Safety (OTS) and the California Highway Patrol (CHP) have released a new study showing a 39% increase in the percentage of California drivers seen using a cell phone while driving.

"It's shocking that nearly 10% of motorists were observed using their cell phones while driving a motor vehicle, a potentially lethal combination," said OTS Director Ronda Craft. "We will continue our aggressive public outreach campaign and our partnership with law enforcement to educate the public about the dangers of those who drive distracted and put the lives of others at risk."

Researchers observed motorist behavior during the study, which was conducted by the OTS and the University of California, Berkeley Safe Transportation Research and Education Center. This year, 9.2% of motorists were spotted using a cell phone while driving, up from 6.6% of drivers in 2014. The highest level recorded since research began was 10.8% of motorists using a cell phone in 2012.

During April's Distracted Driving Awareness Month, approximately 250 law enforcement agencies across California ticketed more than 46,000 drivers using a cell phone while driving—roughly double the number of tickets issued during the average month. Although there were fewer citations for handheld talking on cell phones, law enforcement wrote 35% more tickets for texting-while-driving compared to 2014.

"Discouraging drivers from operating a vehicle while distracted is a challenge that law enforcement is faced with year-round," said CHP Commissioner Joe Farrow. "By raising awareness through education and enforcement, we are working toward changing the dangerous

Continued on page 2

Carmichael Volunteers Needed for United Way's Day of Caring



Volunteers get their hands dirty at last year's Day of Caring event. Photo by Douglas Taylor

CARMICHAEL, CA (MPG) - A thousand volunteers across five counties will spend one day caring for the community through 37 nonprofit projects on September 11th for United Way's third annual Day of Caring, including four projects in Carmichael.

Atkinson Family Services needs volunteers to help complete its community garden that will teach foster youth about healthy eating and sustainability. FosterHope Sacramento is seeking volunteers to help create its own community garden that will help teens in foster care, as well as families of all types, learn how

to grown their own food and prepare healthy meals. Salvation Army Sacramento County's transitional living center needs volunteers to help spruce up the grounds by raking, weeding, mulching, washing railings and doors, and adding paint to outdoor murals. Volunteers at Sacramento Children's Home will help paint fences and do simple yard work outside the children's crisis nursery.

The annual volunteer day is sponsored by Nationwide and has grown each year. Last year, 662 volunteers completed 32 volunteer activities. The day will begin with a breakfast and rally at Cal Expo at 8 a.m. and then guests will head to their volunteer projects by 9:30 a.m. To volunteer, visit www.yourlocalunitedway.org/dayofcaring.

"This is what United Way does best—bringing together companies, volunteers, nonprofits, and more to make a collective impact

in our community," said Stephanie McLemore Bray, United Way president and CEO. "This high-energy day has grown each year because people like having an opportunity to dig their hands in and care for their community."

For more than 90 years, United Way California Capital Region has brought people together as first responders on needs in the Sacramento region and changed the lives of hundreds of children, families, and adults. Now United Way is mobilizing nonprofits, companies, schools, government, and individuals across the region, state, and country to make a collective impact in the areas of education, financial stability, and health in Amador, El Dorado, Placer, Sacramento, and Yolo counties. To donate or volunteer, visit www.yourlocalunitedway.org.

Source: Kristin Thibaud Communications ★

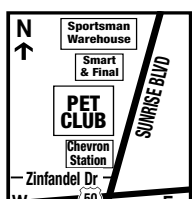
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Limit One Coupon Per Family
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Effective 8/19/15 - 8/25/15
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CT PLU 573

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Limit 1 Bag With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 8/19/15 - 8/25/15
\$3.19
CT PLU 322

Great Nosh at Beth Shalom



Congregation Beth Shalom's food festival celebrates traditional and modern Jewish cuisine.

Story and photo by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) -

The 38th annual food festival at Congregation Beth Shalom promises fine Jewish cooking on Sunday, August 30th.

A tradition in Arden/Carmichael, the event is held in and outside the synagogue at 4746 El Camino Avenue. Food may be preordered, purchased to

eat on site, or taken home.

Lox and bagel breakfasts are a draw for early birds. Lunch includes matzo ball soups and stuffed cabbage rolls. Congregation booths will also sell falafels, pitas, hummus, kosher hot dogs, and barbecued brisket. Pastries, coffee cakes, and kosher babka are much anticipated desserts. While many of the promised treats are prepared locally, other are shipped from famous Jewish

delis in Los Angeles, Berkeley, and Oakland. A bakery section offers specialty breads.

Vendor booths, live music, dancing, and children's games will fill the synagogue yard. Activities begin at 9 a.m., continuing until 3 p.m.

Anyone may attend this free festival. To pre-order food, visit www.jewishfoodfaire.com.

For more information, call (916) 485-4478. ★

New Study Shows Rising Use of Cell Phones While Driving

Continued from page 1

behavior of using a cell phone while driving—and the purpose is to save lives.”

According to the National Highway Traffic Safety Administration, 80% of vehicle crashes involve some sort of driver inattention and approximately 3,000 people were killed nationwide last year in collisions involving a distracted driver. Texting takes a driver's eyes off the road for an average of five seconds—enough time to travel the length of a football field,

essentially driving blindfolded for 120 yards.

A public awareness campaign, “Silence the Distraction,” that emphasized how distracting talking or texting can be while driving, accompanied April's law enforcement effort. A tour of 11 community college campuses brought the message of traffic safety with interactive games, information booths, and student engagement. The OTS sponsors television advertisements illustrating how distracting text messages can make it seem like

people screaming for a driver's attention. Caltrans is also supporting the public outreach efforts with changeable message signs warning about the dangers of texting or talking while driving.

For more information about the dangers of distracted driving and the ongoing campaign to combat it in California, visit http://www.ots.ca.gov/Media_and_Research/Campaigns/Distracted_Driving.asp.

Source: California Highway Patrol ★

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Sacramento County DA Reports



Recent cases of interest

CASE: David Acuna & Guadalupe Cabrera

PROSECUTOR: Deputy District Attorney Jeff Hightower, Homicide Unit

District Attorney Anne Marie Schubert announced that the Honorable Michael Kenny sentenced 31-year-old David Acuna to 39 years to life in prison and 32-year-old Guadalupe Cabrera to 8 years in prison. On May 7, 2015, a jury convicted Acuna of first-degree murder, personal use of a weapon, arson, and use of an accelerant. On April 20, 2015, Cabrera pled no contest to arson, use of an accelerant, and accessory after the fact to murder.

On February 1, 2013, Acuna knocked Patrick Kendrick unconscious during a dispute over electronics. Acuna then dragged Mr. Kendrick into the kitchen and stabbed him seven times in the neck and back, killing him. Acuna left the scene and asked Cabrera to help him obtain materials to craft two Molotov cocktails. Both defendants returned to the apartment and started a fire in an attempt to conceal evidence of the homicide.

CASE: Kenneth Anderson

PROSECUTOR: Deputy District Attorney Laura West, Adult Sexual Assault Prosecution Unit

District Attorney Anne Marie Schubert announced that 24-year-old Kenneth Anderson was convicted by jury of five counts of forcible sexual penetration by a foreign object and one count of unlawfully attempting to dissuade the victim from reporting the crime to law enforcement. The jury also found true special allegations that Anderson bound and personally inflicted great bodily injury on the victim during the commission of the sexual assault.

On March 25, 2014, Anderson entered a Subway restaurant approximately one hour before the victim was scheduled to open the business. He reset the alarm so the victim would not know he was inside when she arrived at approximately 6:30 a.m. Anderson struck the victim in the head, duct taped her mouth, and covered her face with a shirt. He then proceeded to sexually assault the victim.

Deputy District Attorney Laura West stated, "Based on the incredible bravery of the victim, and the excellent investigative work of the Sacramento County Sheriff's Department, Anderson will now be held accountable for his heinous crimes."

Anderson faces a maximum potential sentence of 125 years to life in prison. Sentencing is scheduled for September 11, 2015, at 11:00 a.m. in Department 12 before the Honorable Maryanne Gilliard.

CASE: Andre Oroy Sr.

PROSECUTOR: Deputy District Attorney Bruce Chang, Special Assault & Child Abuse Unit

District Attorney Anne Marie Schubert announced that Andre Oroy Sr. was convicted by jury of two counts of committing a lewd and lascivious act upon a child.

Oroy molested a 3-year-old female family member. The conduct occurred when Oroy was babysitting the victim while her mother was at work. The victim in this case is the third family member to be molested by Oroy.

Oroy faces a maximum potential sentence of 25 years in prison. Sentencing is scheduled for September 9, 2015, in Department 17 before the Honorable Ernest Sawtelle. ★

Aegis Residents Visit Villa Toscano Winery



CARMICHAEL, CA (MPG) - The residents of Aegis of Carmichael enjoyed a beautiful scenic drive through the California foothills and arrived at the Villa Toscano Winery, where they enjoyed a fabulous lunch. Both the scenery and food were wonderful. Everyone had a great time and enjoyed the lovely weather. The residents highly recommend the Villa Toscano Winery for an enjoyable outing. Photos courtesy of Aegis of Carmichael
Source: Aegis of Carmichael



Jacking Up the Cost of Democracy

SACRAMENTO REGION, CA (MPG)

- Following August 17th's lively debate on the Senate Floor regarding Assembly Bill 1100 (Low-D), which proposes to increase the fee required to submit a proposed state ballot initiative from \$200 to \$2,000—a 900% spike, Jim Nielsen (R-Gerber) issued the following statement:

"California's early reformers created the Initiative,

Referendum and Recall processes as the only opportunities for citizens to make or repeal laws or recall elected representatives. This bill is all about discouraging citizens from initiating and repealing laws.

"Direct democracy is a citizen's right—a cornerstone of the checks and balances of democracy that have been protected passionately.

"Increasing the filing fee from

\$200 to \$2,000 is an extreme attempt to discourage voter participation."

Passed (23 ayes to 14 noes) over significant bi-partisan opposition, AB 1100 goes back to the Assembly for concurrence, where it is expected to pass, and will head to the Governor's office for his consideration.

Source: Office of Senator Jim Nielsen ★

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Is Your Yard Wildlife-Friendly?

SACRAMENTO REGION, CA (STATEPOINT) - Being a good neighbor means more than being friendly to the humans across the street; it also means being friendly to the animals in your yard. Making your yard a safe place for local wildlife should be a top lawn care priority.

With that in mind, here are some tips for creating a healthy habitat for local critters:

Be a Valuable Rest Stop

Stock your garden with small native species of trees, shrubs, and flowers to give wildlife needed nourishment, as well as cover from predators.

A source of water can also be a great resource for visiting fauna. Whether it's a pond or a bird bath, be sure this zone is well maintained so you don't inadvertently create a haven for unwanted species. In the warmer months when mosquitoes are most active, you should change the bird bath water even more often.

Promote Safety

A bird feeder in your backyard, full of water and seeds, will be the perfect invitation for beautiful migrating and local birds to stop by.

Just be sure your property is safe for birds. Unfortunately,



Stock your garden with small native species of trees, shrubs, and flowers to give wildlife needed nourishment, as well as cover from predators. Photo courtesy of Statepoint Media

birds don't see clear glass. As a result, millions of birds die every year by striking glass. Don't let your sliding glass doors or other windows become a death trap for birds.

To protect birds, apply special decals that reflect ultraviolet sunlight. For example, those from WindowAlert have the appearance of frosted glass, but glow like a stoplight for birds, so you don't have to compromise your own view out your window. The brand also makes a high-tech

liquid called WindowAlert UV Liquid, which should be applied between decals.

"Wildlife can beautify your garden and be a sign that your yard is healthy" says Spencer Schock, founder of WindowAlert. "But birds and other wildlife need food, shelter, and safety."

Get out the binoculars! With a few small actions, you can make your yard or garden a wildlife refuge.

Source: Statepoint Media ★

Women's Empowerment Receives \$30K to Empower Sacramento Homeless Women

SACRAMENTO REGION, CA (MPG) - Kaiser Permanente, Bank of America, and American River Bank each recently donated \$10,000 to Sacramento nonprofit Women's Empowerment to help homeless women find jobs and recover from substance abuse and domestic violence.

"Just as there are so many challenges that lead women into homelessness, there are so many giving people and organizations that empower women to climb out of homelessness and break the cycle for generations to come," said Lisa Culp, executive director, Women's Empowerment. "Thank you to Kaiser, Bank of America, and American River Bank for recognizing the complications caused by homelessness and Women's Empowerment's powerful solutions."

At Women's Empowerment, 75% of women in the program have experienced family and domestic violence, and 69% are in recovery from drugs and alcohol. The grant from Kaiser funds Women's Empowerment's substance abuse support groups as well as its domestic violence learning and support groups.

Bank of America's grant supports Women's Empowerment's initial eight-week job-readiness program and its graduate services. In the eight-week program, women receive free onsite child

care in Women's Empowerment's child development center and transportation assistance. Each woman works with a master's level social worker to address her root causes of homelessness. She attends classes on job-readiness, confidence building, and empowerment, taught almost exclusively by volunteers from the Sacramento area. She receives health services onsite and is connected to additional health services in the community. She is then able to implement changes that lead to a healthy body, safe home, and steady paycheck.

Graduate services are offered to program graduates to ensure they continue to have long-term success. Services include paid job training, online certifications, counseling with a social worker, GED preparation, job development, access to a professional clothing closet, financial literacy classes, and matched savings accounts.

American River Bank provided funding for one of Women's Empowerment's paid job training programs, the "Get A Job Kit," which includes dozens of tools and hundreds of tips to help job seekers of all backgrounds organize a successful job search. The program, which celebrated its first anniversary in April, trains graduates in the production, customer service, and shipping and

receiving industries. Trainees assemble the "Get A Job Kits" to send to customers and receive training on safety in the workplace, conflict resolution, and quality assurance. Last year, 24 graduates completed the "Get A Job Kit" training, and 70% are now employed with local businesses. In the first year of business, the 24 graduates sold and shipped more than 5,000 "Get A Job Kits" across the country.

Recently featured on NBC's TODAY Show, Women's Empowerment offers the most comprehensive job-readiness program in the Sacramento area, designed specifically for women who are homeless and their children. The 2014 Organization of the Year has graduated 1,247 homeless women and their 2,648 children. Last year, 89% of graduates found homes and 88% found jobs or enrolled in school or training. The program combines self-esteem courses, job training, health classes, and support services to help homeless women across diverse ages, races, and cultures. Women's Empowerment is funded solely through private donations from the community. To donate online, visit www.womens-empowerment.org.

Source: Kristin Thébaud Communications ★

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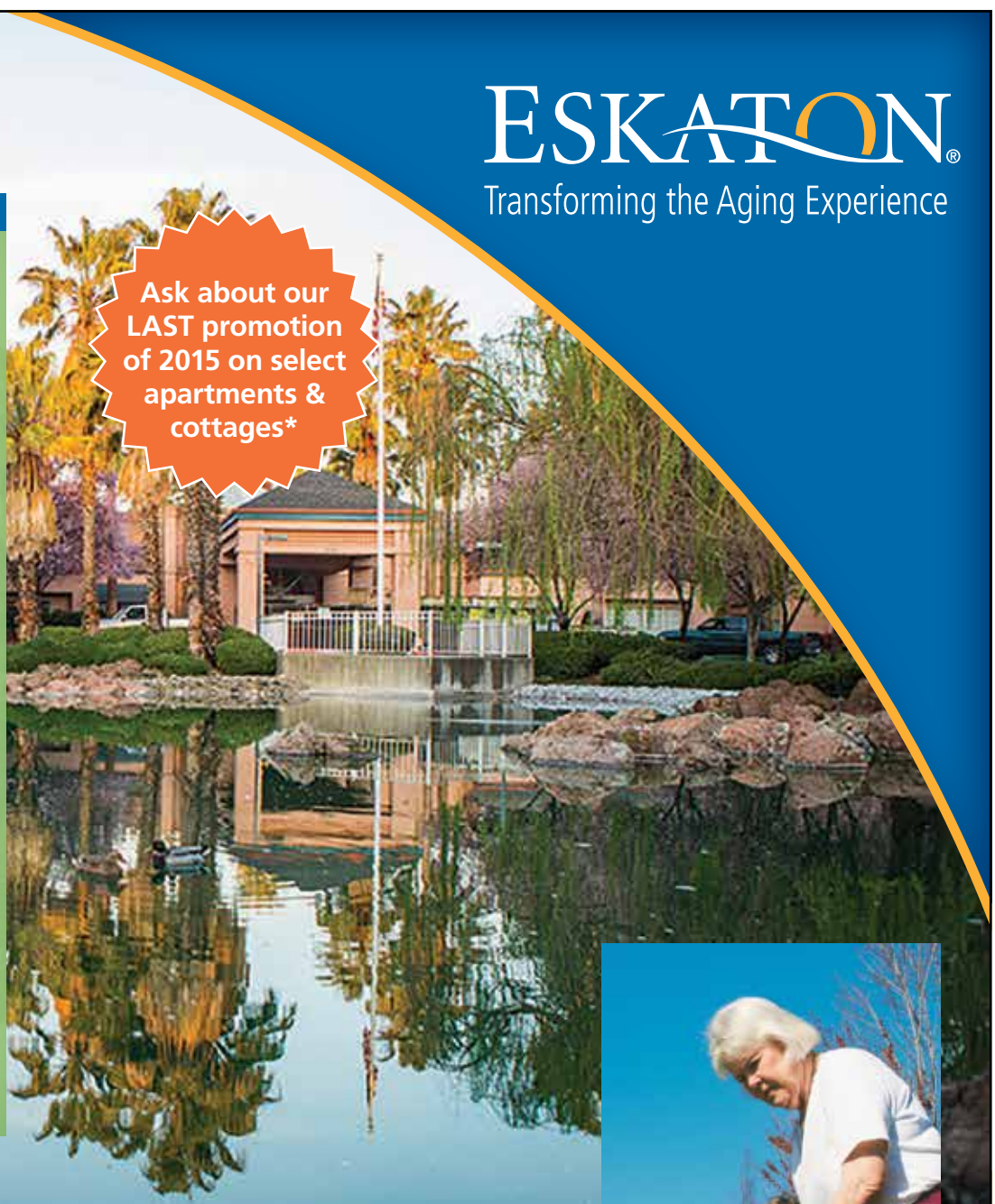
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CLUES

- ACROSS**
- Had, with thou
 - Exclamation of disgust
 - Fit of shivering
 - American writer Jong
 - Beauty treatment site
 - "No guts, no ___"
 - ___ in, for a doctor
 - "C" ___ la vie!
 - *A portable one is great for camping
 - eBay participant
 - *Power provider
 - *A smart one syncs everything you write
 - *Pretty hot and tempting, in a text
 - Public health org.
 - Bluish green
 - ___ talk
 - ZZ Top hit
 - Lady Gaga's 2010 dress material
 - Lowest Hindu caste
 - Tons
 - "Walk the Dog" device, pl.
 - Civil wrong
 - Done to some documents
 - "Cheers" regular
 - "The Iliad," e.g.
 - Interruption in continuity
 - Medieval domain
 - Emerald ___ borer
 - Naive, alt. spelling
 - Hat
 - *Bose, e.g.
 - Iron Man's robotic nemesis
 - Like a ballerina
 - Unit of electric current
 - Scape goat's due
 - ___ circle
 - Likewise
 - More ill
 - No I in this
 - Long, long time
 - Working shoelaces

CROSSWORD

| | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | |
| 13 | | | | | 14 | | | 15 | | | | |
| 16 | | | | | 17 | | | 18 | | | | |
| | 19 | | | 20 | | 21 | 22 | | | | | |
| | | | 23 | | | 24 | | | | | | |
| 25 | 26 | 27 | | 28 | 29 | | 30 | | 31 | 32 | 33 | 34 |
| 35 | | | 36 | | 37 | | 38 | | 39 | | | |
| 40 | | | | | 41 | | | 42 | | 43 | | |
| 44 | | | | 45 | | 46 | | | | 47 | | |
| 48 | | | | | 49 | | 50 | | 51 | | 52 | |
| | | | | 53 | | 54 | | 55 | | 56 | | |
| 57 | 58 | 59 | 60 | | | | 61 | | | 62 | 63 | |
| 64 | | | | | 65 | 66 | | | 67 | | | 68 |
| 69 | | | | | | 70 | | | 71 | | | |
| 72 | | | | | | 73 | | | | 74 | | |

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|---|---|---|---|---|---|---|---|---|
| | | | 1 | 8 | 3 | | | |
| | 3 | 9 | 8 | 4 | 6 | | | |
| | | 2 | | | | | | |
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| | 4 | | | | | | 2 | |
| | | | | 1 | | 9 | 3 | 5 |
| | | | | | | 3 | | |
| | 3 | 6 | | 9 | 1 | 8 | | |
| 1 | 6 | | 3 | | | | | |

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.

For Solutions See Page 7

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with Mary Jane Popp

Can Your Refrigerator Hack You?

Can your personal information be hacked through your refrigerator? Really, no joke—I wish it was. According to cyber security and credit repair expert Paul Oster, forget your doors and windows and look to your kitchen! Oster told me on my POPPOFF radio show that we live in a world where identity theft is, and will continue to be, the fastest growing crime in the world. He added that—believe it or not—the basic concept of the internet has been around since the 60s. The first user-friendly interface that we know today got started in the 90s. Like it or not, we are in the “age of the internet” and there doesn’t seem to be any finish line in sight. He was straight with me that we now have to deal with the fact that everything is connected to the internet. Computers, phones, cars, houses, appliances,

watches, and more. Would you believe that in one high-profile cyberattack that took place in late June of 2013 and early 2014, hackers broke into 100,000 consumer gadgets, including refrigerators, televisions, wireless speakers, and media centers? They used these appliances to release almost a million malicious emails. All of this connectivity has left us wide open for cyber hacking. Oster gave me his top 10 tips for preventing your information from being stolen.

Early detection is key. Set one day a week to monitor all your statements.

- Enroll in any real-time alerts for all your credit cards, banking, and retirement accounts.
- Change all of your PINS and PASSWORDS on a regular basis.
- Subscribe to a robust credit monitoring service that has a resolution service included.
- Never use public Wi-Fi for sensitive browsing, banking, or shopping.
- Update your browser to the newest version.

- Run a full scan on your computer.
- Back up all your files (pictures, videos, personal banking) regularly.
- Disconnect all devices when not using the internet.
- Limit the amount of information you share on social media. Make your accounts private.

After hearing all this information from someone who deals with these hackers on a daily basis, what I fear most is that this is only the beginning. Almost daily, we hear reports of massive hacks into not only our private information but that of major government sites and companies we all frequent. So I guess we need to be extra vigilant with this newfound tool that seems so innocent to use. I suspect there are no guarantees, but we can certainly do the best we can with what we have.

If you would like more information about Paul Oster and what you can do to protect yourself, check out www.BQ911.com. Life in the fast lane seems like great fun, but it can really come back to bite you big time! Please be vigilant! ★

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Publisher, Paul V. Scholl

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ARIES (March 21 to April 19) A relaxed mood early in the week could give way to high-temperature disputes. The Aries Lamb should resist being pulled into heated quarrels that could really singe your wool.

TAURUS (April 20 to May 20) Satisfy that practical obligation first, then you can feel free to indulge in your creative endeavors. Also, check for hidden or overlooked areas where repairs might be long overdue.

GEMINI (May 21 to June 20) Home is still the Twins' major focus this week. But outside matters begin to take on added importance, especially those involving possible career moves. Stay alert for signs of change.

CANCER (June 21 to July 22) A travel plan might need to undergo some considerable adjustment because of unexpected changes. Keep an open mind and let the facts guide you on how you want to handle this.

LEO (July 23 to August 22) Playing cat and mouse with a matter you don't really want to tackle wastes time, energy and, most important, an opportunity. Ask someone with experience to help you get started.

VIRGO (August 23 to September 22) A shift in policy might not please you, but before you put up a "no go" wall of resis-

tance, examine the circumstances. You might be quite pleasantly surprised by what you find.

LIBRA (September 23 to October 22) Yesterday's critiques about your methods might have already evolved into today's praise for your achievements. Good for you. Now go on and continue to build on your credibility.

SCORPIO (October 23 to November 21) An occasional temperamental flare-up might occur as you continue to help get things back to normal. Stay with it. You should soon get some idea of where to take things next.

SAGITTARIUS (November 22 to December 21) A negative reaction to what you believe was a well-deserved request might mean that you need to reconsider your position and make changes accordingly.

CAPRICORN (December 22 to January 19) There's always room for someone new at the Sea Goat's table. And the someone new this week could bring a message you've been waiting a long time to hear.

AQUARIUS (January 20 to February 18) A pile-on of personal matters this week might seem too overwhelming to deal with. But handling them on a one-by-one basis could have you out from under it by the weekend.

PISCES (February 19 to March 20) A friend might need your good advice regarding a matter. Be supportive. But unless

you can be absolutely sure you have all the facts, be careful about any suggestions you might be asked to offer.

BORN THIS WEEK: Few things make you happier than bringing people together and helping to forge new friendships.

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It was noted 18th-century German scientist, philosopher and satirist Georg Christoph Lichtenberg who made the following sage observation: "It is almost impossible to carry the torch of truth through a crowd without singeing somebody's beard."

The lyrics to that favorite Irish ballad "O Danny Boy" were actually written by an Englishman.

Famed comedic actor Charlie Chaplin was born in England, but at the age of 19 he came to the United States as a performer with the prestigious Fred Karno company. Interestingly, Stan Laurel, of Laurel and Hardy fame, emigrated to the U.S. at the same time, as part of the same company -- as Chaplin's understudy.

top ten

FAVORITE MAJOR LEAGUE TEAMS

1. Yankees
2. Red Sox
3. Cubs
4. Dodgers
5. Tigers
6. Braves
7. Phillies
8. Cardinals
9. Twins
10. Indians

Source: The Harris Poll



By Sam Struckhoff
EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of August 24, 2015.

PICKS OF THE WEEK



Marion Cotillard in "Two Days, One Night"

"Aloha" (PG-13) - Defense contractor Brian (Bradley Cooper) has to close an important deal, face his past mistakes, fall in love, reconcile with his ex-wife, learn about Hawaiian culture and stand up to the military-industrial complex in this jumbled joyfest from Cameron Crowe ("Jerry Maguire," "Almost Famous"). While on business in Hawaii -- his former home -- Brian is paired up with a perky Air Force liaison (Emma Stone). They are soon in love, but there are a bunch more subplots in the way, including ones with Alec Baldwin, Bill Murray, Rachel McAdams and John Krasinski.

It's always a wonderful sign when a famous director publicly apologizes to a star for casting her in his movie. The film already had a pall over it on its premiere, since leaked Sony emails showed the studio was none too pleased with early looks at the movie.

"Where Hope Grows" (PG-13) - Calvin (Kristoffer Polaha) had his chance in the majors, then choked under pressure and left the league in disgrace. Now he's a washed-up alcoholic whose boozy antics have wrecked every relationship in his life, and his daughter (McKaley Miller) has taken the brunt of it. On his way to rock bottom, Cal-

vin finds friendship with a grocery store worker nicknamed Produce (David DeSanctis, a young man with Down Syndrome in his first acting role), whose endearing positivity is the opposite of Calvin's wallowing. Polaha and DeSanctis develop a real screen chemistry, never seeming wooden or forced. While the movie has this interesting dynamic, the trajectory of Calvin's soul is made clear pretty early on when it's shown that Produce is a devout churchgoer and carries a Bible with him everywhere he goes.

"Two Days, One Night" (PG-13) -- After taking a medical leave from her job manufacturing solar panels, Sandra (Marion Cotillard) returns to find that her job is up for a vote: her co-workers must decide whether Sandra is let go or if they keep their 1,000 euro annual bonus. Actually, they already decided to let Sandra go, but she pleads for a re-do, giving her one weekend to convince enough co-workers to change their vote. Cotillard brings an amazing performance that has already stirred up awards both abroad and in the U.S.

"Citizenfour" (R) - This film is the most up-close look we have at Edward Snowden, one of the most wanted and influential people of our day. A government contractor and computer-security specialist, Snowden leaked a mountain of classified information that continues to reverberate through the global stage. Back in 2013, documentary filmmaker and Pulitzer Prize-winner Laura Poitras started receiving anonymous messages hinting at huge revelations related to government surveillance. Later, Poitras and journalist Glenn Greenwald started meeting with the enigmatic source. This rare and engaging glimpse at a polarizing and still-relevant figure is worth checking out.

TV RELEASES
"Gene Autry Collection II"
"British Noir: Five Film Collection"
"In Search of Doc Holliday"
"Teatro alla Scala - The Golden Years, Vol. 1"
"Vampire Hunter D"

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by HEALTHY EXCHANGES

Zucchini Ham Pasta Salad

When the temperature and the heat index create readings of 100 in the shade, you definitely need a plan for supper that doesn't add to the problem. Bring this to the table and see if you don't become an instant hero!

- 1 1/2 cups cold cooked rotini pasta, rinsed and drained
 - 1 cup chopped unpeeled zucchini
 - 1 1/2 cups cherry tomatoes, halved
 - 1/2 cup sliced fresh mushrooms
 - 3/4 cup fat-free Ranch dressing
 - 1/4 cup fat-free mayonnaise
 - 1/4 cup reduced-fat Parmesan cheese
 - 3/4 cup reduced-fat Cheddar cheese
 - 1 1/2 cups diced 97 percent fat-free ham
1. In a large bowl, mix Ranch dressing, mayonnaise and Parmesan cheese. Add rotini pasta, zucchini, tomatoes and mushrooms. Mix well to combine. Stir in Cheddar cheese and ham.
2. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Serves 6 (1 full cup each).

★ Each serving equals: 151 calories, 3g fat, 7g protein, 24g carb., 557mg sodium, 2g fiber; Diabetic Exchanges: 1 1/2 Meat, 1 Starch, 1 Vegetable.

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The Garden Bug

These plants are native to eastern Africa, from Kenya to Mozambique. There are hundreds of species, but only a few are widely grown, such as *walleriana*, *balsamina* and New Guinea hybrids. It is perennial in warmer climates, but treated as an annual where winters are cold. Its dazzling array of sizes, shapes and colors keep it popular.

Source: wikipedia.org, mrimpatiens.com, botany.com



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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-05607 Karl G. Smith, 5301 Madison Avenue, Suite 302, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "CFS Wealth Advisors" at 5301 Madison Avenue, Suite 302, Sacramento, CA 95841. Filed with the Clerk of Sacramento County July 15, 2015. Publish: July 31, August 7, 14 and 21, 2015. CFS 150721 8-21-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-05668 Darin Lindsey, 8636 Hume Court, Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "Tap Revolution" at 8636 Hume Court, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County July 16, 2015. Publish: July 31, August 7, 14 and 21, 2015. TAPREV 150722 8-21-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-06020 Juan J. Celaya, 3140 Norstrom Way, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "3J Cleaning" at 3140 Norstrom Way, Sacramento, CA 95833. Filed with the Clerk of Sacramento County July 29, 2015. Publish: August 21, 28, September 4 and 11, 2015. 3JCLEANING 150813 9-11-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-06042 Mark Gudenas, 11280 Stanford Court Lane, Unit 402, Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "Hard Hat Marketing" at 11280 Stanford Court Lane, Unit 402, Gold River, CA 95670. Filed with the Clerk of Sacramento County July 30, 2015. Publish: August 14, 21, 28 and September 4, 2015. HARDHAT 150806 9-4-15

ORDER TO SHOW FOR CHANGE OF NAME
COUNTY OF SACRAMENTO
AMENDED ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2015-00178787
WHEREAS, Bernethia Mae Hatchett has filed a petition with this court for a decree changing the name(s) of Bernethia Mae Hatchett to Sunshine Marie Gomez. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on October 6, 2015, 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: July 22, 2015. Raymond M. Cadei, Judge of the Superior Court. Publish: July 31, August 7, 14 and 21, 2015. HATCHETT 150723 8-21-15

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2015-00182037
WHEREAS, Michael Anthony and Donna San Agustin Lopez have filed a petition with this court for a decree changing the name(s) of Michael Anthony Lopez to Michael Anthony Francalanzo, Donna San Agustin Lopez to Donna San Agustin Francalanzo, Daniel Michael Lopez to Daniel Michael Francalanzo. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on October 1, 2015, 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: July 22, 2015. David I. Brown, Judge of the Superior Court. Publish: July 31, August 7, 14 and 21, 2015. LOPEZ 150723 8-21-15

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

FBNF2011-08857
The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Gingles Goodies" located at 4825 Don Julio Boulevard, Sacramento, CA 95847. Dan R. Small, 4825 Don Julio Boulevard, Sacramento, CA 95847. The Fictitious Business Name Statement referred to above was filed on October 19, 2011 in the County of Sacramento. Publish: July 31, August 7, 14 and 21, 2015. GINGLES 150722 8-21-15

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

FBNF2013-04371
The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Koukla Kids, LLC" located at 3809 J Street, Sacramento, CA 95816. Koukla Kids, LLC, located at 3809 J Street, Sacramento, CA 95816. The Fictitious Business Name Statement referred to above was filed on May 24, 2013 in the County of Sacramento. Publish: July 31, August 7, 14 and 21, 2015. KOUKLA 150727 8-21-15

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

FBNF2013-04371
The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Preston Graphics Company" located at 1709 Park Place Drive, Carmichael, CA 95608. Dana Preston, P.O. Box 2876, Fair Oaks, CA 95628. 1709 Park Place Drive, Carmichael, CA 95608. The Fictitious Business Name Statement referred to above was filed on February 7, 2014 in the County of Sacramento. Publish: August 21, 28, September 4 and 11, 2015. PRESTON 150814 9-11-15

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

FBNF2013-04371
The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Koukla Kids, LLC" located at 3809 J Street, Sacramento, CA 95816. Koukla Kids, LLC, located at 3809 J Street, Sacramento, CA 95816. The Fictitious Business Name Statement referred to above was filed on May 24, 2013 in the County of Sacramento. Publish: July 31, August 7, 14 and 21, 2015. KOUKLA 150727 8-21-15

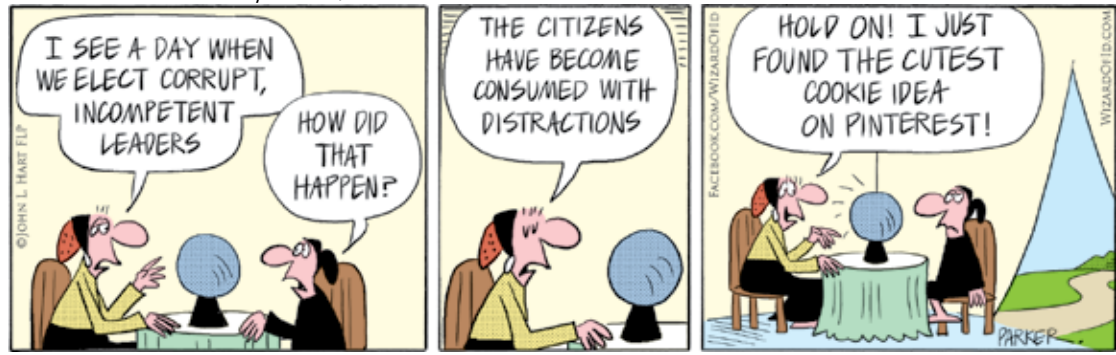
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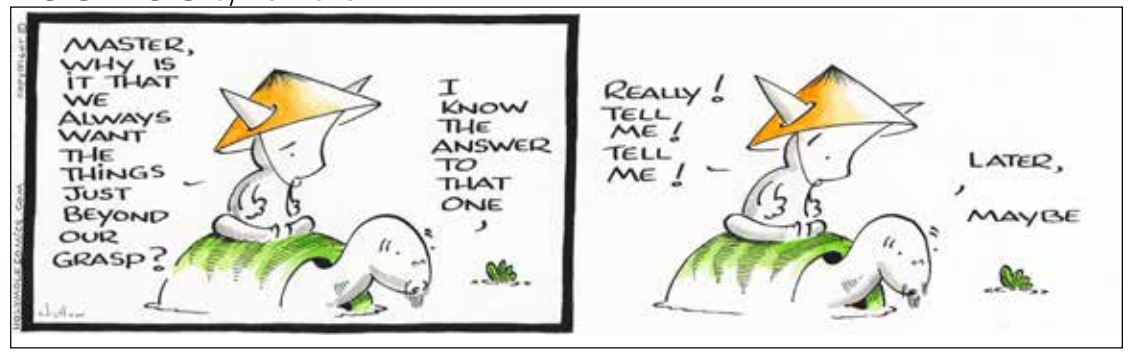
STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

FBNF2013-04371
The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Koukla Kids, LLC" located at 3809 J Street, Sacramento, CA 95816. Koukla Kids, LLC, located at 3809 J Street, Sacramento, CA 95816. The Fictitious Business Name Statement referred to above was filed on May 24, 2013 in the County of Sacramento. Publish: July 31, August 7, 14 and 21, 2015. KOUKLA 150727 8-21-15

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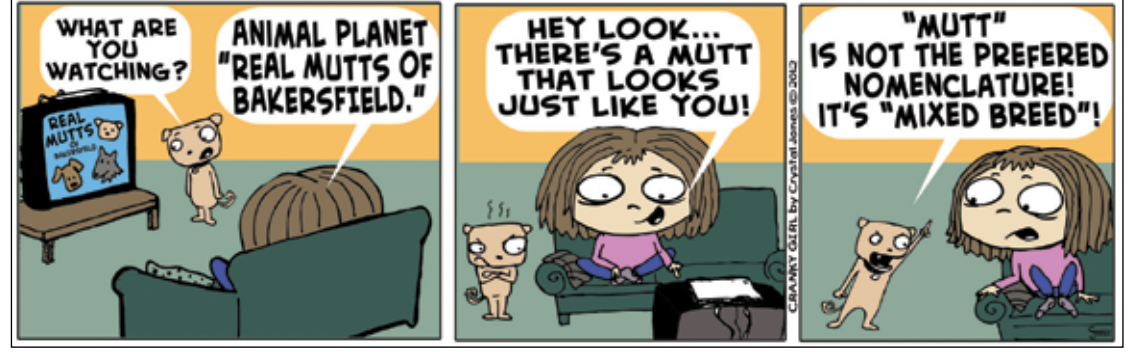
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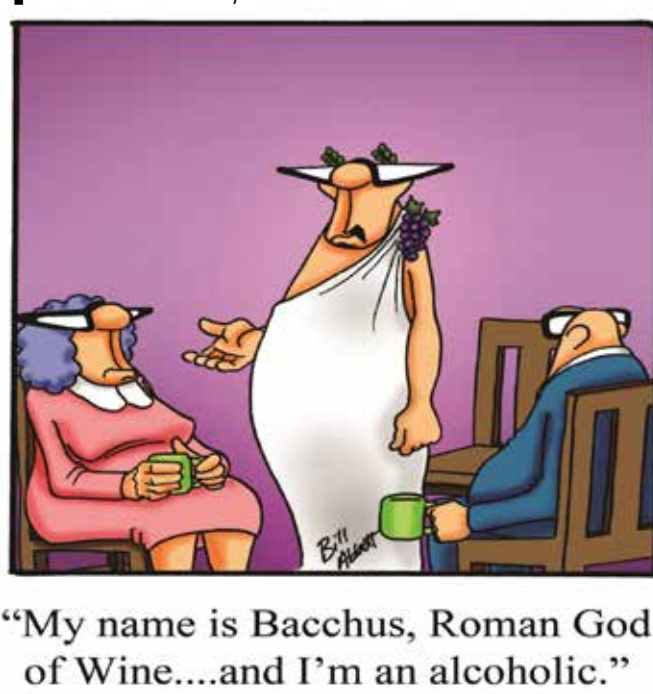
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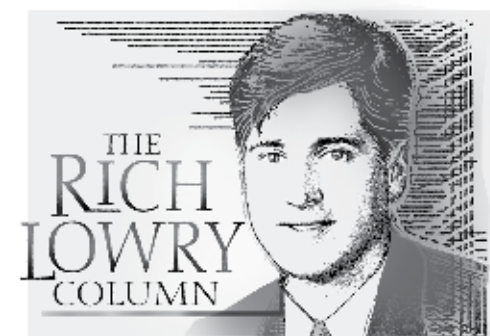
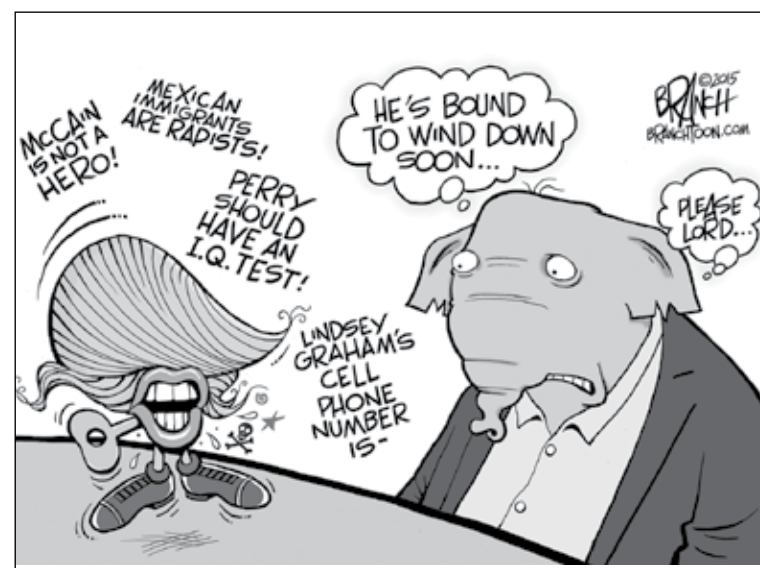
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THE RICH LOWRY COLUMN
By Rich Lowry

Killing Cecil

“Until the lion tells his side of the story, the tale of the hunt will always glorify the hunter.”

-- African proverb

On the ledger of global outrages, the killing of Cecil the lion outside of a Zimbabwe national park should barely register.

What is the fate of one big cat compared with the civil wars and human-rights abuses that fill the headlines -- or should fill the headlines -- every day? Even in Zimbabwe alone, where grotesque misgovernance is the rule, the death of one lion should hardly be a blip.

And yet the animal's shooting by a Minnesota dentist, Walter Palmer, has

evoked a fierce reaction. Some of it is hysterical and insipid. Palmer shouldn't be personally ruined, let alone brought up on war-crimes charges, as some seem to suggest. The outpouring over this particular cat is, in part, based on the childish anthropomorphism of his having a name, Cecil, after Cecil Rhodes, the British imperialist and founder of Rhodesia, subsequently Zimbabwe.

Nonetheless, at the core of the outrage is a natural and healthy revulsion at the wanton destruction of an animal of great majesty. The regal self-possession of the lion stands in stark contrast to the tawdriness of Walter Palmer's hunt.

There was the money-grubbing -- he reportedly paid about \$50,000 for the privilege of killing one of the beasts. There was the unseemly baiting of the animal to lure it out of the sanctuary of Hwange National Park. There was the cruel incompetence of his method -- supposedly wounding it with a bow, then tracking the creature for another 40 hours before completing the kill with a gun. And there was the casual butchery after the fact -- beheading the cat and leaving its carcass to vultures and other scavengers.

When it emerged that the lion he had killed was Cecil, a popular fixture long tracked by researchers, Palmer issued a statement saying he had no idea that the lion he "took" (although he won't be

giving it back) was a local favorite. As if it would be OK to wound and hunt down over two days some pitifully unpopular and anonymous lion.

Trophy hunters like Palmer have a passion for killing polar bears and the like. There is no accounting for taste, but surely there are other engrossing hobbies that don't involve shooting the planet's most stunning creatures.

Anti-poaching laws, which might have been broken in this case, should be as tightly enforced as possible, and the act of killing a glorious beast for a photo with his carcass and a stuffed head on the wall back home should be considered the shameful waste that it is.

None of this is to say that lions in particular should be sentimentalized. They are man-eaters whose social life is Hobbesian in the extreme. They also are a wonder of nature whose numbers are dwindling. We can disagree about the exact parameters of our obligations to the animal kingdom, but surely going out of our way to slay a creature like Cecil the lion should be out of bounds.

Rich Lowry is editor of the National Review.

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Volunteerism Revisited

DEAR PAW'S CORNER: You recently updated readers about ways to help pets, including volunteering at shelters. Another place to volunteer is at an assisted-living, or senior-care, facility. Many residents have their pets and sometimes aren't able to exercise them enough, and they appreciate someone to take their pets on walks or to help bathe them. There is even a need of "baby-sitting" if the owner goes in for a procedure.
-- David P., via email

DEAR DAVID: That's a great idea! While not all assisted-living facilities permit pets, many do, since they often have residential facilities in which the residents have varying levels of independence. Most facilities have a volunteer coordinator; if not, there's always an activities director. Contact information for a facility near you can be found on the Web or in the local phone book. According to AARP's Create the

Good organization, senior-care facilities have a great need for volunteers at many levels, from simple visits to say hello to more involved care or administrative assistance. To volunteer, you generally will need to pass a background check and follow the facility's regulations about visits and volunteer activities, including pet care. You can learn more at www.createthet-good.org. If there isn't a pet-friendly senior-care facility in your area, you still can reach out to seniors in your community. Talk to seniors that you know in the neighborhood on a regular basis to make sure things are going OK, and ask if they ever need free pet-sitting from time to time. Or, look for senior-care organizations locally and ask if their clients have pet-care needs.

Send your questions or tips to ask@pawscorner.com.

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END OF THE BENCH BY GERRY SCHOU

Thank You So Much for Participating

There is not much to it. It's just a little two-inch-square nice piece of wood that has a gold-painted metal figurine of a baseball player in a batting stance mounted on top. The whole thing stands a bit over six inches tall, that's all. It has a tiny metal plate on the front that is engraved with an abbreviation of the school, followed by "Frosh," the year "1966" and a name.

If it wasn't for that trophy it would be me who had had that 14-year major-league baseball career that included 124 pitching victories (I think I could've done better). It would be me calling those San Francisco Giants games on television, not that darn Mike Krukow. I suppose Kruk's dad would've thrown a trophy like mine right into the trash. That stinking little "participation trophy" has caused untold (until now) psychological damage to my very soul and has had an everlasting, debilitating effect on my entire life on this planet since I was fourteen (can't you tell?).

James Harrison --- once the Defensive Player of the Year in the NFL, a Super Bowl champ, an All Pro linebacker for the Pittsburgh Steelers --- has two sons, ages six and eight. He may have saved his two little boys from lifetimes of regret by taking away and returning their "participation trophies" that they recently received and posting the whole situation on Instagram for all the world to digest. Or, perhaps, pop overreacted, like so many others have.

Harrison's family values have created a bit of a stir throughout many media outlets. Many people seem to agree kids should not receive trophies for just showing up. Harrison said his boys didn't "earn" their awards. "(They) aren't entitled to something just because they tried their best... cause sometimes your best is not enough." Harrison has received quite a bit of support for his

parenting techniques --- that also included making it all available for public consumption.

This is a guy who, as noted on Deadspin, "...once beat up his girlfriend, smashed down a door, and broke her cell phone to prevent her from calling the cops over an argument about the baptism of his older son." Great techniques. Did he get an award for that?

After the Steelers won Super Bowl XLIII, Harrison elected to skip the team's White House visit, arguing that if Arizona had won the game the Cardinals would have been invited instead. He was quoted as saying, "This is how I feel --- if you want to see the Pittsburgh Steelers, invite us when we don't win the Super Bowl." But James, you are not entitled to the invite if you lose.

Oh, and by the way James, do you really think you have "earned" the millions you have made playing football, or are the television executives largely responsible for the money you and your cohorts make nowadays? Do you and your fellow Pro Bowlers deserve any awards or extra paychecks when you decline to play in that game even when it includes a free trip to Hawaii? You should only receive those things when you show up. And how many of you wore a varsity block letter in high school for participation in sports, win or lose? And why do so many stars show up for those ridiculous ESPY Awards?

Should your kid grow up under pressure, believing he must become an All Pro or he deserves no recognition? Should he grow up like Gaylord Focker, with a Wall of Gaylord shrine with a vast array of participation awards and plaques for tenth-place finishes? Keep it somewhere in between.

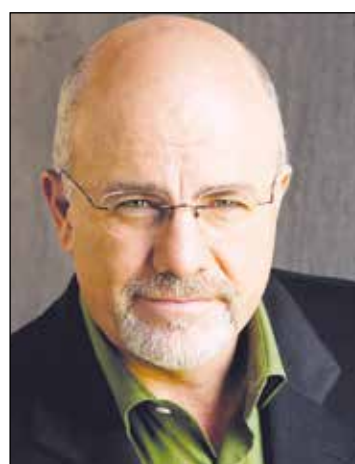
Give your kids some credit for knowing the difference between a "participation" trinket and a championship or MVP trophy.

Let the kids decide where to place the value.

My little trophy has been in a box in the garage for almost fifty years along with a few other things. There's a little handful of those old Little League pins that you got each year to put on your cap. Looking at them reminds me of the teams I played on, of some of the players and coaches, and some personal highlights. Without those pins, I would never think of those things. There are three championship ribbons from the city grammar school Christmas basketball tournaments; but they don't mean a lot because our school, that played in an organized league, always dominated by lopsided margins over teams put together in short order. More meaningful is a second-place elementary school intramural ribbon because, as a team captain, a point was made to choose that kid that nobody ever wanted on their team, and our team taught him to play a little. There are a few other mementos around collecting dust that are cheap pieces of junk that carry their worth in the form of treasured memories.

Whenever I visit one lifelong friend I can spot a duplicate of that silly "Frosh" trophy resting as an inconspicuous bookend, though in plain view. A shared memory. That team started out losing its first nine games and we were trailing a better team when our coach looked down to the end of the bench. Miraculously, we rallied. I threw three shut-out innings and my buddy made a game-saving catch for that elusive first win. And don't you ever forget it!

In closing, you are welcome to cut this column out of you newspaper, save it with your other memorabilia, or maybe even frame it and hang it in the garage as a souvenir of our special time together. Thank you so much for participating. ★



Dave Says

The best of the three

Dear Dave,

I'm 61 and on disability, but I'm completely debt-free and I have more than \$1 million in assets. I even try to spend no more than four percent of the principal each year, so I don't dip into it. I need to buy a better car, and I realize that I have three options --- pay cash, do a lease or finance the vehicle. What do you suggest?

- Linda

Dear Linda,

There's no way I'll ever tell you to lease or finance a car. You have a nice, peaceful financial life, and you don't want to mess that up.

New car leases are one of the biggest rip-offs on the planet. Consumer Reports, and my calculator, both say leasing is the most expensive way to operate a vehicle. And why would you want the hassle of car payments when you're in such good shape with your money?

I'm alright with you buying a new car, because for someone

like you it's such a small portion of your overall financial picture. I advise people to always buy good, used cars unless they have a net worth or \$1 million or more, and you definitely fall into that category. Still, my advice is to pay cash or don't do the deal. You're more than able to do this every few years and not move the needle where your finances are concerned.

Go get that new, better car, Linda. Just don't go into debt to make it happen!

—Dave

No, no, no!

Dear Dave,

My wife and I are recent graduates with advanced degrees. We also have about \$300,000 in student loan debt. We're thinking about buying a rental property, and the plan is to get a mortgage with monthly payments of \$400 and charge \$800 in rent. We could use the extra to help pay off our debt. Do you think this is a good idea?

- Jeremy

Dear Jeremy,

Are you serious? You're in a financial crisis, and you ask if it's okay to buy a rental property? No, no, no!

Right now, you guys are acting like Congress. You have a huge

mess on your hands, and you're both going to have to work like crazy to clean it up. That means living on rice and beans for the foreseeable future. It means no vacations, and you should not see the inside of a restaurant unless you're working there to make extra money.

Again, no! You should not buy a rental property. Even if you did, this plan assumes that it's constantly occupied and the renter actually pays. Those are two pretty big assumptions. Use whatever money you have to get out of debt, and live simple, inexpensive lives until you get this behind you.

Stop trying to borrow your way through all of your dreams, Jeremy. Doing that will only turn those dreams into nightmares!

—Dave

Dave Ramsey is America's trusted voice on money and business. He has authored five New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover, Entrepreneurship and Smart Money Smart Kids. The Dave Ramsey Show is heard by more than 8 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com. ★



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CARMICHAEL, CA (MPG) - The following reports are all from homeowners in Carmichael. If you see anything suspicious, please call 911.

Attempt #4

Due to my insomnia I was up and toward the front part of our house early this morning (8/16). I heard a car door and muffled talking directly in front of our house. I looked out the window and could see someone standing on our porch. When I opened the blinds so I could get a better look I saw a young, white male holding a 4' long, bulky piece of wood or metal. He was holding it with both hands and had it over his head, he was literally getting ready to slam it into our front door. I yelled out to him, he stopped mid-swing, kind of laughed and ran toward the street. Then I saw a light color, probably silver hatch-back car in the middle of the street. Engine on, driver in car and at least one person, probably a white male, with his legs dangling out of the back of the car. They turned left from Lisa Marie

onto Stollwood. I called 911 and got my husband up. We were standing in the backyard waiting for the Sheriff when we both heard footsteps and voices coming from our neighbors front walk. (We live on a corner so our backyard is close to our neighbors front yard.) We both yelled out over our small back yard and immediately heard what appeared to be more than one person running away from our neighbors house. Two Sheriff's cars showed up; we called our neighbors to let them know what happened. No one was hurt, but their contempt by laughing while running away from our house and then, apparently, going to our next door neighbor to wreak havoc is very disturbing.

Attempt #3

Be aware!!! We live near Mapel Ln and Barrett Rd. We had a person attempt to break into our house using a knife to slice through the screen to our bathroom window around 2:30 a.m. this morning (8/9). I woke up from a deep sleep thinking it was our

cat, but looked down to find a person hunched over below the window. I yelled we have an intruder and the person who appeared to be a topless young man got up, ran away like a gazelle, jumped the fence and took off on a skate board on Mapel Ln. Unfortunately, it was too dark to get much of an ID. I called 911 and the authorities promptly responded, but the intruder was too fast and long gone by the time they arrived. I suspect he may have been watching us for a while, before he tried to get in the house. Lock your windows and doors when you are sleeping. If you have teenage daughters, of which we do, teach them to be aware of their surroundings. I know we will no longer be sleeping with our windows open. This was definitely a wake-up call for us. I'm glad no one was hurt or personal space compromised. We will be on guard, but certainly not prisoners of our own home!

Attempt #2

Hi folks, we live (near the corner

of Lakeview and Prospect. At about 1 am, 8/5, my wife heard a sound outside of our bedroom window which prompted her to be vigilant. She looked around out the windows of the room to shockingly see a pair of legs outside the main sliding door partially obscured by our curtain. She yelled and I woke to see the same legs outside the window. We pounded at the window and yelled at the man who ducked into the darkness and ran off south down Prospect Drive. My wife saw the figure running and described him as healthy build, really fast, about 6' tall judging on how much of him we saw out the window. T-shirt, short hair and loose pants. We've alerted the Sheriff and they will be sending out regular patrols. Be on guard in our peaceful neighborhood.

Attempt #1

On the evening of 5/28 or early morning of 5/29 my SUV was broken into while parked in our driveway. The doors were locked. I parked the vehicle last night just after 9 pm and

noticed it was broken into around 9:15 this morning.

Here's what it looked like. The doors were obviously opened by a device, as I secured them last night after parking the vehicle. Windows were not broken. The thief went through the contents of the glove box, the center console, the side pockets on the doors, a box which was sitting directly behind the driver's seat and the ash tray. They did not take any items (nice flashlight, loose change in the coffee holder in plain view, etc.) and registration items were still in the vehicle. They were obviously looking for one thing... a garage door opener. We do not keep our openers in our vehicles for this very reason. I did file an incident report with the sheriff this morning. Please be aware and on the look-out for other strangers in the neighborhood, especially early morning joggers, bicyclists and walkers you may not recognize. The address of the incident is on Rustic Road. ★

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Believe the hype: Top prospects are delivering

Sluggers Bryant, Schwarber shining bright for surging Cubs

Teams across baseball appear to be valuing their top prospects more than ever, and at the same time, the prospects themselves are getting increased coverage across the media.

The 2015 season seems to be the Year of the Prospect, with nearly every notable prospect getting called up to the majors: 26 of the top 50 prospects according to *Baseball America* and 11 of the top 15 have appeared in at least one game this season.

Although they have only just begun their careers, some have made big impacts on playoff contenders. Here's a quick look at how *Baseball America's* top-50 prospects have performed this season to date. The numbers listed are the players' rankings before the season.

1. Kris Bryant, Cubs

Bryant is the frontrunner for NL Rookie of the Year, leading rookies in WAR (4.1) and on-base percentage (.362) with big power. Grade: A

2. Byron Buxton, Twins

Buxton only lasted 11 games before landing on the DL with a thumb injury and has since been optioned back to Triple-A. He was hitting only .189/.231/.270. Grade: C

3. Addison Russell, Cubs

Russell has shifted from second base to shortstop, taking over for the struggling Starlin Castro. Grade: B

4. Carlos Correa, Astros

Correa has lit the world on fire, hitting .286/.357/.540 with strong defense. He leads all shortstops in WAR prorated for a full season. Grade: A+

6. Joey Gallo, Rangers

Gallo has displayed his massive power but has also struck out 43.9 percent of the time. Normally a third baseman, he's played outfield to keep his bat in the lineup. Grade: B-

8. Joc Pederson, Dodgers

Pederson leads all rookies in home runs (22) and is second in walk rate (15.8 percent), which makes up for his .217 batting average. Grade: A-

9. Francisco Lindor, Indians

Strong defense and good on-base skills (.296 batting average and .329 on-base percentage) at 21 are extremely impressive. Grade: A-

11. Noah Syndergaard, Mets

He's striking out more than a batter an inning, and his peripheral numbers (3.10 FIP) match his impressive ERA (3.07). Grade: A

12. Jorge Soler, Cubs

His power-speed combination hasn't showed at all, but he's gotten on base at a solid rate (.270 average and .327 on-base percentage). Grade: C+

13. Miguel Sano, Twins

His bat is everything it was advertised to be (.279/.392/.533), but he's played almost all his games at DH, which hurts his value. Grade: B+

15. Carlos Rodon, White Sox

He made his MLB debut 10 months after being drafted third overall but has struggled to a 4.51 ERA, although he has 9.92 K/9. Grade: C+

17. Blake Swihart, Red Sox

Called up because Boston had no other catcher options. Swihart's defense has been fine, but his bat (.258/.291/.347) has struggled. Grade: C+

18. Daniel Norris, Tigers

Norris was the centerpiece of the David Price trade but has struggled with his command, ending up with a 4.24 ERA. Grade: C+

19. Kyle Schwarber, Cubs

He's been so good (.315/.403/.586) that the Cubs have benched Starlin Castro and Miguel Montero to keep his bat in the order. Grade: A-

21. Rusney Castillo, Red Sox

He's spent most of the season in Triple-A, but since he was recently called up, he's hitting .339/.373/.518. Grade: B

24. Jon Gray, Rockies

A strict pitch limit has held Gray to 15 innings over three starts, although he's been very effective with a 2.40 ERA and 8.40 K/9. Grade: B

27. Aaron Sanchez, Blue Jays

His ERA (3.30) has been good, but his low strikeout numbers (6.0 K/9) and high walk rate (4.5 BB/9) are concerning. Grade: B+

30. Dalton Pompey, Blue Jays

Pompey was hitting so poorly (.193/.264/.337) that he was demoted at the start of May and hasn't been called up since. Grade: D+



Kris Bryant, who began the season as the top prospect in baseball, has hit 16 home runs with 66 RBIs since being called up by the Cubs in mid-April.

32. Michael Taylor, White Sox

He's been great defensively with nine runs saved and has 15 steals, but his bat (.243/.287/.380) is lagging behind. Grade: B

33. Steven Matz, Mets

Matz made only two starts before landing on the DL with a torn muscle in his back, but he was very effective with a 1.32 ERA. Grade: B

34. Matt Wisler, Braves

Wisler has struggled over 10 starts with a 4.74 ERA, poor strikeout numbers (5.8 K/9) and a low ground ball rate (34.4 percent). Grade: C

35. Luis Severino, Yankees

Severino has been solid over three starts with a 3.18 ERA and an equally impressive 9.5 K/9 and 2.1 BB/9. Grade: B

37. Steven Souza, Rays

Souza is third among rookies with 15 home runs despite missing 22 games due to hand injuries. His .214 batting average and .303 on-base percentage aren't great. Grade: B-

39. Aaron Nola, Phillies

His command is as advertised (1.8 BB/9), but his high rate of allowing home runs (13.3 per fly ball) has led to his bloated 4.25 ERA. Grade: B-

42. Andrew Heaney, Angels

Heaney has allowed two or fewer runs in all but one start, and his good control has helped him to a 2.53 ERA despite few strikeouts. Grade: A-

44. Henry Owens, Red Sox

One terrible start out of three ballooned his ERA to 6.19, but he does have a 9.6 K/9 and 3.4 BB/9. Grade: B-

AROUND THE HORN

The Red Sox scored 37 runs in two games against the Mariners, the most any team has scored in a two-game span since the Rangers scored 39 runs in a double-header in August 2007. ...

Red Sox manager **John Farrell** was diagnosed with Stage 1 lymphoma and will take a medical leave for the rest of the season. Bench coach **Torey Lovullo** will manage the team for the remainder of the season. Farrell plans to return for spring training. ...

Milwaukee Brewers prospect **David Denson** became the first active player to reveal that he is gay. Denson, who plays for the Class A Wisconsin Timber Rattlers, hit a home run recently in the Northwest/Pioneer League All-Star game. ...

Texas' **Delino DeShields Jr.** hit his first career home run last Friday in his 303rd career plate appearance. In 2,411 career minor league plate appearances, he has hit 39 home runs. ...

Seattle's **Hisashi Iwakuma** threw his first career no-hitter — against the Baltimore Orioles — in his first career complete game. It was the fourth no-hitter of the season, and Iwakuma needed only 116 pitches, striking out seven and walking three. ...

Mets' third baseman **David Wright** began a rehab assignment at High-A St. Lucie and is expected to rejoin the Mets soon. He has been out since April 14 with spinal stenosis. ...

The Blue Jays' winning streak ended at 11 games Friday, which tied their franchise record. Toronto was on the verge of setting a new record before **Aaron Sanchez** allowed a three-run home run in the eighth inning to **Carlos Beltran** in a 4-3 loss to the Yankees. ...

Bryce Harper became the first NL player to hit 30 home runs Friday on a three-run blast off Matt Cain. There are already seven AL players to reach that mark — **Nelson Cruz**, **Mike Trout**, **Chris Davis**, **Josh Donaldson**, **J.D. Martinez**, **Mark Teixeira** and **Albert Pujols**. ...

Matt Kemp became the first Padre to hit for the cycle Friday in the 7,444th game in franchise history. Kemp hit a two-run home run in the first inning and a single in the third inning off starter **Yohan Flande**, a double in the seventh off reliever **Rafael Betancourt**, and a triple in the ninth off **Justin Miller**.



NUMBERS GAME

6-26

The Toronto Blue Jays are 6-26 when they don't hit a home run compared to 59-28 when they do hit a home run. Only the Colorado Rockies (5-32) are worse when they don't hit a home run. The Blue Jays are second in baseball with 158 home runs, trailing only the Houston Astros.

TURN BACK THE CLOCK

Aug. 21, 1990

The Philadelphia Phillies scored nine runs in the ninth inning to beat the Dodgers 12-11. John Kruk tied the score with a pinch-hit three-run home run off of Tim Lincecum, and two batters later Carmelo Martinez drove in the winning run with a double to score Rod Booker.

TRIVIA CORNER

Seattle Mariners' righthander Hisashi Iwakuma became only the second Japanese-born pitcher to throw a no-hitter in Major League Baseball. Who was the first Japanese-born player to throw a no-hitter?



Written and compiled by Ben Weinrib.
Follow Ben on Twitter: @benweinrib.
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TRIVIA ANSWER: Hideo Nomo in 1996 and 2001

Photos by Ricky Bassman

ATHLON SPORTS POWER RANKING

- Cardinals** Another solid week including taking two of three from Pittsburgh.
- Royals** The only team with a double-digit division lead.
- Pirates** Swept the Mets and are second in the NL in run differential.
- Blue Jays** 11-game winning streak halted by losing two of three to Yankees.
- Dodgers** Mat Latos and Alex Wood have a 5.85 ERA since being acquired.
- Cubs** Winners of nine straight until Sunday.
- Astros** George Springer should begin a rehab assignment soon.
- Yankees** Lead the majors in pitching WAR for relievers.
- Mets** Only seventh in the NL in run differential and fifth in WAR.
- Giants** Still 3.5 games out of the playoffs after sweeping Washington.
- Orioles** Chris Davis has nine home runs and a .906 SLG in August.
- Nationals** Losers of six straight (through Sunday) to drop under .500.
- Angels** All-Star Hector Santiago has a 5.08 ERA in his last five starts.
- Rangers** Lead baseball in runs scored in the second half.
- Diamondbacks** Have a higher run differential than the Mets, Angels and Nationals.

- Twins** Torii Hunter is hitting only .171 in the second half.
- Rays** Steven Souza is third among rookies with 15 home runs.
- Padres** Hitters have struck out 980 times, third-most in MLB.
- White Sox** Sox have the third-fewest walks in baseball.
- Tigers** Justin Verlander has a 1.50 ERA in his last five starts.
- Mariners** Felix Hernandez has a 9.13 ERA in his last four starts.
- Indians** Starters have the highest fastball velocity (93.1) in baseball.
- Red Sox** In the top five of runs allowed and scored in the second half.
- Athletics** Now own the worst record in the American League.
- Braves** Arodis Vizcaino may have found his role as a closer.
- Reds** Only the Rockies have walked more batters.
- Brewers** Pitchers allow the highest percentage of hard-hit balls.
- Rockies** Lost six straight to the Mets and Padres.
- Marlins** Christian Yelich's injury further depletes outfield.
- Phillies** Their minus-83 defensive runs saved is double 29th-ranked White Sox.

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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.

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