



FOUR EASY TREATS FOR THE FOURTH OF JULY

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Carmichael Times

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Serving Carmichael and Sacramento County since 1981

July 3, 2015

EXHIBITION OF CHINESE PORCELAIN AT CROCKER



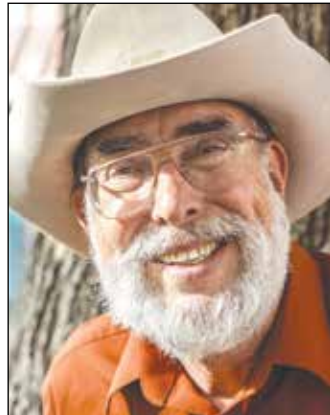
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5 FLIGHTS UP



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"A HIGH DESERT EVENING..."



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Salute America's Patriots on Independence Day



The Carmichael Elks 57th annual Fourth of July Parade gives a "Salute to America's Patriots" with a parade along Fair Oaks Boulevard.

CARMICHAEL, CA (MPG) - The Carmichael Elks 57th annual Fourth of July Parade gives a "Salute to America's Patriots" with a parade along Fair Oaks Boulevard from Marconi Avenue to the Elks Lodge at 5631 Cypress Avenue. The parade will begin at 10:30 a.m.

Fair Oaks Boulevard will be closed to through traffic from 10 a.m. to 12:30 p.m., but Garfield Avenue and California Avenue will be open for north/south traffic.

Citizens are encouraged to avoid the hazards of July 4th travel and enjoy a free exposition of groups within our area, including floats, classic cars, marching groups, a replica WWII submarine, and a Huey Helicopter from the Vietnam era. Live music by The Crystal Image Band, free swimming, children's games, and a BBQ at the Elks Lodge will continue the celebration after the parade.

The parade's Grand Marshal will be Lieutenant Colonel Jim Grey, who had a long and distinguished military career. "We were young, strong, and brave facing incredible danger," said Grey. After 22 years of service to his country, he retired and became a successful banker and realtor in Sacramento.

Come home to Carmichael and celebrate America's freedom for

which patriots like Jim Grey fought. Come meet Jim Grey and other American legends right in Carmichael's backyard on July 4th. The parade is free for all, and all are invited to attend the celebration at the Elks Lodge.

Source: Jim Warrick, Carmichael Elks Lodge

Operation Brokenheart II Leads to Arrests of Child Predators

SACRAMENTO COUNTY, CA (MPG) - The Sacramento Internet Crimes Against Children (ICAC) task force along with ICAC task forces around the country took part in "Operation Brokenheart II," a nationwide effort to identify and arrest as many child predators as possible along with providing outreach and internet safety education. This effort took place during the months of April and May of 2015 and was a coordinated effort by law enforcement representing more than 3,000 federal, state, and local law enforcement agencies nationally.

The Sacramento ICAC task force, which is part of the Sacramento Valley Hi-Tech Crimes task force, arrested four people for child pornography during the two-month-long national operation. They also served 17 search warrants and presented internet safety education to over 250 adults and children.

The operation concentrated on offenders who possess, manufacture, and distribute child pornography as well as those engaging in online enticement of children for sexual purposes.

All participating task forces targeting internet crime compiled arrest statistics from the two-month-long operation and shared them with the Office of Juvenile Justice and Delinquency Prevention (OJJDP) in Washington, D.C.

To report internet crimes against children, contact the National Center for Missing and Exploited Children at www.missingkids.com/cybertipline or call the cyber tip line directly at (800) 843-5678.

Source: Sacramento County Sheriff's Department

Eppie's Great Race Team Sets Time to Beat

SACRAMENTO REGION, CA (MPG) - Each year prior to "Eppie's Great Race," a three-person team and two "Iron People" who are regional celebrities, officials, media personalities, or community leader athletes set the "time to beat" for all of the competitors who participate in the following week's Eppie's Great Race, to be held this year on July 18th, 2015.

Known as "Eppie's Great Team," Eppie's pacesetters have included some of California's most respected government officials, media representatives, successful business leaders, renowned athletes, local celebrities and semi-celebrities throughout its 42-year existence. All Eppie's Great Race participants who beat the Great Team's pacesetter time receive a free breakfast coupon courtesy of IHOP Restaurants and the Eppie's Great Race Foundation.

Eppie's Great Team will be setting their time on Wednesday, July 8th. This year, Eppie's Great Team will feature Melissa Cabral (reporter for KMAX TV, "Good Day Sacramento," and KOVR TV/CBS 13) as the



The 42nd annual Eppie's Great Race—known as "The World's Oldest Triathlon"—is scheduled for Saturday, July 18th. Participants will be trying to beat the time set on July 8th by Eppie's Great Team. Photo courtesy of Eppie's Great Race

team's Runner, George Johnson (President of Eppie's Great Race Foundation and the son of race founder Eppie G. Johnson) as the Cyclist, and Richard Sharp (reporter for KCRA TV and My 58) as the Paddler.

Eppie's Great Team Iron People will be Ironman Angel Preciado (Senior Producer/Editor, Univision Communications) and Iron-woman Michelle Gaskill (Associate Producer at News 10 Sacramento ABC TV). Eppie's Great Team will set

their times on Eppie's Great Race Course: American River Parkway, Rancho Cordova, and Sacramento: The course begins at William Pond Recreation Area

in the American River Parkway. The Run-to-Bike Transition will occur at the east end of the Guy West Bridge off University Avenue across from California State University, Sacramento. The Bike-to-Paddle Transition will happen in lower Sunrise Parking Lot and Footbridge, between Fair Oaks and Rancho Cordova. The Finish Line will be at River Bend Park, American River Parkway, Sacramento.

The 42nd annual Eppie's Great Race—known as "The World's Oldest Triathlon"—is scheduled for Saturday, July 18th. Both teams and/or individuals can compete in divisions from "Junior" to "Iron Person." Eppie's Great Race participants run 5.82 miles, cycle 12.5 miles, and paddle 6.35 miles, on a racecourse located on and

alongside the American River Parkway. New, modern elements have been added to this year's race, which include integrated technology and social media uplinks, updated race sports gear, and other interactive elements to provide a better and more fun experience for the participants and fans. Race event participants, volunteers, event sponsors, and potential exhibitors are encouraged to check www.eppiesgreatrace.org to sign up or receive more information. If you have any questions, call (916) 480-0270.

Eppie's Great Race has been implemented each year as a fundraising event benefiting the Therapeutic Recreation Services (TRS), a Sacramento County program for individuals with

Continued on page 3



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Exhibition of Chinese Porcelain at Crocker Art Museum

SACRAMENTO REGION, CA (MPG) - Born in Shanghai in 1962, Shimo is a respected Chinese artist who immigrated to the United States in 2003 and now divides his time between Sacramento and Shanghai. Approximately 25 porcelain objects created by Shimo, including exquisite pieces previously exhibited by major museums in China, will be on view this summer at the Crocker Art Museum. The exhibition *Flowers of Fire and Earth: Shimo's Blue-and-White Porcelains* opens in the Crocker's light-filled Weborg Gallery on June 21st and will be displayed through September 6th, 2015.

Shimo's blue and white porcelains decorated with lotus flowers are a perfect union of medium and subject matter. An iconic symbol in Buddhism, the lotus springs forth pristinely white from the bottom of the murky pond in which it grows, suggesting the holiness of the Buddhist doctrine and the purity of the devotee. The same is true of the porcelain itself, which comes from a dwindling deposit in Jingdezhen, China. Beautifully translucent, it is the perfect ground for representing not only the lotus and other types of



Shimo, Lotus Series #16, 2013. Porcelain, 9 x 16 x 16 in. Photo courtesy of Shimo

flowers, but landscapes and figures—all unions of history and modernity, East and West.

Shimo pursued formal training at the Art College of the People's Liberation Army in Beijing, studying oil and set painting for four years and receiving a bachelor's degree in 1983. He next went to Shenzhen to serve as the vice-chairman of the Art Research Institute of Shenzhen and then as editor of Art Collection magazine. Returning to painting, Shimo obtained a master's degree at the Shanghai University Art Institute in 2003.

Shimo has worked in porcelain for just seven years, and only in the past four has he felt a mastery over his medium and approach. He begins by throwing his large vessels on the wheel, working diligently to achieve grace, size, and thinness. His modernist shapes include gravity-defying closed forms, spheres with long necks, and cylinders with broad shoulders or wide rims. Blue and white decoration encircles these, and bold, non-representational passages blend with recognizable motifs. Shimo has often said that he aims to "combine ancient traditions with a contemporary spirit" and, in a metaphor appropriate to his porcelains, "to melt the national aesthetics of Eastern and Western art in one furnace."

On Sunday, July 26th at 2 p.m.

at the Crocker, Shimo will demonstrate his painting technique on a vessel brought from China. Participants will be able to view the artistic process used to create works such as those in *Flowers of Fire and Earth: Shimo's Blue-and-White Porcelains*. A brief question and answer session will follow. Space is limited; tickets can be purchased at www.crockerartmuseum.org or (916) 808-1182. A full color catalogue accompanies the exhibition.

The Crocker Art Museum was the first art museum in the Western U.S. and is one of the leading art museums in California today. Established in 1885, the Museum features one of the country's finest collections of Californian art, exceptional holdings of master drawings, a comprehensive collection of international ceramics, as well as European, Asian, African, and Oceanic art. The Crocker is located at 216 O Street in downtown Sacramento. Museum hours are 10 a.m. to 5 p.m. Tuesday through Sunday and 10 a.m. to 9 p.m. Thursdays. Every third Sunday of the month is "Pay What You Wish Sunday," sponsored by Western Health Advantage. For more information, call (916) 808-7000 or visit www.crockerartmuseum.org.

Source: Crocker Art Museum ★



Shimo, Tibet Series #1, 2014. Porcelain, 16 x 11 x 11 in. Photo courtesy of Shimo

Local Filmmakers Premiere Crime Thriller



Cast members from left to right: Emily Marie Grant plays the part of Mandy Sanders, the mother of Robert Sanders (played by Jason F. Knittle II). Jason F. Knittle II plays the part of a 17 year old who witnesses a murder. Tessa Zehnder plays the part of Sara in *RELLIK*. Charlie Holliday is an actor and a SAG (Screen Actors Guild) Union Representative for Northern California. Jodi L. Church on the red carpet. PhotoS by Christie Spurlock. Photo illustration by Messenger Publishing Group

By Christie Spurlock

SACRAMENTO REGION, CA (MPG) - On June 21st, the locally based crime thriller pilot of *RELLIK* premiered at both Wizard World Sacramento Comic Con and the Tower Theatre in Roseville. The Roseville premiere featured most of the cast and crew, and the excitement was palpable as everyone saw the results of their work on the big screen.

RELLIK was directed by Tim Russ, known primarily for his role as Tuvok on *Star Trek Voyager*. Originally contacted to act in the series, Russ was intrigued by the script and ended up directing instead. The cast and crew hope that the web series will be picked up by a streaming service for wider distribution.

Messenger Publishing Group was able to speak with Craig DeLuz - who plays the character of Dante Valentino and is one of the writers and producers of *RELLIK* - about how he got involved in the project and what he wants the public to know about the series.

MPG: How did you get involved in this project?

DeLuz: A little over a year ago, a casting call went out to film what was going to be the pilot of a web series, which was actually a small segment of what you saw in the theater. I came to find out that I actually knew the head writer - the only writer at the time - Brian Jagger, and I let him know that I was really excited about it and I had written for stage, but I would be interested in doing some writing for *RELLIK* if they were interested.

MPG: Where is the series going to go?

DeLuz: What I can tell you is this: that the pilot really comes across as a police show, but it's a crime thriller. And it's as much about the killer as it is about the detectives hunting down the killer. There's going to be lots of twists and lots of turns, but I think that when people get the chance to see the pilot on the screen, I think people are really going to be excited about the direction, the twist that it has.

MPG: Is there anything you'd like the public to know about *RELLIK*?

DeLuz: As far as I know, there hasn't been a product or show with the level of potential that *RELLIK* has to be something in the Sacramento region, to employ the number of actors and number of people in front of the screen and behind the scenes. It's really important that if we want to bring more [projects like this] that the Sacramento community get behind...efforts like these. We have to work with the elected officials to make this happen. Because I'll tell you, the City of Roseville, Placer County, and businesses over in Sacramento County—they really went out of their way to make it happen. I haven't seen a single community come together the way they have to support this project. It's been humbling and for those of us - the four of us - who just started out; I can tell you that we fully recognize that this is a really huge success. And no one actor and no one writer made this happen. It was a team effort in every sense of the word. And you saw it, the results were fantastic.

For more information about *RELLIK*, see the website at <http://relliktheseries.com>. ★

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57th Annual Carmichael Elks



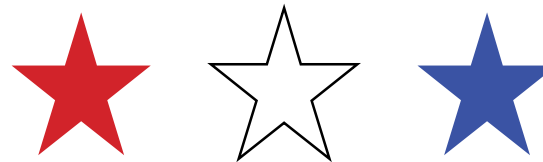
4th of July Parade

"SALUTE TO AMERICA'S PATRIOTS"

Parade Kick Off: 10:30 A.M.

Grand Marshal: Lt. Col. USAF Jim Grey

Parade Route: Fair Oaks Blvd from Marconi to the Elks Lodge on Cypress Ave.



Fair Oaks Blvd Closed to through traffic 10 A.M. to 12:30 P.M.

Use Garfield-California for alternate North/South Traffic

*After the parade, celebrate the 4th with free swimming, children's games, a western BBQ, a Monkey Bridge, air-conditioned indoor live music and dancing to the "Crystal Image Band" and under the Lodge shade trees-a Souza Band playing patriotic music at the Carmichael Elks 5631 Cypress Ave.



CARMICHAEL COMMUNITY UPDATE



By County Supervisor Susan Peters

Through the generosity of the Carmichael Times, this column serves to provide an update about matters affecting the unincorporated community of Carmichael.

Parades, Fun, and Fireworks

There will be an abundance of activities as Carmichael celebrates the Fourth of July.

The fun kicks off with a pancake breakfast sponsored by the Kiwanis Club from 7 a.m. to 11 a.m. at Carmichael Park, followed by the 57th Annual Elks Club Parade on Fair Oaks Boulevard starting at 10:30 a.m. at

Marconi Avenue and continuing to Manzanita and Cypress avenues. The parade features floats, antique automobiles, marching bands, equestrian entries, and much more.

You can also experience fireworks lighting up the evening sky at the La Sierra Community Center, 5325 Engle Road. The first sky rocket is expected to go off at approximately 9:30 p.m. And starting at 7 p.m. there will be plenty of activities before the big show, including music, food, and children's activities.

For information, please visit www.carmichaelpark.com.

Use Only Safe & Sane Fireworks

Because of the current drought and risk of fire danger, please only use those fireworks that have been certified as "safe and sane" when celebrating this year's Independence Day.

Dangerous illegal fireworks like aerial shells and other flying devices pose a significant fire hazard, potentially allowing sparks to fall onto roofs and dry brush. If you are aware of illegal fireworks being used, please call the Sheriff via the non-emergency number at (916) 874-5115 or, if an emergency situation exists, dial 911.

Penalties for owning illegal fireworks start with five days in county jail—and the sanctions increase if the fireworks were actually used or if child endangerment occurred.

Parkway Alcohol Ban

This Fourth of July weekend there will be a complete ban on alcohol consumption and possession both on land and in the water within the American River Parkway between Hazel and Watt avenues. An exception exists for Ancil Hoffman Golf Course.

In past years, summer holiday weekends had become major problems along the American River, making the parkway less of a family-friendly outing because of fights, public nudity, profanity, and littering. The Board of Supervisors restored decorum beginning with the 2006 Labor Day weekend, and the ban is also applicable for Independence Day as well as Memorial Day.

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susan-peters@saccountry.net.

Eppie's Great Race Team Sets Time to Beat



While the American River's water flow is low this spring, flows in the summer—including on Eppie's Great Race day—should be very similar to last year's flow, which was very good for boating/paddling. Photo courtesy of Eppie's Great Race

Continued from page 1

disabilities and special needs. Eppie's Great Race entry fees are donated to support TRS. To date, Eppie's Great Race has raised over \$1.4 million for TRS, and now accounts for more than

25% of the program's overall operating budget.

Eppie's Great Race Committee, Eppie's Great Race Foundation, and event organizers are proud to report that while the American River's water flow

is low this spring, flows in the summer—including on Eppie's Great Race day—should be very similar to last year's flow, which was very good for boating/paddling.

Source: Eppie's Great Race ★



CHP Investigators are asking for the public's help in locating the driver involved in this collision. If you recognize the car pictured here, please contact the Special Investigations Unit at the North Sacramento Area CHP office. Photo courtesy of California Highway Patrol

Hit-and-Run Driver Kills Bicyclist in Rio Linda

SACRAMENTO REGION, CA (MPG)

- On June 21st at 7:40 p.m., an unknown silver or gray vehicle (possibly a Volkswagen) was traveling southbound on Dry Creek Road south of G Street at an unknown speed. A 67-year-old female bicyclist was legally riding her bicycle in the bike lane southbound on Dry Creek Road south of G Street. The driver of the gray vehicle struck the bicyclist from behind, causing her to be thrown from her bicycle. The driver of the gray vehicle fled the scene southbound on Dry Creek Road. The bicyclist sustained major injuries and was transported to Mercy San Juan Hospital where she succumbed to her injuries.

CHP Investigators are asking for the public's help in locating the driver involved in this collision. If you have any information regarding this incident, please contact the Special Investigations Unit at the North Sacramento Area CHP office at (916) 348-2300, Monday through Friday from 8 a.m. to 5 p.m., or contact CRIME ALERT at (916) 443-HELP, (800)-AA-CRIME, or send a text message tip to 274637 (Crimes) then enter "SACTIP" followed by the tip information. Callers can remain anonymous and may be eligible for a reward of up to \$1,000.

Source: California Highway Patrol ★

SUMMER Concerts in the Park 2015

| July | August |
|---|---|
| <p>July 5th <i>Metro Swing</i> Swing Music</p> <p>July 11th <i>Todd Morgan & the Emblems</i> 50's Rock</p> <p>July 12th <i>Bad Catz</i> Rockin' Rhythm & Blues</p> <p>July 19th <i>The Kick n' 60's</i> Songs from the 60's</p> <p>July 25th <i>Big Iron</i> Vintage Country</p> <p>July 26th <i>Z.O.O.M.</i> Mardi Gras jazz</p> | <p>August 2nd <i>John Skinner Band</i> Dance Band</p> <p>August 8th <i>On Air</i> Classic Rock with Power Horns</p> <p>August 9th <i>Lincoln Highway</i> Country/Rockabilly</p> <p>August 16th <i>Capitol Pops Concert Band</i> Concert Band</p> <p>August 22th <i>Group Therapy</i> Classic Rock/R&B</p> <p>August 23th <i>Latin Touch</i> R&B/Latin Rock/Cumbia</p> <p>August 30th <i>River City Concert Band</i> Concert Band</p> |

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SCI's Julie Greene will prepare delicious food and share information on the organization's Friends of the Old (FOTO) program, a project benefiting older adults and their orphaned grandchildren in Kenya. A raffle will also be held, with proceeds benefiting FOTO.

Tuesday, July 14 | 1 pm

RSVP at 916.794.4946

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Wednesday, July 29 | 1 to 3 pm

RSVP at 916.993.5039

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Free Weekend Activities at the Nature Center

CARMICHAEL, CA (MPG) - There will be plenty of summer fun going on here at the Effie Yeaw Nature Center, either in the shade of the oak woodland or along the cool waters of the American River. The Nature Center (2850 San Lorenzo Way) is hosting a series of free, fun, and informational events throughout the month of July. The Nature Center offers lots of fun activities for everyone to enjoy. There is a \$5 per car county entrance fee into Ancil Hoffman Park (free to members). Donations are gratefully accepted.

American River the Beautiful: Come celebrate the beauty of the American River. Join a naturalist on Saturday, July 4th at 10:30 a.m. for a walk and learn about this historic and beautiful waterway. (Parking fee is \$8 per car on holiday weekends.)

Whoooo's There? OWLS: Meet an owl and take an eye-opening look at these amazing hunters on Sunday, July 5th at 1:30 p.m. (Parking fee is \$8 per car on holiday weekends.)

For more information about the Effie Yeaw Nature Center, please call (916) 489-4918 or visit www.sacnaturecenter.net.
Source: Effie Yeaw Nature Center ★

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Thursday, June 25 (Dinner)
6:30 p.m. to 7:30p.m.

Thursday, September 24
11:30 a.m. to 12:30 p.m.

Wednesday, August 26 (Dinner)
6:30 p.m. to 7:30p.m.

Friday, October 30
11:30 a.m. to 12:30 p.m.

Sierra Hills Memorial Park & East Lawn Mortuary
5757 Greenback Lane, Sacramento, CA 95841
Tel: (916) 732-2020 Lic#FD-1242 | RSVP: Jessica at jessicae@eastlawn.com





ARIES (March 21 to April 19) Although you don't like to change plans once they're set, once again, you might find that doing so can make a big difference in your favor. Family matters dominate the weekend.

TAURUS (April 20 to May 20) You continue to get encouragement for your proposals, including some support from unlikely sources. Use this positive flow to move forward with your plans. Good luck.

GEMINI (May 21 to June 20) Family matters are dominant this week. It's a good time to be with those you love. It's also a good time to contact and reunite with loved ones with whom you've lost touch.

CANCER (June 21 to July 22) Be careful not to allow differences of opinion to create unpleasant feelings, especially in the workplace. A neutral observer could check out the situation and suggest a resolution.

LEO (July 23 to August 22) While the Lion's Den is the center of attention this week, with family matters dominating much of your time, workplace issues are also important. Try to find a balance between them.

VIRGO (August 23 to September 22) The future of a new relationship could depend on

how much the usually impatient-to-get-things-done Virgo is willing to stop pushing and let things happen naturally.

LIBRA (September 23 to October 22) Worry over a loved one's well-being is eased with good news from a sympathetic source. Your continued show of love and support is important. Stay with it.

SCORPIO (October 23 to November 21) This is a good time to consider mending fences with someone you wish was back in your life. Forget about blame, and focus on the good things you once shared.

SAGITTARIUS (November 22 to December 21) This is a good week to start researching information regarding whatever changes you're considering, whether it involves a new home, a new location or a new job.

CAPRICORN (December 22 to January 19) A long-anticipated job opportunity could turn out to be less than you expected. But appearances might be deceiving. Check it out before you decide it's not for you.

AQUARIUS (January 20 to February 18) Good news: Adapting to a new situation might come more easily than you expected. You can look for continued support from colleagues who appreciate your contributions.

PISCES (February 19 to March 20) Someone you care for might need more reassurance from the typically "unemotional" Pisces. Go ahead. Open up, and you might be sur-

prised at what you find when you do.

BORN THIS WEEK: You are a romantic at heart, although you can be amazingly practical when you need to be.

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Strange BUT TRUE

- ▶ In this era of helicopter parenting, some are shocked to learn that in the 1960s, nearly half of all children in America walked to and from school by themselves.
- ▶ There are about the same number of chickens as there are humans on the planet.
- ▶ What do "Where's Waldo," "Where the Sidewalk Ends," "My Friend Flicka," "Brown Bear, Brown Bear, What Do You See?" and "Harriet the Spy" have in common? Aside from being books meant for a young audience, all of these titles have been banned at one time or another.
- ▶ If you're like 83 percent of pet owners who responded to a recent survey, you feel that you receive more unconditional love from your pet than from your kids, your best friend or even your romantic partner.



By Sam Struckhoff
EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of July 6, 2015.

PICKS OF THE WEEK



Diane Keaton, Morgan Freeman in "5 Flights Up"

"71" (R) - A young British private, Gary Hook (Jack O'Connell) is left stranded and struggling to survive in hostile Northern Ireland in 1971 during the full swing of the bloody, decades-long conflict known as the Troubles. Based on real accounts of what happened one night in Belfast, Hook is left wounded after a riot separates him from his unit. In one long night, Hook faces threats from all sides, doesn't know where to go or whom to trust. The film works both as an examination of modern conflict where lines are blurry, and as expertly crafted action.

"The Slow West" (R) - Here's a killer Western with a brain, great acting and a Gatling-gun soundtrack. A baby-faced, upper-crust Scottish 16-year-old named Jay Cavendish (Kodi Smit-McPhee) should last about as long as a snowball in this version of the Old West, if it weren't for his wry, gunslinging travel-buddy, Silas (Michael Fassbender, impeccable as always). Jay's on a mission to find his lost love and experience the West, while all manner of scum and savagery close in. With this first feature film, writer-director John Maclean makes his entrance like a desperado tearing through the saloon doors.

"5 Flights Up" (PG-13) - A couple of retired lovebirds have nested in the same Brooklyn apartment since they bought it in the 1970s. Alex (Morgan Freeman) is a stubborn-but-loveable painter, and Ruth (Diane Keaton) is a neurotic-but-loveable ex-teacher. The neighborhood has changed a lot, and property values

have pierced the sky, so the endearing couple puts their place on the market and start shopping for a new home. An alleged terrorist threat snarls traffic in the city, and there's an even less-relevant story about a sick dog. The movie only functions on the charm of Keaton and Freeman, while the plot -- especially those little subplots -- are like roads to nowhere. It's a common pitfall for book-to-movie adaptations. Still, it's a sweet and smart look at the far end of long-term love.

"Woman in Gold" (PG-13) - Helen Mirren stars as Maria Altman in this real-life story about an Austrian-born woman mounting a legal battle to reclaim an iconic painting that was seized when the Nazis took Vienna, and was claimed by the Austrian government after the war. Fighting at her side is young lawyer Randal Schoenal (Ryan Reynolds, doing something a little different), who develops his own personal attachment to the case. It all depends on how engaged you can be with Altman's struggle to recover the painting, "Portrait of Adele Bloch-Bauer I" by Gustav Klimt (you've probably seen a poster of it if you've ever been near a college dorm). To raise the stakes, the movie endeavors to make you feel for Altman not as somebody fighting for an ineffably valuable painting, but somebody trying to reclaim part of her lost family.

TV RELEASES
 "House of Cards: Season 3"
 "Married With Children -- The Complete Series"
 "The Brokenwood Mysteries, Series 1"
 "Witches of East End: The Complete Season 2"
 "Barney Miller: The Final Season"

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by HEALTHY EXCHANGES

Spanish Bean Salad
 Did someone mention picnic or potluck? If so, you have hit it big with this easy salad.

- 1 (15-ounce) can red kidney beans, rinsed and drained
- 1 (15-ounce) can cut green beans, rinsed and drained
- 1 (15-ounce) can cut yellow wax beans, rinsed and drained
- 1 cup grated carrots
- 1 cup chopped red onion
- 1/2 cup stuffed green olives, halved
- 2 tablespoons vegetable oil
- 1/4 cup apple cider vinegar
- Sugar substitute to equal 1/2 cup sugar

1. In a large bowl, combine kidney beans, green beans, wax beans, carrots, onion and olives. In a small bowl, combine vegetable oil, vinegar and sugar substitute. Drizzle dressing mixture evenly over vegetable mixture. Mix gently to combine.
2. Cover and refrigerate for at least 2 hours. Gently stir again just before serving. Makes 8 servings.

★Each serving equals: 120 calories, 4g fat, 4g protein, 17g carb., 334mg sodium, 5g fiber; Diabetic Exchanges: 1 1/2 Vegetable, 1 Fat, 1/2 Starch.

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The Garden Bug

Seaweed fertilizer BY BRENDA WEAVER

Seaweed stimulates beneficial soil microbial activity and enhances photosynthesis and growth in plants. Make your own liquid fertilizer with it by taking 2 sheets of sushi nori seaweed paper (found in Asian food stores), rip them into small pieces and drop it into a jug of water. Let the seaweed and water solution sit for a few days, shaking it occasionally. When the water turns a rich greenish-brown color, the mixture is ready to apply. Try 2 or 3 teaspoons at a time per plant.

Source: Zuditaka on YouTube, www.ghorganics.com

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2. Russia
3. China
4. India
5. United Kingdom
6. France
7. South Korea
8. Germany
9. Japan
10. Turkey

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"Climate Anger:" Last Refuge of the Alarmists

Commentary
by Robert Bradley Jr.

For purveyors of climate alarm, emotional displays of intolerance are increasingly crowding out reasoned argument. But remember the adage: "Hate hurts the hater more than the hated."

Consider President Obama. At the White House Correspondents Dinner last month, the president used the lighthearted occasion to shout at those who doubt his climate-change narrative. "It is crazy! What about our kids? What kind of stupid, short-sided irresponsible bull..." said the president before a comedian jokingly cut him off.

The current elephant-in-the-room for climate alarmists is the "pause" or "hiatus" in global warming.

Green activists have preached that the Earth's temperature would rise steadily into a global crisis. For the 1990s, their model predictions appeared plausible. But global temperatures have slowed considerably since 1998, despite steadily rising levels of carbon-dioxide emissions (the alleged cause of warming).

This was not supposed to happen. "Pauses as long as 15 years are rare in the simulations," wrote Science magazine scribe Richard Kerr. "Researchers ... agree that no sort of natural variability can hold off greenhouse warming much longer." That was six years ago.

The pause is now the ever greater pause. And even if global temperature sets new record highs, it will be by hundredths of a degree, well below the model-predicted increase. The "pause" is even more the climate-model discrepancy: "95% of Climate Models Agree: The Observations Must be Wrong," one climatologist humorously wrote.

On the political side, Senators Edward Markey (D-MA), Barbara Boxer (D-CA), and Sheldon Whitehouse (D-RI) began investigating 100 fossil fuel organizations suspected of "funding scientific studies designed to confuse the public and avoid taking action to cut carbon pollution."

By "confuse the public," they mean question the sacred view that climate change will soon compromise the planet. In their view, scientists who contradict the doom-and-gloom climate narrative are a threat to the public and must be discredited as shills of industry.

Another specie of climate desperation leading to anger is exaggerated scientific speculation. In a remarkable display of illogic, Rep. Barbara Lee (D-CA) has managed to link global warming to prostitution—citing, of course, some study. She claims that global warming harms women in developing nations, forcing many into "situations such as sex work, transactional sex, and early marriage."

It's time for green activists et al. to come back to Earth. Fossil fuels aren't going anywhere. According to the U.S. Energy Information Administration's 2015 Annual Energy Outlook, the United States will depend on fossil fuels to supply 80% of its energy needs in 2040. That's not far off last year's 82%.

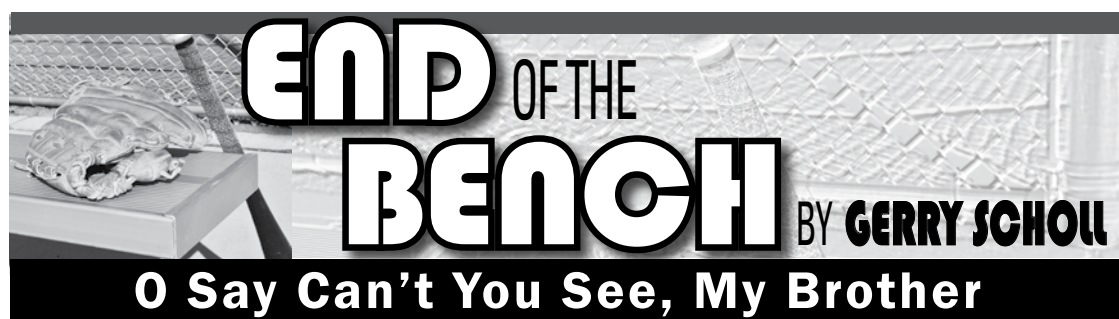
As for the world, a robust three-fourths of primary energy consumption will come from fossil fuels in 2040, the International Energy Agency predicts.

The EIA's recent report noted specifically that oil and natural gas production would continue to grow. By 2017, the United States will be a net exporter of natural gas. Right now, U.S. production of 9.4 million barrels per day is close to record levels.

Americans are less worried about the environment than at any time since the 1980s, according to Gallup. Concern over global warming, the same poll found, has waned measurably since last year.

The devout parishioners of climate calamity may label the rest of us as moral degenerates. But there are real here-and-now problems that need their time and dollars. And to the angry: a new cause might bring peace of mind—and spare the household budgets of the rest of us.

Robert L. Bradley Jr. is the founder and CEO of the Institute for Energy Research. ★



It has become customary in our United States of America to have a performance of our National Anthem, the Star-Spangled Banner, before so many of our treasured major sporting events.

Some of these performances have been fantastic, some well-done, some sub-par, and sometimes the singers have screwed up the lyrics—typically American, diversity on display.

But above it all, our flag, the Stars and Stripes, yet waved—gallantly streaming, as it shall for as long as our nation marches forward through time with the flag as a symbol of our unity in triumph, strength, and perseverance well beyond the miseries of battle, from whence our Anthem was born.

Just as we might with regard to our athletes' showings on the fields of play, we can sense a wide variety of sentiments with regard to our nation's performance. We can feel so proud of success with dignity. We can accept resignation to some moral victory, feeling as though all best efforts were exhausted. We can admit to our disappointment when the results fall well short of our highest hopes.

We can admire the stature of our "team" in the world today, understanding the humble beginnings, and the struggles and strife endured along the way. We can sense both pride and shame regarding differing periods through our nation's formation and growth. We are able to feel free to express our emotions and bravely move on, looking ahead while striving to continue to improve our "home" for another day, another game. We struggle with change, sometimes even over the idea of welcoming the tired, poor, huddled masses yearning to breathe free.

Years ago we welcomed one such man, a 7-foot-7 basketball player from a small tribal village in South Sudan named

Manute Bol. Bol considered his height to be his gift, and basketball was his ticket to America, where he eventually became the tallest player (and probably the thinnest) ever to play in the NBA. He overcame seemingly insurmountable obstacles to have a college career in the early 1980s and a 10-year NBA career, including two full seasons with the Golden State Warriors when he became the best of friends with Hall of Famer Chris Mullin.

Bol adventured from an existence as a cattle-herding Dinka, fighting off lions with spears to walk eight miles to see his girlfriend, to one in which he had to fight off hip-checks from Charles Barkley to fill his plate at the bountiful post-game spreads.

All the while that Bol was blocking shots and making his way in the NBA, topping out at a \$1.5 million salary, his homeland was perpetually on his mind. Sudan had once again plunged into civil war due to a number of factors, including differences between the north and south, ethnic and religious conflicts, elitism, and resource-based exploitation of oil, water, and land. The poorest suffered most; the rural, pastoral life that Bol had known was destroyed. As the atrocities escalated, his village ceased to exist and many relatives were among the eventual two million civilians to die in the south through the course of the war.

In the book *Manute: The Center of Two Worlds* (1993, by Leigh Montville of Sports Illustrated), Bol said, "If I were in the Sudan right now, I would be starving with the rest of my people." Bol made one trip home to witness his people's plight in a hastily rebuilt plane that landed before thousands of hungry refugees with a reporter aboard who described a horrible scene: "They are more bones than flesh and they are dressed in rags or nothing at all

and they are staring at you anxiously because you have just stepped out of an airplane and an airplane means to them one of two things: They will either be fed or bombed."

This plane brought them a brother, Manute, who dedicated himself to their cause. Bol died in 2010, a year before South Sudan became an independent nation still engulfed in perpetual power struggles, violence, and misery. Bol, in his lifetime, had become a beacon of hope for peace. Last week in the capital, Juba, the inaugural Manute Bol Tournament was held. An organizer and cousin of Manute said, "The theme of this tournament is that sport can unite us...these spectators are from all races of South Sudan. That is what it means: bringing them together to share something they love, which is basketball."

Take a look around on the playing surfaces and among the crowds in our arenas, stadiums, sports bars, and other venues across our land from sea to shining sea—diversity reigns—sports brings us together, too, despite our differences. We sing together and pay respect to our symbol of unity, and the vast spectrum of what it stands for—realizing there are both good and bad elements to enduring and always many hurdles to overcome. We've never given much attention to the other three verses of the Anthem, but there is a line in there... "...conquer we must when our cause is just." And, we might consider incorporating some other patriotic lines into our thinking, like "...crown our good with brotherhood."

An area newspaper ran a picture of a homeless man holding a sign, "FOOD," and a story about how to deal with such a problem. If brother Manute were alive today, he would probably say, "Give him some food, a place to stay, and let him see a doctor." ★

Northwest Student Exchange Seeks Host Families for 2015-2016 School Year

SACRAMENTO REGION, CA (MPG)

- Responsible parents looking for ways to supplement the educational and personal growth opportunities for their children should consider hosting a teenage exchange student for an academic semester or year. For children and adults alike, daily interaction with a new, international family member broadens their perspective on the world and allows for discovery of new facts and ideas.

NorthWest Student Exchange (NWSE) places international high school students with families all over the country, including here in our community. Exchange students add a dimension to the family dynamic that cannot be achieved in any other way. The benefits to the exchange student are perhaps obvious: honing their English

language skills; learning about the educational system in this country; understanding U.S. social, political, and cultural values; and establishing international friendships. Benefits to the hosts are similar: Not only can host families learn about another culture and its values, they can view the U.S. through another's eyes, thereby gaining a broader understanding of our own country.

And families do not have to have children at home to host! Many childless couples, empty nesters, and single-parent families have enjoyed exchange students. Those who cannot host can earn financial incentives for referring families who do host.

NWSE exchange students are closely screened for appropriate motivation and academic and language skills; students

have solid emotional and practical support from NWSE professional partners abroad and from the students' natural parents in their own countries. Exchange students come with their own spending money and health and accident insurance. NWSE local Academic Coordinators recruit, screen, and orient local host families and provide close support throughout the program.

It's easy to get more information about hosting. Potential hosts can call Area Coordinator Sheryl Longworth at (916) 833-1218 or NWSE at (877) 850-3312. You can also email sheryl6663@yahoo.com or info@nwse.com. For more information, visit www.nwse.com and click "Host an Exchange Student."

Source: Sheryl Longworth ★

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4 EASY TREATS FOR THE

4TH OF JULY

Casual and colorful desserts made easy

FAMILY FEATURES

Everyone will be bringing something to the 4th of July picnic, but you can bring the grand finale. Each of these tasty sweet treats captures the flair of the 4th without the fuss. In just a little time, you can add patriotic color and fun flavor to classics like cupcakes, ice cream cones and cookies.

Dipped Ice Cream Cones: Add color and crunch to your cones with a dip in red, white or blue melted Candy Melts candy and a variety of patriotic sprinkles. The Cone Cakes baking rack holds the cones for drying and serving.

Red, White and Blue Swirled Cupcakes: Everyone loves picnic treats they can grab and eat, and these July 4th cupcakes also bring pyrotechnics to the plate. Each is topped with an explosive three-color swirl of icing, easily created with the Color Swirl Three-Color Coupler.

S'mores Crispy Cereal Treats: These crunchy cereal bars pack the flavor of traditional s'mores while being much neater to eat. The marshmallow, cereal and candy mixture is laced with warm cinnamon graham and creamy vanilla custard flavors using Treatology Flavor concentrates.

Creamy Coconut Cookie Flag: Give the day a flag-waving finish with red, white and blue royal iced cookies that hold up to the heat using the Color Right™ Performance Color System. The tropical taste combination of toasted coconut and creamy vanilla is just right for summer.

It's a great feeling to bring a dessert that can't miss. The Wilton Test Kitchen developed these deliciously easy ideas to go with your summer celebration so you can enjoy the fireworks with everyone else. For more party ideas, visit www.wilton.com.

Dipped Ice Cream Cones

Yield: 12 ice cream cones

- 1 bag (12 ounces) Bright White Candy Melts Candy
- Sugar ice cream cones
- Jimmies 6-Mix Sprinkle Assortment
- Rainbow Jimmies

Melt candy in microwave safe bowl. Dip cones about 1 inch deep around opening of cone. Cut small hole in tip of bag and drizzle melted candy 1 inch deep around opening of cone. Tap cone lightly to smooth, and sprinkle with jimmies. Position cone in cone rack. Let chill, about 10–15 minutes.

Add ice cream scoops at party and serve in cone rack.

Red, White and Blue Swirled Cupcakes

Yield: 12 cupcakes

- Favorite cupcake recipe or mix
- 1 4.5-pound tub White Ready-To-Use Decorator Icing Color Right Performance Color System

Icing Colors

- Red (formula 186): 2 cups icing + 40 R
- White: Reserve 2 cups icing
- Deep Blue (formula 647): 2 cups icing + 26 B + 8 R + 4 P

Bake cupcakes according to package directions in red, white and blue standard baking cups.

Tint icing following color formulas above. Prepare Color Swirl 3-Color Coupler according to package directions, filling one decorating bag each with red, white and blue icing and fitting with tip 1M. Pipe a swirl on each cooled cupcake top.



Creamy Coconut Cookie Flag

Yield: About 3 dozen 3-inch cookies

Cookies

- 1 cup (2 sticks) unsalted butter, softened
- 1 1/2 cups granulated sugar
- 1 egg
- 1/4 teaspoon Toasted Coconut Treatology Flavor Concentrate
- 8 drops Creamy Vanilla Custard Treatology Flavor Concentrate
- 3 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon salt

Icing

- 3/4 cup + 3 teaspoons water
- 12 cups (about 3 pounds) confectioner's sugar, sifted
- 6 tablespoons Color Flow Mix Color Right Performance Color System (see colors tinted below)

Icing Colors

- Red (formula 32): 1 1/2 cups icing + 62 R + 8 O
- Deep Blue (formula 647): 1/2 cup icing + 27 B + 5 P + 6 R
- White: Reserve 2 cups icing

Note: Make and decorate cookies 1 day in advance to allow for drying time.

Heat oven to 350°F.

In large bowl, beat butter and sugar with electric mixer until light and fluffy. Beat in egg and flavors. Mix flour, baking powder and salt; add to butter mixture 1 cup at a time, mixing after each addition. Do not chill dough. Divide dough into 2 balls.

On floured surface with rolling pin, roll each ball into a circle approximately 12 inches in diameter by 1/8 inch thick. Cut cookies with star nesting metal cookie cutter. Dip cutter in flour before each use.

Bake cookies on ungreased cookie sheet 8–11 minutes or until cookies are lightly browned.

Prepare Color Flow icing. Tint icing following color formulas above. Use tip 3, a parchment bag and full-strength icing to outline cookies: 32 in red, 21 in white and 16 in blue. Let cookies dry 1–2 hours.

Thin 1 cup red, 1/4 cup blue and 1 cup white icing. Use thinned icing and disposable decorating bag to fill in cookies. Fill in 8 of blue outlined cookies with white icing and remaining cookies with matching outline color. Let dry 8–12 hours.

To serve, arrange cookies on tray in stars and stripes design.

S'mores Crispy Cereal Treats

Yield: 20 servings

- 6 tablespoons butter
- 1 bag (16 ounces) regular-sized marshmallows
- 1/4 teaspoon Warm Cinnamon Graham Treatology Flavor Concentrate
- 10 drops Creamy Vanilla Custard Treatology Flavor Concentrate
- 1/4 teaspoon salt
- 10 cups crisped rice cereal
- 1 bag (10 ounces) mini marshmallows, divided
- 1 1/4 cups Light Cocoa Candy Melts candy, divided

Prepare 13-by-9-inch baking pan with vegetable spray.

In very large saucepan, melt butter over medium high heat until it smells nutty and browns slightly. Reduce heat to medium low; stir in regular marshmallows, warm cinnamon graham and creamy vanilla custard flavors, and salt. Cook, stirring constantly, until melted and smooth.

Remove from heat; stir in cereal, 3 cups mini marshmallows and 3/4 cup light cocoa candy. Press into prepared pan. Sprinkle with remaining mini marshmallows and press lightly to adhere.

In small microwave-safe bowl, microwave remaining 1/2 cup candy on 50 percent power in 30-second intervals, stirring between each, until candy is almost melted. Stir thoroughly until smooth and drizzle over treats. Let cool completely.



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CLUES

ACROSS

- Northern Scandinavians
- To use a Singer
- "Al Green: "___ Stay Together"
- Like unlucky straw
- Paleontologist's estimate
- Confusion
- Emotion at a funeral
- "Beach Boys: "___ Only Knows"
- Like worthless promise
- "Billy Joel: "... just the way ___"
- "Sonny & Cher: "I ___ Babe"
- Type of evidence
- "The Blair Witch Project" emotion
- School of thought suffix
- Obsolete phone feature
- The 1 1/2 calorie breath mint
- Throat-clearing sound
- Lovers' quarrel blow
- "Deniece Williams: "I just wanna ___, let's hear it for the boy"
- *Depeche ___: "Just Can't Get Enough"
- Impede or bar
- Guestimate phrase
- Scoops water out of a boat
- Symphony member
- Nile dweller
- Condition
- Someone ___
- Tarzan's adoptive mom
- Found on a rosary
- *___ for Two"
- "Bette Midler: "Some say love is like a ___"
- "Simple Minds: "Don't you ___ about me"
- Bear Down Under
- Pitcher's stat
- Tiny amounts
- In an unfriendly manner
- And not
- Related on mother's side
- In 1492, it sailed the ocean blue
- "Much ___ About Nothing"
- Button on many mechanical units

DOWN

- Lysergic acid diethylamide
- Call to a mate
- Ralph Lauren's inspiration
- Like honors student's parent
- ___ of hair
- Like Solomon
- Bigheadedness
- Type of salad
- Containing limestone
- Former Montreal player
- "Swan Lake" outfit
- "I ___" guessing game
- System used in most of world, except U.S.
- Employer's good news
- Quaker Man's cereal
- Roofless, sideless truck
- Metrical units in poetry
- Sheep + goat
- The press
- Additionally
- Colloquial British abbreviation for particular sweet
- "Earth" to Virgil
- Famous fabulist
- "If he "could save time in a bottle"
- *Modern English sang about doing this with you
- It can be indoors or outdoors
- Basil-based sauce
- Rapid transit
49. "I'm Beginning to ___ the Light"
- Scarier
- Rome's Colosseum
- In the past
- Many focuses
- Been in bed
- Paella pot
- Wild West card game
- Estimated arrivals
- London art museum
- Kith partner
- * ___ Stewart: "Have I told you lately?"
- Part of tennis match

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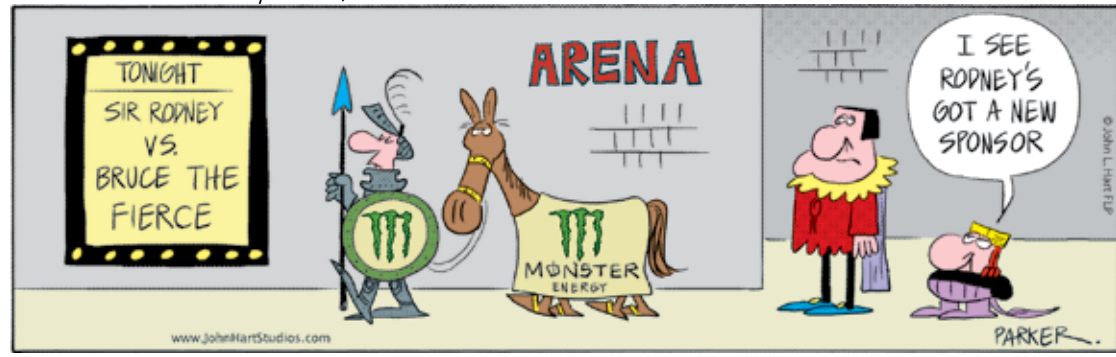
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|---|---|---|---|---|---|---|---|---|---|
| 1 | | | | | | | | | |
| | | 6 | | 8 | | 1 | | | |
| | 7 | 4 | | | | 5 | 8 | | |
| 9 | 4 | 8 | | 5 | | | | 7 | |
| | 3 | | 2 | | 4 | | 9 | | |
| 7 | | | | 3 | | 1 | 4 | 5 | |
| | 6 | 9 | | | | | 3 | 7 | |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

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.

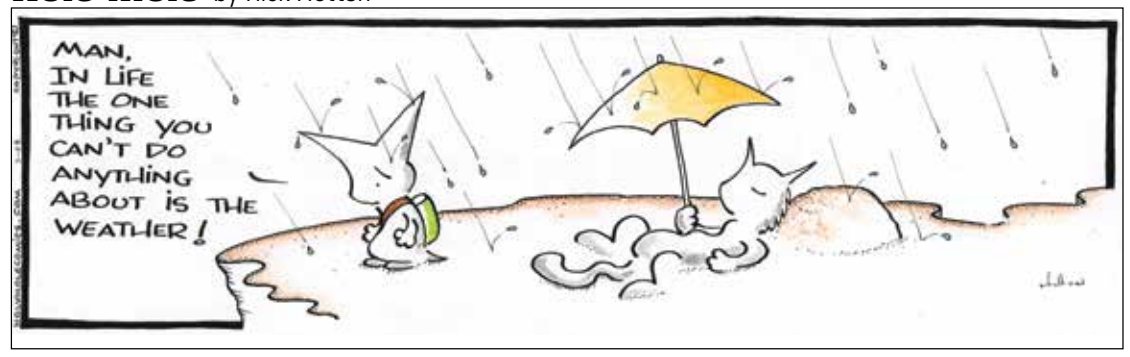
For Solutions See Page 9

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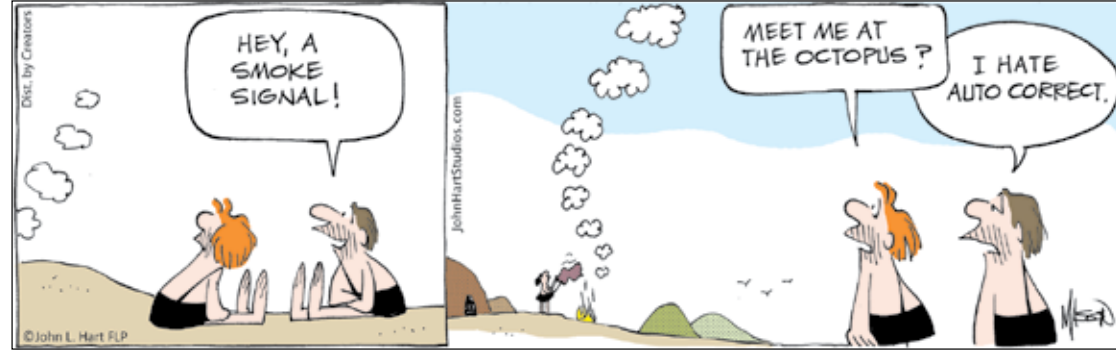
Wizard of Id by Parker, Mastroianni & Hart



Hole Molé by Rick Hotten



BC by Mastroianni & Hart



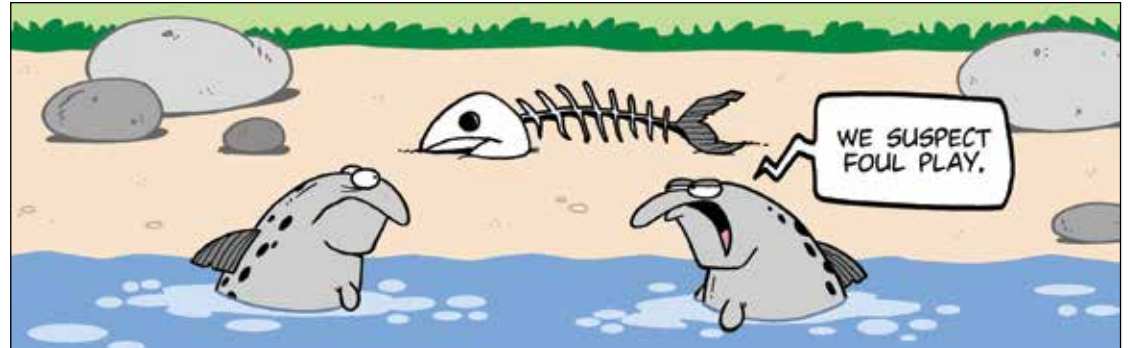
Cranky Girl by Crystal Jones



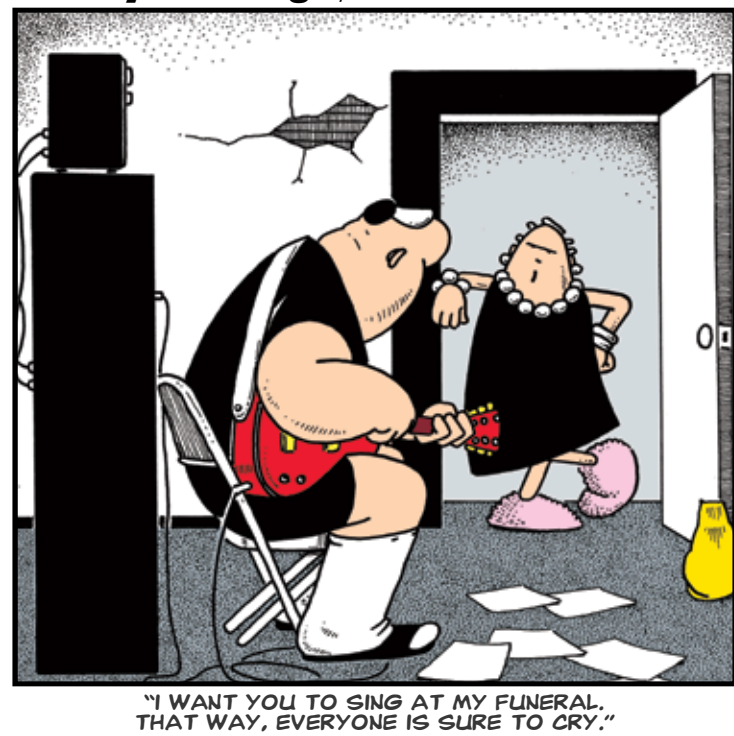
Frank and Steinway by Wil Panganiban



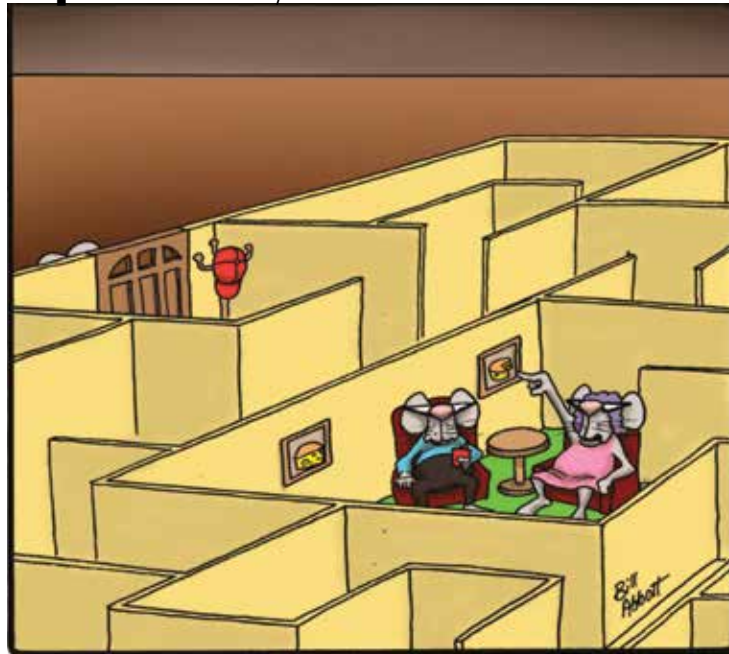
Tundra by Chad Carpenter



Funday Morning by Brad Diller



Speckticles by Bill Abbott



Tastes Like Chicken
BY JOSH ALVES



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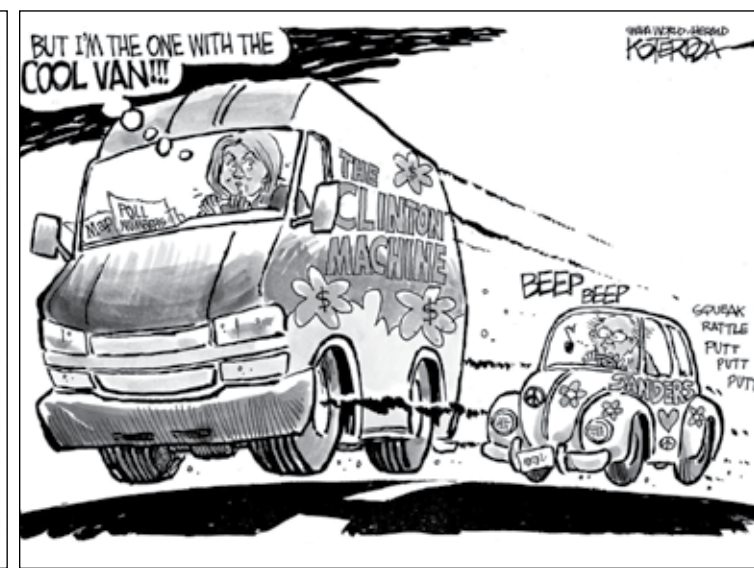
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By Rich Lowry

The Front-Runner in Name Only

The last time Jeb Bush ran for office, it was 13 years ago. Barack Obama was serving in the Illinois state Senate. No one had heard of Obamacare or the tea party, and wouldn't for years. It was before the invasion of Iraq, before Hurricane Katrina, before the financial meltdown. We had just invaded Afghanistan, and Saddam Hussein still ruled Iraq. It was a political epoch ago.

If timing is everything in politics, Bush has, among other things, a timing problem. He had an exemplary record as a conservative reformer in Florida almost a decade ago, but the achievements and fights of the other Republican governors running for president have been the stuff of contemporary headlines. He is a gifted

politician, but his father and brother preceded him to the presidency, giving his campaign an inevitable dynastic air as the vehicle of "the third Bush."

His fundraising, even if it falls short of the widely cited \$100 million mark, has been prodigious. But there has been a stark enthusiasm gap between donors and actual voters. If the Republican nomination were going to be fought out exclusively in fundraisers held in corporate conference rooms and fancy homes, Bush would be winning in a rout. Instead, he is clustered with a few other top contenders, a front-runner in name only.

His freshly unveiled "Jeb!" logo might be more appropriately punctuated with a question mark, about whether he can excite Republican voters in a field that is as large and talented as any in memory.

The Mitt Romney path to the nomination is not available to him. Bush can't show up with a fundraising advantage, a professional operation and a resume, then expect to inexorably grind down all the other candidates. Romney could do that in 2012 against an unprepared Rick Perry, an undisciplined Newt Gingrich and an unfunded Rick Santorum. Bush is running against a field that has about a half-dozen candidates who would have been in the top tier last time around.

Romney won the nomination despite his Massachusetts health-care plan that was anathema to much of the party.

It's one thing to have a few heterodoxies, though; it's another to be defined by

them. What most conservatives heard from Bush during the Obama years was his complaints about the GOP's tone, and his support for comprehensive immigration reform and Common Core. Those two issues have come up over and over again during the early phase of the campaign, and while Bush has adjusted his positions a little, he hasn't changed them.

Bush gave a spirited announcement speech to a boisterous crowd in Miami, the best public moment of his campaign so far. The party will need to know he's a fighter, and chiefly of the left and the media, not his own side. It will need to know that he has an agenda new and different from his brother, and much broader and more conservative than his famous stances on immigration and Common Core.

Bush is a genuinely accomplished executive and a creative policy wonk, with a natural sense of authority. He is a talented man, in the political fight of his life.

Rich Lowry is editor of the National Review.

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Volunteer Ideas

DEAR PAW'S CORNER: I would love to help pets in some way, but the local animal shelter doesn't need volunteers, and there isn't much else going on in my area. Do you have any suggestions? -- Kara in Idaho

DEAR KARA: Check your local newspapers (or their websites) and your town's website for volunteer opportunities. There may not be anything right now, but needs change throughout the year for many nonprofits.

So, what if there really are no opportunities near you? Consider creating one. Organizing a fundraiser for a pet charity (or your local animal shelter) is one fast way to do something positive.

Or, if you spot a need that isn't being met in the local pet community, create a way to fulfill that need. For example, a military couple created "Dogs On Deployment," a website that helps military members find temporary homes for their pets (not just dogs) before

they leave for overseas assignments.

What if senior citizens in your area need help keeping their pets' shots up to date? You could talk to local vets and perhaps the local shelter about ways to help them. Perhaps your town has no facilities for pets, such as a dog park or even pet zones in local parks. Start exploring the possibility of getting a park built. You could even start with something as small as an awareness campaign that educates store owners about the many types of service dogs (and other service animals) that are helping disabled people these days.

Keep your eyes open for inventive opportunities to contribute positively to pet care, and you may find yourself overwhelmed with choices.

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

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Continued from the previous page

NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF NICHOLAS THOMAS JOHNSON (deceased) ESTATE NO. 34-2015-00180535

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of NICHOLAS THOMAS JOHNSON (deceased): A petition has been filed by THOMAS JOHNSON AND LINDA CRESTA in the Superior Court of California, County of Sacramento, requesting that ROBERT DUPLANTIER be appointed as administrator to the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions 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. Bond is not required.

A hearing on the petition will be held in this court as follows: July 22, 2015, 9:00 a.m. in Dept. No. 129 at Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for the Petitioner(s) is: David R. Morris, Esq., 5137 Golden Foothill Parkway, Suite 110, El Dorado Hills, CA 95762 (916) 789-9810 dmmorris@morrisslawfirm.com Publish: June 26, July 3 and 10 2015. JOHNSON 150622 7-17-15

NOTICE OF PETITION TO ADMINISTER ESTATE OF GENCHO ANGELOV STANOV (deceased) ESTATE NO. 34-2015-00178820-PR-LA-FRC

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of GENCHO ANGELOV STANOV (deceased): A petition has been filed by TOTA IVANOVA STANOVA in the Superior Court of California, County of Sacramento, requesting that TOTA IVANOVA STANOVA be appointed as administrator to the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions 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. A hearing on the petition will be held in this court as follows: August 18, 2015, 9:00 a.m. in Dept. No. 129 at Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for the Petitioner(s) is: Tota Ivanova Stanova, 7533 Saint Philomena Way, Citrus Heights, CA 95610 (916) 666-8304 Publish: July 3, 10 and 17, 2015. STANOV 150624 7-17-15

NOTICE OF PETITION TO ADMINISTER ESTATE OF SAUNDRA PAUL (deceased) ESTATE NO. 34-2015-00180398

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of SAUNDRA PAUL (deceased): A petition has been filed by JENNIFER ANN POSEHN in the Superior Court of California, County of Sacramento, requesting that JENNIFER ANN POSEHN be appointed as administrator to the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions 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. A hearing on the petition will be held in this court as follows: August 13, 2015, 9:00 a.m. in Dept. No. 129 at Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the

filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for the Petitioner(s) is: Peter A. Galgani, attorney at law, 1120 D Street, Suite 100, Sacramento, CA 95814 (916) 498-1357 Publish: July 3, 10 and 17, 2015. PAUL 150625 7-17-15

NOTICE OF PETITION TO ADMINISTER ESTATE OF SARAH SUSANNE SEPTER (deceased) ESTATE NO. 34-2015-00178607

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of SARAH SUSANNE SEPTER, AKA SARAH SUSANNE BOWEN (deceased): A petition has been filed by SALLY SUSANNE SEPTER in the Superior Court of California, County of Sacramento, requesting that SALLY SUSANNE SEPTER be appointed as administrator to the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions 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. A hearing on the petition will be held in this court as follows: August 13, 2015, 9:00 a.m. in Dept. No. 129 at Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for the Petitioner(s) is: Michael Hackard, 10630 Mather Boulevard, Mather, CA 95655 (916) 313-3030 Publish: July 3, 10 and 17, 2015. SEPTER 150625 7-17-15

NOTICE OF PETITION TO ADMINISTER ESTATE OF DOUGLAS HARVEY KIPP (deceased) ESTATE NO. 34-2015-00180374

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of DOUGLAS HARVEY KIPP (deceased): A petition has been filed by CAROLYN MAY COX in the Superior Court of California, County of Sacramento, requesting that CAROLYN MAY COX be appointed as administrator to the estate of the decedent. A hearing on the petition will be held in this court as follows: July 15, 2015, 9:00 a.m. in Dept. No. 129 at Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for the Petitioner(s) is: Michael Hackard, 10630 Mather Boulevard, Mather, CA 95655 (916) 313-3030 Publish: July 3, 10 and 17, 2015. DKIPP 150625 7-17-15

NOTICE OF PETITION TO ADMINISTER ESTATE OF CATHERINE CARMEN KIPP (deceased) ESTATE NO. 34-2015-00180376

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of CATHERINE CARMEN KIPP (deceased): A petition has been filed by CAROLYN MAY COX in the Superior Court of California, County of Sacramento, requesting that CAROLYN MAY COX be appointed as administrator to the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions 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. A hearing on the petition will be held in this court as follows: July 15, 2015, 9:00 a.m. in Dept. No. 129 at Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for the Petitioner(s) is: Michael Hackard, 10630 Mather Boulevard, Mather, CA 95655 (916) 313-3030 Publish: July 3, 10 and 17, 2015. CKIPP 150625 7-17-15

POPPOFF! Slim Randles' HOME COUNTRY

with Mary Jane Popp



FAT-ME-NOT

Summer is creeping up on us. Have you looked in the mirror lately? Are you ready to shed those sweaters for the itchy bitsy bikini? What if you could burn that nasty fat without pills or super exercising? Dr. Sandeep Grewal says there are fat burning foods. Along with Dr. Myo New, Dr. Grewal has finally connected the advances in weight-loss science in the book *Fat-Me-Not*, the weight loss diet of the future. Why try to lose weight the old way when powerful new research can make it simpler, easier, and safer to shed those pounds? Dr. Sandeep, board certified by the American Board of Internal Medicine shared the type of diet you should create to burn fat with me on my POPPOFF Radio Show, like:

- 1) EATING REAL FOOD.** E.g. whole grain food, meat, eggs, vegetables and fruits that promote gut workout, spend about 35% more calories digesting and absorbing the food, and also increase the satiety and cut cravings for sweet sugary drinks. Choose the diet that allows you to eat real foods rather than protein shakes and powders.
- 2) EATING A BALANCED DIET RATHER THAN A LOW CARB, LOW FAT DIET.** Different body organs need different nutrients, for example, sugar (carb) is essential for blood cells and brain cells. Without the sugar, the brain will be chasing cabs and sweets. That's how cravings begin and the discipline of dieting gets ruined. That is the reason if you want to lose fat, you need to shoot for a balanced diet for long-term results. Losing weight from

body water and lean body are short term. Quick fix diets will get you weight loss for a short time and then pounds come back with a vengeance.

3) EATING FOUR OR FIVE TIMES A DAY. Our metabolism goes down 40% if we do not eat for more than four to six hours. It shuts down the less essential departments of the body. If your body senses that you are a regular breakfast skipper or small lunch eater, or just one meal a day eater, it will be cutting the calories by 40% without realizing it. That's why some obese people gain more weight without eating much. So let's fast-pace our metabolism by eating at least four to five times a day in correct portions. Let the gut work hard by digesting, transporting, absorbing, storing, and transforming the nutrients at the intervals of approximately every four hours. When your gut is working hard, you know it's burning fat, too.

4) FOODS THAT BURN FAT. Whole grain breads and pasta, brown rice, legumes, lentils...good stable foods. A variety of colorful vegetables will give your gut a good workout and burn more calories. High-fiber diets promote fat-me-not bacteria in the gut and promote weight loss. Lean meat, fish, and seafood are great fat burners. For example, compare a protein shake vs a piece of lean meat with the same calories...eating meat will burn up to 40% more calories than the ready-made protein shakes and the lean meat will enhance the gut workout by chewing, digesting, absorbing, and transforming the nutrients. Coffee, pepper, and chewy veggies are good metabolism enhancers. Good fat such as avocado, nuts, and egg yolks are helpful too. Drinking eight glasses of water per day is essential to improve metabolism and burn fat.

These are a few of the ideas explored in *Fat-Me-Not* and you can check out more at www.slimplainsystem.com. Good luck with that itchy bitsy teeny weeny yellow polka dot bikini!

"A high desert evening..."



It is the heat that defines us this time of year. Defines our sweaty days with the brassy skies and afternoons that make us clamor for shade. The heat gives us an excuse to make June the biggest beer-drinking month of the year and returns certain words to our vocabularies: cooler pads, swampers, squirrel cages.

The days themselves aren't much fun, and we pity those who spend the days working outdoors, even as we envied them in the soft warmth of spring. The heat is an entity now, an oppressive, overbearing beast that weighs on our brains and taxes our body.

It's the price we pay each summer for living in such a beautiful place. But there is a payoff.

When the sun goes down in desert areas, it's romantic enough to hug a cactus.

The recipe is simple. Keep the earth warm, but just bring out the stars and a soft breeze

that cools the skin. Mix this with a fulmination of little night varmint sounds of peeping and chirping and croaking. And guitars. Whether we play them ourselves or just turn on the radio, it is a setting that is perfect for guitars. Villalobos, Fernando Sor, Tarrega, Randy Travis, Doc Watson.

We sit in brick-paved patios with something cool and someone sweet and relax and talk about dreams, because on evenings like this, anything is possible. On nights like this, it's difficult to decide whether remembering evenings like this in the past is better than anticipating those to come. All we really know is that it sure is nice to be here right now.

A high desert evening is a testament to the good things of life. Iced tea tastes better, showers feel more refreshing, neighbors seem nicer. There they are, out on the porch with all the kids. Ah, those wonderful kids... well, yes, they're the same ones we complained about in March, but on a night like this one, all is forgiven. Let's wave back.

Tonight I'm going to see if I can remember all the words to "Little Joe the Wrangler" and find out if my guitar is still in tune.

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Television Listings for the week of July 3- July 8

FRIDAY EVENING

JULY 3, 2015

Table with columns for time slots (8:00-12:30) and channels (ABC, CBS, NBC, FOX, ION, A&E, AMC, ANIMAL, BET, BRAVO, CARTOON, CMT, CNN, COMEDY, DISCOVERY, DISNEY, E!, ESPN, ESPN2, FAMILY, FOOD, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBO, MAX, SHOWW).

SATURDAY EVENING

JULY 4, 2015

Table with columns for time slots (8:00-12:30) and channels (ABC, CBS, NBC, FOX, ION, A&E, AMC, ANIMAL, BET, BRAVO, CARTOON, CMT, CNN, COMEDY, DISCOVERY, DISNEY, E!, ESPN, ESPN2, FAMILY, FOOD, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBO, MAX, SHOWW).

SUNDAY EVENING

JULY 5, 2015

Table with columns for time slots (8:00-12:30) and channels (ABC, CBS, NBC, FOX, ION, A&E, AMC, ANIMAL, BET, BRAVO, CARTOON, CMT, CNN, COMEDY, DISCOVERY, DISNEY, E!, ESPN, ESPN2, FAMILY, FOOD, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBO, MAX, SHOWW).

MONDAY EVENING

JULY 6, 2015

Table with columns for time slots (8:00-12:30) and channels (ABC, CBS, NBC, FOX, ION, A&E, AMC, ANIMAL, BET, BRAVO, CARTOON, CMT, CNN, COMEDY, DISCOVERY, DISNEY, E!, ESPN, ESPN2, FAMILY, FOOD, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBO, MAX, SHOWW).

TUESDAY EVENING

JULY 7, 2015

Table with columns for time slots (8:00-12:30) and channels (ABC, CBS, NBC, FOX, ION, A&E, AMC, ANIMAL, BET, BRAVO, CARTOON, CMT, CNN, COMEDY, DISCOVERY, DISNEY, E!, ESPN, ESPN2, FAMILY, FOOD, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBO, MAX, SHOWW).

WEDNESDAY EVENING

JULY 8, 2015

Table with columns for time slots (8:00-12:30) and channels (ABC, CBS, NBC, FOX, ION, A&E, AMC, ANIMAL, BET, BRAVO, CARTOON, CMT, CNN, COMEDY, DISCOVERY, DISNEY, E!, ESPN, ESPN2, FAMILY, FOOD, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBO, MAX, SHOWW).



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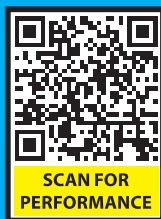


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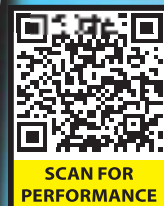
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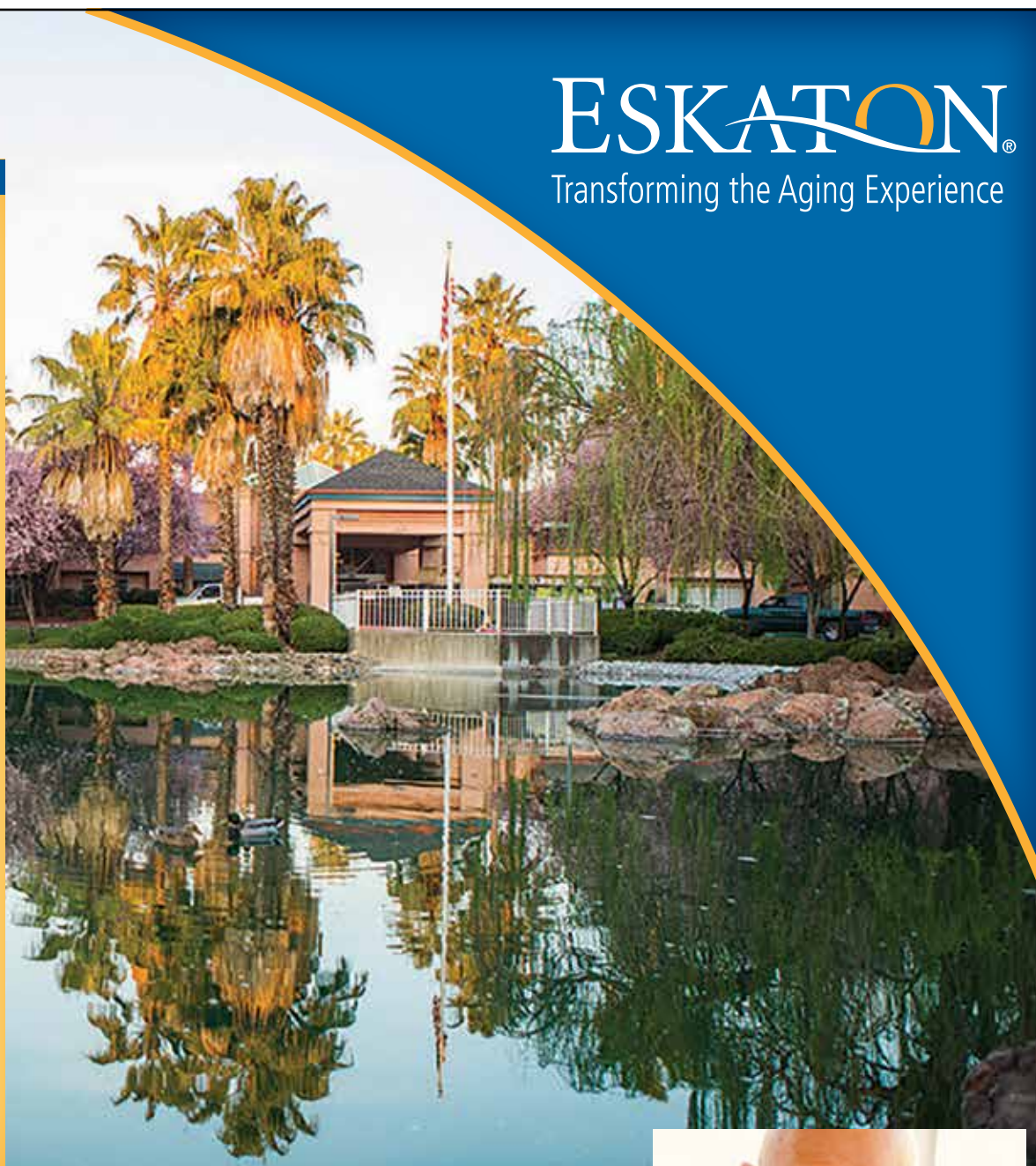
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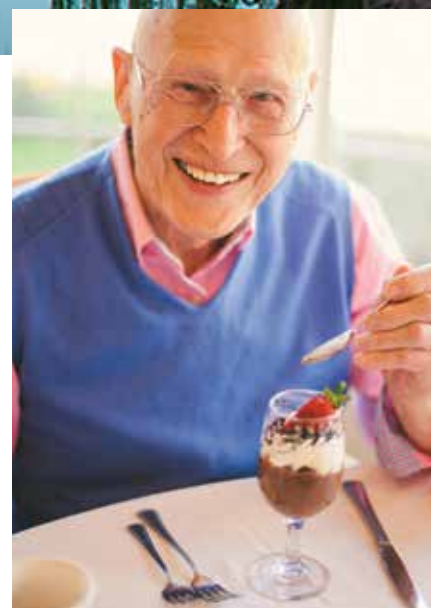
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Lower dentures almost never fit properly. They are loose fitting due to less surface area which can't create a suction, shrinking gum tissue and bone loss, which can cause irritation in the mouth, sores and pain. The only relief is using sticky dental 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.

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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Two or more implant snaps can be used on the upper and/or lower jaw. The more snaps that are placed, the more stable the denture will be. Much like a four legged chair would be more stable than a three or two legged chair, the use of denture snaps keep the denture stable, secure and comfortable. These snaps are designed with different levels of retention, customized to the needs of the patient. When the snaps wear out, replacing them is a simple and inexpensive procedure.



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