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# Carmichael Times

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June 12, 2015

## Baby Clara's Gift Helps Others



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# Teach Your Children to Be Good Stewards

## It's Time to Get Your Hands Dirty



Gardening is a trending family activity that provides plenty of teachable moments, and it also promotes positive characteristics like self-reliance and stewardship of the earth. Photo courtesy of Brandpoint Media

## ATHLON SPORTS INSIDE BASEBALL



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## Couch Theater Chappie



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**SACRAMENTO REGION, CA (BPT)** - Growing your own garden is a popular pastime that cuts grocery bills and puts fresh produce within arm's reach. But to parents it's so much more than that. Gardening is a trending family activity that provides plenty of teachable moments, and it also promotes positive characteristics like self-reliance and stewardship of the earth.

"You don't have to be a green thumb to start a garden at home," says Kevin Bryant, a garden enthusiast and director of national marketing at Tractor Supply Company. "It's a fantastic activity for families to do together that also lets parents teach valuable lessons to their children. Whether it's just a few garden boxes on the deck or a full plot with backyard chickens, families everywhere are embracing the adventure of gardening together and learning so much

**"You don't have to be a green thumb to start a garden at home."**

**Kevin Bryant, Director of national marketing at Tractor Supply Company**

about nature and each other in the process."

The recent self-reliant movement sweeping the country is highly appealing to families. Plus, growing basic vegetables, fruits, and herbs at home is a viable option whether in the city, suburbs, or rural areas. In fact, 29% of Americans obtained locally grown food in the past year from a home

garden, according to a national Tractor Supply survey—and interest appears to be on the rise.

Furthermore, many families have a deep desire to improve their children's comprehension of nutrition and food resources. A whopping 89% of American parents agree with the statement "My children need a better understanding of where their food comes from," the survey found.

Now is the ideal time to start planning your garden. Consider these four steps to ensure your family gets the most out of their gardening time together:

1. **Research plants:** The region where you live will dictate which seeds you should plant and when. It's best to select high-yielding plants that you know will be successful, particularly if you have a

*Continued on page 13*

## New Limits on Landscape Watering

*SSWD Unveils Rebate Programs to Help Customers Conserve*

**SACRAMENTO REGION, CA (MPG)** - The Sacramento Suburban Water District (SSWD) has adopted new outdoor watering restrictions that limit landscape irrigation to two days per week on specific days and times.

The new watering guidelines are designed to further encourage water reductions in light of the severe drought plaguing California and new directives from the Governor and State Water Resources Control Board to reduce water use. SSWD is required to reduce its water use by over 30%.

Effective immediately, outdoor watering is limited for all District customers to two days per week according to the following schedule:

- Addresses ending in an odd number (1, 3, 5, 7, 9) can water on Tuesday and Saturday
- Addresses ending in an even number (0, 2, 4, 6, 8) can water on Sunday and Wednesday

Customers are allowed to water on their designated day before noon or after 8 p.m.

"People can make a big dent in their household water use by limiting landscape watering, which is where most water use occurs," said Greg Bundesen, SSWD's water conservation supervisor. At a typical home, most water use goes to watering lawns and outdoor landscaping, and about 30% of that is lost due to over-watering and evaporation from wind and sun.

"By taking immediate action to limit landscape watering, SSWD customers can maximize water savings during the coming peak temperature and water use months. Summer presents our best opportunity to achieve the ambitious conservation targets set by the state," Bundesen said.

In addition to the new watering guidelines, SSWD is also unveiling a suite of new incentive programs to help customers reduce water use, including the following rebates:

- Turf Replacement ("Cash for Grass") for 50 cents per square foot (up to \$1,000) for replacing thirsty lawns with low-water use plants
- Irrigation Efficiency Upgrades (up to \$300) for replacing existing spray sprinklers with more efficient rotary nozzles and drip irrigation systems

*Continued on page 13*

# Ompa-Fest Serenades Park

*Carmichael's Summer Concert Season Is Now Underway*

**Story and photo by Susan Maxwell Skinner**

**CARMICHAEL, CA (MPG)** - A 20-year tradition, the annual Community Band Festival filled Carmichael Park last weekend with marches, polkas, show tunes, and pop songs.

The two-day event was sponsored by the Sacramento Valley Symphonic Band Association and featured 15 volunteer ensembles. Musicians came from as far as the Sierra foothills and the Bay Area. Carmichael band leader Kurt Pearsall (above center) directed the 60-piece Capitol

Pops Concert Band's 45-minute slot.

The festival kicked off a summer-long program of weekend concerts in the park. Next Saturday's featured band is the rock group Unlicensed Therapy. On Sunday, June 14th, The Bongo Furys will entertain with a combination of funk, jazz, and blues. Downbeat on both days is 6:30 p.m.

All concerts are held in the band shell, near the North Avenue Park entrance.

For information, call (916) 485-5322 or visit [www.carmichaelpark.com](http://www.carmichaelpark.com). ★



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# Baby Clara's Gift Helps Others

Story and photo by  
Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** - "It's heartbreaking for any parent to lose a baby," says bereaved Carmichael mom Fenecia Martinez. "It was worse for us. We had to make the choice to lose our daughter."

Fenecia and husband Eugene (both 23) brought their angelic baby home from her hospital delivery in February. Within 10 days, they faced a nightmare decision: choosing between sustaining their child on life support or removing tubes that kept her breathing.

Six-pound Clara Bella was an unusually quiet newborn. She was nevertheless sent home with a clean bill of health. When she slept for many hours, Fenecia felt blessed. By her second day at home, Clara would not wake for feeding and did not respond to any stimulation. The parents bundled her off to the emergency room. A virus was suspected. After many tests, a worse possibility—a rare metabolic condition called Nonketotic Hyperglycinemia (NKH)—was indicated. Affecting one out of 60,000 babies, the disease has no known cure.

NKH occurs when enzymes needed to break down the amino acid glycine cannot do their job. As excess glycine is toxic to the brain, the neurological system suffers and patients, usually newborns, cannot function normally. Few survive their first months.

In the hospital, Clara had a seizure and stopped moving. Tests showed no measurable brain activity. Ten days after Clara's birth, her parents heard their options. One was to do everything to keep the comatose child alive, including surgeries and permanent breathing and feeding tubes. "We were told she would probably not advance neurologically and would likely die before she was one," recalls Fenecia. "The other option was to take her off life support. We could not put our little girl through all this. We decided to let her go. It was the hardest day of our lives."

Clara held on for 25 hours without life support. In that time, dozens of relatives and friends visited her tiny bed; one flew from Utah to say farewell a cousin she would never know. "Clara brought a lot of people together," says her father Eugene. "We learned she was a bright, fighting spirit. We worried we might have done the wrong thing. But when doctors explained the results of her blood test, we knew she would not have survived."

As symbols of her innocent and ephemeral



Fenecia and Eugene Martinez treasure memories of daughter Clara, who died at 12 days old. The couple has a non-profit to help families affected by the disease that took Clara's life.

life, friends wore butterfly pins at her funeral service. Having loved children all her life, Fenecia was eager to try again for motherhood. But by appalling fluke, tests proved both she and her husband carry the NKH gene. The odds on subsequent children being affected are 25%; even a healthy baby could pass on the gene. "We don't want to have our children or grandchildren die of this horrible disease," reasons Fenecia. "For now, we must wait."

Diverting their grief, the couple (both college students with teaching careers planned) recently established a foundation called Clara's Gift. The foundation aims to raise awareness of NKH among pediatricians and the community. It also hopes to encourage insurance companies to help cover In Vitro Fertilization, so carriers of deadly diseases might hope for healthy children. "We also want to assist possible carriers to be tested,"

explains Fenecia, "to make them aware of what might lie ahead if they have babies."

The foundation's first fundraiser is "Clara's Picnic in the Park" on Saturday June 13th. Supporters will gather at noon in Gibbons Park (4701 Gibbons Drive, Carmichael) for an afternoon of carnival fun. Food and ice cream vendors will be on hand and raffles will support the non-profit.

"Every time I see a butterfly, I feel it's my little girl coming by to say hello," says Clara's mom. "Despite our loss, we hold on to every moment with our daughter and remind ourselves how she lit up so many lives. We're still her parents. We're still caring for her. We feel our Clara would want her short life to help others."

Learn about the organization, Clara's Gift, and the June 13th Gibbons Park event at [www.ClarasGift.org](http://www.ClarasGift.org). ★

# Local Cadet Graduates from West Point



Cadet Chelsea Lynn Kay, a graduate of West Point, is shown here standing at Trophy Point along the banks Hudson River, where West Point is located. Photo by Don Kay

**CARMICHAEL, CA (MPG)** - Cadet Chelsea Lynn Kay, daughter of Mr. and Mrs. Don Kay of Carmichael, graduated from the U.S. Military Academy at West Point on Saturday, May 23rd.

Kay graduated from Sacramento's El Camino Fundamental High School in 2010. While at West Point, she concentrated her studies in Foreign Language (Arabic). She was commissioned as a second lieutenant in the U.S. Army within the Military Police branch and will report to Fort Campbell, Kentucky, for her first assignment.

The mission of the U.S. Military Academy is to educate, train, and inspire the Corps of Cadets so that each graduate is a commissioned leader of character committed to the values of Duty, Honor, and Country and is prepared for a career of professional excellence and service to the Nation as an officer in the United States Army.

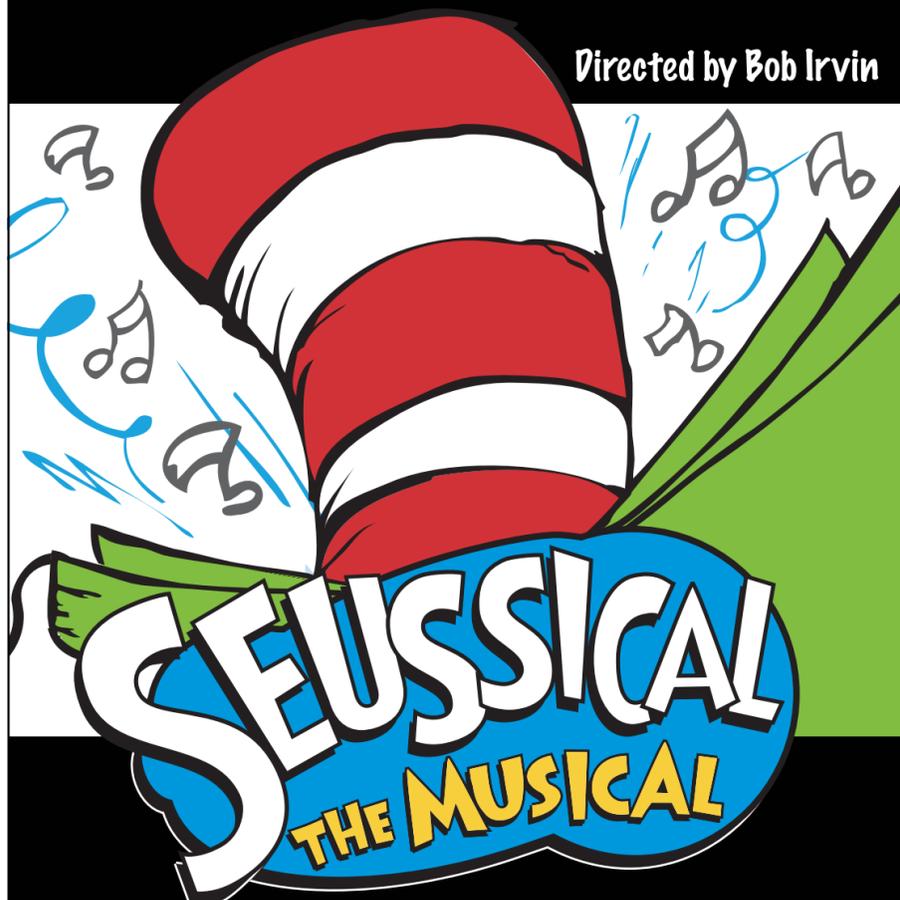
*The U. S. Military Academy at West Point is a four-year, co-educational, federal, liberal arts college located 50 miles north of New York City. It was founded in 1802 as America's first college of engineering and continues today as one of our nation's premier leader-development institutions, consistently ranked among top colleges in the country. For more information, please visit [www.westpoint.edu](http://www.westpoint.edu).*

Source: United States Military Academy at West Point, Public Affairs Office ★

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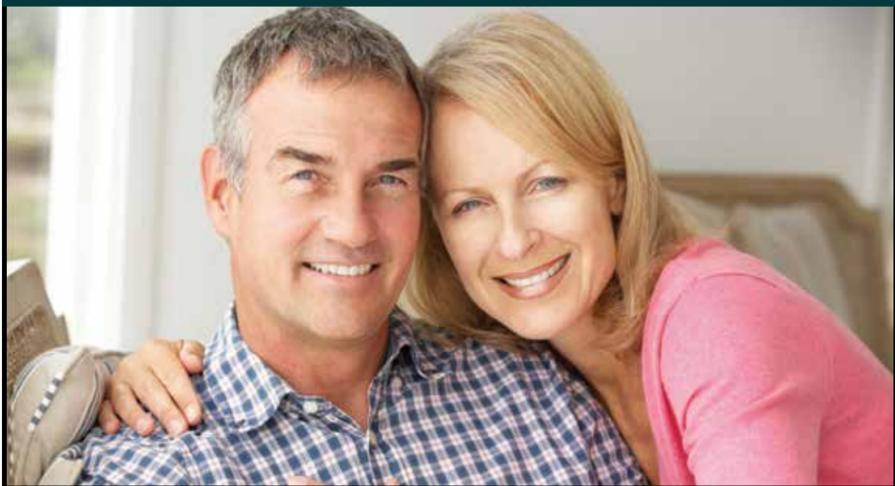
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# Putting the Pieces Back Together

By Shirley Willey

For nearly nine weeks, I worked on a jigsaw puzzle at Mercy San Juan's Radiation Oncology Center while my husband, Ray, was treated for prostate cancer. Or course, using the word "worked" is an exaggeration since he was the one being radiated and I was the one piecing together tiny pieces of a European farmhouse picture.

The interesting thing about the 500-piece puzzle is that anybody bothered with it at all, since several key pieces were clearly missing. Yet every weekday, I along with a few others in the waiting room, dutifully gave it our time and attention. Why? Well, quite honestly, it gave my hands something to do while my heart listened to stories that I'll never forget.

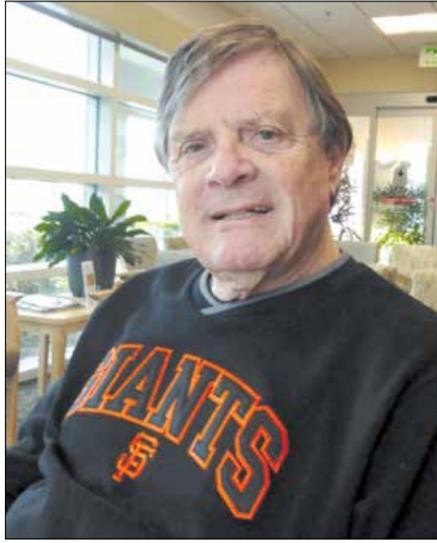
One morning, for example, a patient sat quietly weeping because he'd just found out that he could no longer drive the classic car that he loved so much. After clinging to his wife's arm for the longest time, he got up and left—as if seeing his life reflected in a rearview mirror. I will never forget his sadness.

Another patient hadn't slept in days and wanted to quit two weeks before completing his treatment. But his sister, who worked on the puzzle with me, was persistent and persuaded him to show up with his Styrofoam spittoon and let the staff radiate his raw neck for the umpteenth time. God willing, he'll live to see his five-year-old daughter grow up. I will never forget his courage.



The interesting thing about the 500-piece puzzle is that anybody bothered with it at all, since several key pieces were clearly missing. Yet every weekday, I along with a few others in the waiting room, dutifully gave it our time and attention. Why? Well, quite honestly, it gave my hands something to do while my heart listened to stories that I'll never forget. Photo courtesy of Shirley Willey

On occasion, patients would open up about the emotional side of cancer. One day, a woman shared how devastated she was about her doctor's indifference to her breast cancer and the daunting choices she had to make with little or no guidance. She finally sought a second opinion and experienced a moment of clarity: nobody knew her better than she did. She made up her mind to have a lumpectomy—and never looked back. I will never forget her spirit.



I never did finish that farmhouse puzzle with the missing pieces because it simply didn't matter. What does matter is that my husband, Ray (pictured here) and the other patients completed their life-affirming treatment and are now putting the pieces of their lives back together. Photo courtesy of Shirley Willey

A particularly poignant moment occurred on a cold and foggy morning when a patient arrived for his appointment wearing bright-red running shorts. Exhausted, shivering, and more than a little scared, he told the receptionist that he had so much blood in his bladder the night before that he'd soaked and soiled all of the jogging pants left in his closet. I will never forget his anguish.

But there's more to the story. The oncology center's gregarious receptionist came out and comforted the anguished man in the waiting room, and you could sense her warmth and his gratitude. A couple days later, one of the radiologists went to Goodwill and purchased a few gently worn trousers to have on hand. I will never forget their compassion.

My husband jokes that he's positively glowing from 44 radiation treatments, but the truth is that he's taking naps and temporarily on drug store products we once thought were laughable. But on the positive side of life, Ray began his 20th year as the co-director of a highly acclaimed softball program for developmentally disabled adults at Orange Grove Adult School this spring. Every single Saturday, he inspires athletes with special needs to do their best and to play fairly. I will never forget his optimism.

You know, I never did finish that farmhouse puzzle with the missing pieces because it simply didn't matter. What does matter is that my husband and the other patients completed their life-affirming treatment and are now putting the pieces of their lives back together. I will never forget their grace. ★

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# Wizard World Comic Con Returns to Sacramento

**SACRAMENTO REGION, CA (MPG)** - Wizard World, Inc. continues its 2015 schedule with its second trip to the Sacramento Convention Center at Wizard World Comic Con Sacramento, June 19th to June 21st. Norman Reedus (*The Walking Dead*), Danny Trejo (*Machete, From Dusk Till Dawn*), Katie Cassidy (*Arrow*), Henry Winkler (*Happy Days, Royal Pains*), Kelly Frye (*The Flash*), WWE Divas The Bella Twins and Eva Marie, and Christian Serratos (*The Walking Dead*) headline the roster of celebrity guests scheduled to attend the pop culture extravaganza. The WWE stars will appear on Saturday only, while Winkler is scheduled for all three days of the event. Other guests listed above are scheduled for Saturday and Sunday.

Other well-known Wizard World Comic Con Sacramento guests include Charlie Carver (*Teen Wolf*), Malcolm McDowell (*A Clockwork Orange*), Alfonso Ribeiro (*Fresh Prince of Bel-Air*), Giancarlo Esposito (*Once Upon a Time, Breaking Bad*), Reggie Lee (*Grimm*), Manu Bennett (*Arrow, The Hobbit: An Unexpected Journey*), Adrian Paul (*Highlander*), Kevin Conroy (*Voice Actor - Batman: The Animated Series*), Jason David Frank and David Yost (*Mighty Morphin Power Rangers*), Chris 51 (*Epic Ink*), *The Boondock Saints* duo Sean Patrick Flanery and David Della Rocco, and Scott Wilson (*The Walking Dead*).

Wizard World is also the home of the most creative comics, artists, and writers on the planet. Artist Alley at Comic Con Sacramento will feature Neal Adams (*Batman, X-Men*), Paolo Rivera (*All-New X-Men, Captain America*), Humberto Ramos (*Amazing Spider-Man, The Spectacular Spider-Man*), Mel Rubi (*Red Sonja, Doctor Strange*), Phil Ortiz (*The Simpsons, Muppet Babies*), Peter Bagge (*Hate, Mad*), Arthur Suydam (*Marvel Zombies, Army of Darkness*), Ethan Van Sciver (*Justice League, Batman*), and many others.

"We are excited to be returning to Sacramento, which was a huge success in our debut there last year," said John Macaluso, Wizard World CEO. "We sold out of three-day passes and Saturday admissions well before the event, and we have an even bigger show planned for this June."

In addition, all full-price Wizard World Comic Con Sacramento attendees will receive a limited edition exclusive variant cover of *The Walking Dead* comic, drawn by one of Wizard World's talented artist guests (to be announced). Comics will be issued at registration while supplies last and VIP attendees will receive an additional black and white sketch version.

Wizard World Comic Con events bring together thousands of fans of all ages to celebrate the



Norman Reedus from *The Walking Dead* is just one of the scheduled celebrities set to appear June 19th-21st.

best in pop-fi, pop culture, movies, graphic novels, cosplay, comics, television, sci-fi, toys, video gaming, gaming, original art, collectibles, contests, and more. Sacramento show hours are Friday, June 19th from 3 p.m. to 8 p.m.; Saturday, June 20th from 10 a.m. to 7 p.m.; and Sunday, June 21st from 11 a.m. to 5 p.m.

Wizard World Comic Con Sacramento is also the place for cosplay, with fans young and old showing off their best costumes throughout the event. Fans dressed as every imaginable character—and some never before dreamed—will roam the convention floor and participate in the famed Wizard World Costume Contest on Saturday night. For more on the 2015 Wizard World Comic Con Sacramento, visit <http://wizd.me/SacramentoPR>.

Wizard World, Inc. ([www.wizd.me/PR](http://www.wizd.me/PR)) produces Comic Cons and pop culture conventions across North America that celebrate the best in pop-fi, pop culture, movies, television, cosplay, comics, graphic novels, toys, video gaming, sci-fi, gaming, original art, collectibles, contests, and more. A first-class lineup of topical programming takes place at each event, with celebrity Q&As, comics-themed sessions, costume contests, movie screenings, evening parties, and more. Wizard World has also launched CONtv, a digital media channel in partnership with leading independent content distributor Cinedigm. Fans can interact with Wizard World on Facebook, Twitter, Pinterest, Instagram, and other social media services. The 2015 Wizard World Comic Con schedule is available at [www.wizd.me/PRSchedule2015](http://www.wizd.me/PRSchedule2015).

Source: Atherton Public Relations

# Carmichael Teacher Selected to Attend Premier Science and Math Academy

**CARMICHAEL, CA (MPG)** - Regina DiPlacito, Carmichael resident and fourth grade teacher at Aspire Alexander Twilight Charter School in Sacramento, has been selected to attend the Mickelson ExxonMobil Teachers Academy (MEMTA) this July at the Liberty Science Center in Jersey City, NJ.

Ms. DiPlacito was selected from over 1,500 teacher applicants from across the country and is one of eight California teachers attending the Academy.

Started by pro golfer Phil Mickelson and his wife, Amy, the Academy partners with ExxonMobil and math and science experts from the National Science Teachers Association and Math Solutions. Their goal is to transform the concept of how to teach math- and science-integrated lessons in elementary classrooms.

MEMTA is the most premier professional development program for third, fourth, and fifth grade teachers geared toward enhancing science and mathematics learning in the United States.

Ms. DiPlacito is a graduate of Rio Americano High School (2002) and California State University, Sacramento.

Source: Zori Lozano-Friedrich



Ms. DiPlacito, a Carmichael resident and fourth grade teacher, has been selected to attend a premier science and math academy. Photo courtesy of Zori Lozano-Friedrich



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**ARIES** (March 21 to April 19) Choosing to work with someone you once thought might have been disloyal is a courageous move. The logical next step is to talk things out so there'll be no reason for raising suspicions again.

**TAURUS** (April 20 to May 20) Take your time making a decision about a personal or work-related relationship. New facts are still coming in, and you'll want to know the full story before you take a definitive step.

**GEMINI** (May 21 to June 20) Expect to learn something new about an old problem. This could provide some insight into how the problem began, and why it still defies efforts to find a resolution. Good luck.

**CANCER** (June 21 to July 22) An uneasy work-related relationship can be eased with compromises by both sides. The parties might consider putting the agreed-upon changes in writing in case of a future misunderstanding.

**LEO** (July 23 to August 22) Oh, you lucky Felines: Your romantic aspects are in absolutely purrrfect form. Don't be surprised at how especially attentive the ladies and gentlemen in your life are going to be this week.

**VIRGO** (August 23 to Sep-

tember 22) Looking to prove yourself in a difficult situation is laudable. But try paying more attention to advice from experienced contacts. It could help you avoid time-wasting missteps.

**LIBRA** (September 23 to October 22) A business decision seems easy enough to make based on what you know. But this week could bring new facts to light, and you might have to do some heavy rethinking.

**SCORPIO** (October 23 to November 21) Feeling sure about the steps you expect to take is great. But you may need to share a few dollops of that confidence with those who have some doubts about your plans.

**SAGITTARIUS** (November 22 to December 21) A sense of well-being dominates much of the week. A slightly depressed mood could set in on the weekend. But being with family and friends helps shoot it away.

**CAPRICORN** (December 22 to January 19) You appear to be walking your life's path like the sure-footed Goat you are. But someone might feel you could do better. Listen to the advice, but make up your own mind.

**AQUARIUS** (January 20 to February 18) With positive signs growing stronger, Aquarians could find themselves facing choices that are each too good to turn down. Best advice: Go for the one you feel most comfortable with.

**PISCES** (February 19 to March 20) Someone you know might need your comfort and wisdom during a particularly difficult period. Your encouraging words help restore self-confidence and rebuild strength.

**BORN THIS WEEK:** Your kindness to all who need you is always appreciated and sets a fine example for others to follow.

(c) 2015 King Features Synd., Inc.



► If you're planning a trip to California this summer, you might want to keep in mind that in that state, it's illegal for a woman to drive while wearing a housecoat.

► Sissy Spacek was originally considered for the role of Princess Leia in the iconic 1977 film "Star Wars," but she turned it down, paving the way for Carrie Fisher. Interestingly, the year before, Carrie Fisher had been offered the title role in the horror flick "Carrie"; when she declined, Sissy Spacek stepped in.

### top ten AMERICA'S BEST EMPLOYERS

1. Google
2. Costco Wholesale
3. Marathon Petroleum
4. The Container Store
5. LL Bean
6. Baxter Int'l
7. BMW Group
8. Shaw Industries
9. Wegmans Food Markets
10. Harley-Davidson

Source: Forbes



By Sam Struckhoff  
EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of June 15, 2015.

### PICKS OF THE WEEK



"Chappie"

**"Chappie" (R)** - In a grungy vision of the near future, cities deploy experimental drone police. Unlike Robocop (who is a cyborg, not a robot), these police-droids lack the judgment and feelings of a squishy human brain. That is, until an intrepid young engineer (Dev Patel) finds a way to program true artificial intelligence into one of the metalheads. The breakthrough machine is captured by psycho hooligans (South African rap group Die Antwoord), who teach it to act like a gangster and assist in their crimes. The big-bad techno-security companies also are after this Johnny Five-O. Neill Blomkamp returns to his home turf of Johannesburg, the backdrop of his breakout hit, "District 9." Unlike the last time, however, this movie feels like an assemblage of hacky sci-fi ideas, instead of a bold statement from a singular writer/director. Even those ideas get drowned out in all of the noise.

**"Run All Night" (R)** - Liam Neeson plays Jimmy Conlon, a former hitman who now only hits the sauce. Jimmy's estranged son, Mike (Joel Kinnaman), witnesses some criminal activity and gets a target put on him and his father. Jimmy's former boss (Ed Harris), the detective who used to be on

his case (Vincent D'Onofrio) and an ice-cold killer (Common) all converge on the father-son duo as they try to make it through New York alive.

The Liam Neeson Pain Train has not yet run out of track -- he's still plowing through thugs and goons with the power of a Charles Bronson-fueled locomotive. Ed Harris rules the shadows whenever he plays the bad fella. Compared to other Liam Neeson rampages, this one ranks just beneath "Taken." It certainly packs a punch, but the pacing can dull some of the blows.

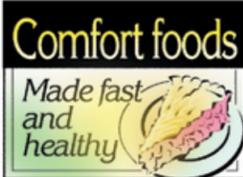
**"Old Fashioned" (PG-13)** - Clay (Rik Swartzwelder, also the film's writer and director) runs an antique shop in a Midwestern college town where a spontaneous young woman stops her car. Clay was once a lusty lad in a fraternity, but is now a 30-something who dresses like a sullen teenager and espouses the virtues of chivalry and chastity. Oh, how charming, you may think at this point. However you feel about dating, Clay is a blowhard. He pontificates about lust in the most un-cute, self-righteous way. As you watch, you hope dearly that the romantic lead (Elizabeth Ann Roberts) realizes what's going on and gets back in her car. Faith-based audiences deserve a little better.

**"Welcome to Me" (R)** - When Kristen Wiig stars as an off-kilter lotto winner who buys her own Oprah-inspired TV show, you might expect a wacky adventure with some gross-out humor. This is much more serious ... and funny, and weird. Wiig plays Alice Klieg, a woman with borderline personality disorder -- she has no filter, bizarre habits, dangerous ideas and apparently zero self-awareness, but it's not mental illness played for laughs. When she wins the lottery, Alice quits her meds, buys a TV show and creates something altogether strange and moving.

### TV RELEASES

- "The Newsroom: Season 3"
- "Two and a Half Men: Season 12"
- "Odd Couple: The Complete Series"
- "The Cosby Show - Seasons 7 & 8"
- "Lovejoy: The Complete Collection"

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### by HEALTHY EXCHANGES

#### Chicken Salad Sandwich

You may not have thought of chicken and cucumbers together before, but you will after trying this summertime salad.

- 1 1/2 cups diced cooked chicken breast
- 1/2 cup finely shredded lettuce
- 1/2 cup finely chopped cucumber
- 1/2 cup fat-free mayonnaise
- 2 tablespoons fat-free Thousand Island dressing
- 1/2 cup chopped fresh tomato
- 8 slices reduced-calorie whole-wheat bread, toasted

1. In a large bowl, combine chicken, lettuce and cucumber. Add mayonnaise and Thousand Island dressing. Mix well to combine. Stir in tomatoes.
2. For each sandwich, spoon about 1/2 cup chicken mixture between 2 slices of toast. Serve at once or refrigerate until ready to serve. Makes 4 servings.

★ Each serving equals: 223 calories, 3g fat, 23g protein, 26g carb., 607mg sodium, 1g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch/Carbo, 1/2 Vegetable.

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### The Garden Bug

Planting dahlias BY BRENDA WEAVER

Lay the dahlia tuber horizontally about 4 inches deep in a sunny spot, then cover loosely with soil. Do NOT water until sprouts have appeared above the ground. Use a low-nitrogen fertilizer, such as used for vegetables, 30 days after planting and repeat every 3 to 4 weeks after that through the growing season. Use supports for dahlias that grow 3 feet or taller. Watch for slugs and snails! They will eat the sprouts, leaves and stalks.

Source: www.dahlias.com

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## Dare to Live Without Limits

Getting Along With Others by Bryan Golden



You have to deal with many different types of people. In work situations, you have little or no choice with who you interact with. There are bosses, coworkers, subordinates, and customers. Socially, you have much more discretion. There are those you like and get along with easily. There are also people you don't care for and would rather not associate with.

Even strangers fall into one of these categories. Some are pleasant and easy to get along with while others can be rude and nasty. There may even be people who you don't care for but can't really identify a reason as to why.

It's easy to get along with those you like. The challenge lies in getting along with people you don't like or who are difficult. From a practical standpoint, you do have to get along with a wide variety of people. You can't control how others behave, but you can control how you interact with them.

Your actions can make a situation tolerable or turn it from bad to worse. When interacting with others, keep your objective in mind. You don't need to prove that you are right or that the other person is wrong. Focusing on what you are trying to accomplish helps keep things in perspective and prevents you from getting sidetracked.

Recognize that each person's reality is based on their

perceptions. How someone else views the world has no connection to how you do. Someone might be totally wrong and unable to support their position logically and yet to them, they are right. It's usually a waste of time to try to convince them otherwise.

Your goal is to accomplish your objective, not to exacerbate problems. Toward this end, you don't want to make the other person's problem yours. Don't internalize their actions. Allowing yourself to become angry, bitter, or resentful causes you a great deal of harm and won't help the situation.

Here are some techniques you can use to get along with others. First, recognize and accept people for who they are. Don't try to change them. You can't, it's a waste of your time, and it will be annoying to the other person. Work with and around who they are.

Take an interest in the other person. Let your words and actions demonstrate respect. Each person wants to feel they are important. Treat them appropriately and you will get more accomplished than if you belittle someone.

Be polite. Use "please" and "thank you." Ask rather than demand. Show your appreciation to those that assist you. Unfortunately, too many people are rude or impersonal. When you are courteous, your actions

will make a positive impression and cultivate cooperation.

Strive to understand the other person's position. You don't have to agree with them, but the more you know about their motivation, the easier it is to formulate an effective strategy to deal with them.

Be positive. Seek out solutions rather than placing blame. Becoming defensive is an automatic response to being accused of being responsible for a problem. Once someone is in this mode, they will fight you instead of being cooperative.

Be honest. People resent being misled. Word of your insincerity will spread and you will be avoided. Those people that have to deal with you will distrust you. It will be difficult, if not impossible to get others to cooperate with you.

It's actually easier to get along with others than to continually be in conflict. Apply the techniques listed above and you will experience a noticeable improvement in your interaction with others.

**NOW AVAILABLE:** "Dare to Live Without Limits," the book. Visit [www.BryanGolden.com](http://www.BryanGolden.com) or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at [bryan@columnist.com](mailto:bryan@columnist.com) or write him c/o this paper. © 2011 Bryan Golden. ★

## END OF THE BENCH BY GERRY SCHOLL

"An' a One, An' a Two, An' a Three"

Three's a crowd, or Three's Company. A three-dollar bill, or three coins in the fountain. Three little kittens, or three little pigs. Three Stooges, Three Amigos, Three Musketeers, three blind mice. Richard III, The Three Tenors, My Three Sons. The Three Fates, the Three Faces of Eve. Three times a lady. Three Doors Down, Led Zeppelin III (our favorite), Three Dog Night.

"One" may be the loneliest number (though it really should be glad it is not a "zero"), but "three" has always had a great ring to it and has been extremely popular lately. Threes are everywhere. It's a three-ring circus.

Most notably, of course, is the horse, American Pharoah, that raced to the winner's circle for the third time, winning the 147th Belmont Stakes, Saturday in New York, to become the first Triple Crown champion since Affirmed in 1978. It was a sight to behold, as the 3-year-old colt left little doubt by pulling away down the homestretch.

Three has been an iconic number in sports. Winning a Triple Crown in baseball (leading the league in batting average, home runs and RBI in the same season) has always been considered an utmost fantastic accomplishment. When Detroit's Miguel Cabrera did it in 2012 it was the first time in the American League since Boston's Carl Yastrzemski in 1967. No one in the NL has done it since 1937.

Other than around here, where everybody knows Willie Mays wore No. 24, and with the possible exception of Jackie Robinson's No. 42 that has been so honored in recent times, the most recognizable uniform number of all time in baseball is probably No. 3, worn by Babe Ruth. In auto racing, it's all about the No. 3 car of the late Dale

Earnhardt, Sr. The most identifiable of all the Super Bowls is likely No. III, because New York Jets flamboyant quarterback Joe Namath predicted that his upstarts, fresh out of the former AFL, would upset the NFL's powerhouse Baltimore Colts and did, 16-7. Three is sacred in hockey --- three goals by the same player equaling a "hat trick," prompting fans to cast away their hats upon the rink.

Tennis superstar Novak Djokovic is stuck on three. He has won three of the four majors among the sport's Grand Slam, but failed again Sunday in his third French Open final in four years, falling to Stan Wawrinka in four sets. During the awards ceremonies, Djokovic, beloved in the game as a classy, great champion, received a remarkable standing ovation that must have lasted... about three minutes.

Casey McGehee, whom the three-time World Series champion Giants acquired during the off-season to fill the hole at third base, has been down to Triple A Sacramento (where he hit well above .300) and brought back up to the big club, but remains a prime candidate to hit into a triple play at some point.

Three is a glorified number in basketball. If we dare to say "Three-peat" here, we are probably going to owe Pat Riley some money. You had the "Big Three" of the Miami Heat, LeBron James, Dwayne Wade and Chris Bosh, that went to four straight NBA finals and won two titles. LeBron's favorite song is "Gimme Three Steps," and he oftentimes takes them.

But, most important, is the three-point field goal that actually first came into being during the renegade days of the old American Basketball Association in 1967. In 1976, the ABA

merged with the NBA, bringing in its four top franchises, and the three-point shot was adopted three years later. The game was changed forever.

The Golden State Warriors have a deep connection to the three-point-shooting part of the game. MVP point guard Stephen Curry is being hailed as possibly the greatest shooter of all-time as the result of his recent exploits. His father, Dell Curry, made 1,245 threes, shooting at a .402 clip through his long career, and first-year head coach Steve Kerr (who has five championship rings as a key role player for title teams in Chicago and San Antonio) is the all-time leader in three-point accuracy at .454.

Steph Curry broke his own record for three-pointers made in a season this year by fourteen, making 286. The team led the league in three-point shooting percentage at .398. Individually, Curry ranked third, fellow Splash Brother, Klay Thompson, was fourth and Harrison Barnes 12th. But, in the overtime win against the Cavaliers in Game 1 of the Finals, the Brothers combined to make only 5 of 15. In the Game 2 OT loss, the pair plus Barnes made only 6 of 31.

The hope is that things will even out. If Curry can overcome setting records for most threes taken and missed in a Finals game (hitting only 2 of 15 in Game 2), and find the range again from beyond the arc, and lead his team to three more wins and a championship, Warriors fans will dance until a quarter to three, until they are three sheets to the wind.

(Special thanks to Larry W. for this week's headline. Mother, who would've been 92 in a few days, would have been thrilled that we remembered one of her favorite guys and used a reference here.) ★

## Cooley Legislation to Combat Homelessness Approved by Assembly, Moves to State Senate

**RANCHO CORDOVA, CA (MPG)** - Assemblyman Ken Cooley's rapid rehousing bill, AB 870, received bipartisan support on June 5th as it passed out of the State Assembly. AB 870 supports "rapid rehousing" principles by creating a pilot program and allocating \$2 million over two years to this end to four counties, to be selected by the Department of Housing and Community Development.

"Rapid rehousing focuses on quickly moving people and families—who oftentimes have experienced some sort of crisis—into stable housing," said Assemblyman Cooley. "The evidence demonstrates that when someone has a safe and secure place to live as they address other issues they may be facing, their long-term outcomes are measurably better."

Homelessness is a large problem in California. The United States Department of Housing

and Urban Development estimates that California has approximately 136,000 homeless persons, or about 22% of the entire country's homeless population. The same study indicated that there are more than 15,000 homeless veterans in California.

AB 870 creates a pilot program to be administered by the Department of Housing and Community Development with \$2 million in funding over two years. When selecting participants, the Department shall prioritize counties that have demonstrated success in utilizing rapid rehousing principles. Several counties in California already have experience offering rapid rehousing services and are well equipped to utilize any additional funding provided.

"These pro-active measures actually reduce costs to municipal governments because it eases dependence on emergency services, and homeless shelters

are able to accommodate more families," said Assemblyman Cooley. "I'm particularly grateful for the outspoken support of Assemblymember William Brough (R-Dana Point) and the many members of his caucus who joined in supporting the bill as it advances to the Senate."

AB 870 is supported by the League of California Cities, the California Police Chiefs Association, and several counties across California. It now moves to the State Senate for consideration.

Assemblyman Ken Cooley represents the 8th Assembly District, which includes the communities of Arden-Arcade, Carmichael, Citrus Heights, Rancho Cordova, Rancho Murietta, Rosemont, Wilton, and other portions of unincorporated Sacramento County. For more information, please visit <http://asmdc.org/members/a08/>. ★

## Gathering of the Chiefs

**MCCLELLAN, CA (MPG)** - The McClellan Chiefs Group is hosting the annual Gathering of the Chiefs on June 20th. The event is being held at the Aerospace Museum of California. Social hour starts at 6 p.m. and the

event is open to all active duty members, all reserve and National Guard components, and all retirees from any branch of service and their spouses or guests. Ticket price is \$35 per person. Reservations can be

made by contacting Chief Jim Kearns at (916) 944-1732 or by email at [cmsjkearns@gmail.com](mailto:cmsjkearns@gmail.com).

Source: Chief Moses ★

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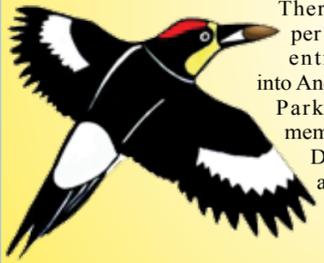
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## Free Weekend Activities at the Nature Center

**CARMICHAEL, CA (MPG)** - There will be no June Gloom at the Effie Yeaw Nature Center. The Nature Center (2850 San Lorenzo Way) is hosting a series of free, fun, and informational events throughout the month of June. 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.

**Along the River Edge:** Who lives at the river edge? Find out on Saturday, June 13th at 10:30 a.m. as you hike with a naturalist and explore the habitat where beaver, otter, herons, and other wildlife live. Bring binoculars or borrow a pair from the Nature Center. All ages are welcome.

**Cold Blooded Creatures:** Some have scaly skin, some have slimy skin, some have legs, and some do not. Can you guess what they are? Find out on Sunday, June 14th at 1:30 p.m. when you can meet a resident animal up close. All ages are welcome.

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

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Senior Computer School is a non-profit organization staffed by volunteer instructors, assistants, and office staff. We train 40-60 students every month with 8 to 16 students in each class. Step by step instructions are conducted with clearly written lessons. There is no need to take notes as the lessons are provided for you to keep after each session. Assistants provide individual help, as needed during each session.

The Senior Computer School learning center is located at the back of the Rio Americano High School campus, 4540 American River Drive, Sacramento, CA 95864. Free parking is available near the levee road, inside the chain linked fenced area. Look for the Senior banner on the Learning Center.



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For more information on how to become a Senior Computer School volunteer or to enroll for classes, contact the Sacramento Computer School Learning center at (916) 485-9572 or email to [student2917@hotmail.com](mailto:student2917@hotmail.com)



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

For Solutions See Page 9

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Sudoku Puzzle on Page 8

Sudoku grid with numbers 1-9 in some cells and empty cells for solving.

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Crossword Puzzle on Page 8

Crossword puzzle grid with some letters filled in.

**Wizard of Id** by Parker, Mastroianni & Hart



**Hole Molé** by Rick Hotten



**BC** by Mastroianni & Hart



**Cranky Girl** by Crystal Jones



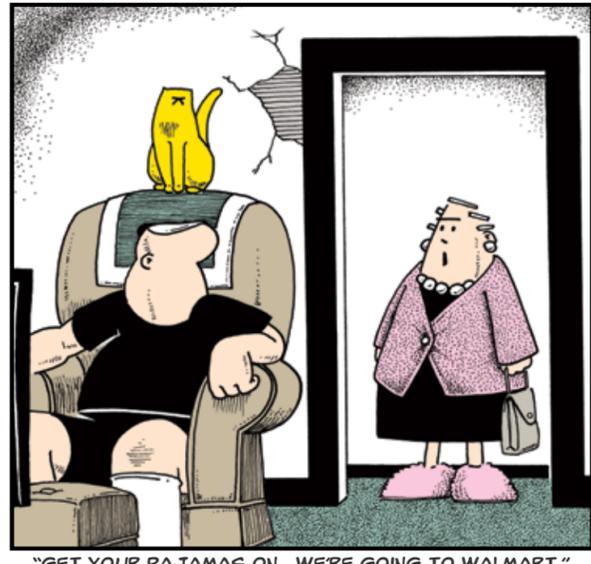
**Frank and Steinway** by Wil Panganiban



**Tundra** by Chad Carpenter



**Friday Morning** by Brad Diller



**Speckticles** by Bill Abbott



**Tastes Like Chicken** BY JOSH ALVES



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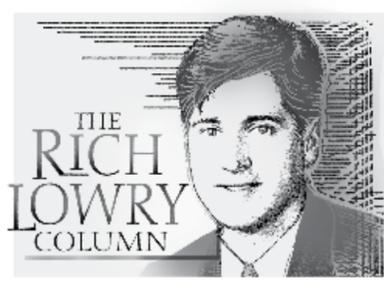
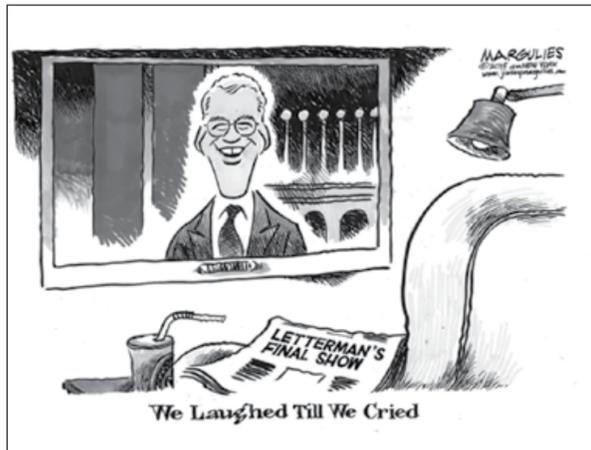
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By Rich Lowry

### The Anti-NSA Bumper Sticker

If the National Security Agency's bulk-data program expires, the coroner should conclude that it was "Death by Bumper Sticker."

Rarely has a controversial government program been so fiercely debated and so poorly understood. Authorized by soon-to-expire Section 215 of the Patriot Act, it has been brought to the edge of extinction by a couple of simple but inaccurate phrases, including "listening to your phone calls" and "domestic spying."

You can listen to orations on the NSA program for hours and be outraged by its violation of our liberties, inspired by the glories of the Fourth Amendment and prepared to mount the barricades to stop the NSA in its tracks -- and still

have no idea what the program actually does. That's what the opponents leave out or distort, since their case against the program becomes so much less compelling upon fleeting contact with reality.

The program involves so-called meta-data, information about phone calls, but not the content of the calls -- things like the numbers called, the time of the call, the duration of the call. The phone companies have all this information, which the NSA acquires from them.

What happens next probably won't shock you, and it shouldn't. As Rachel Brand of the Privacy and Civil Liberties Oversight Board writes, "It is stored in a database that may be searched only by a handful of trained employees, and even they may search it only after a judge has determined that there is evidence connecting a specific phone number to terrorism."

The charge of domestic spying is redolent of the days when J. Edgar Hoover targeted and harassed Martin Luther King Jr. Not only is there zero evidence of any such abuse, it isn't even possible based on the NSA database alone. There are no names with the numbers. As former prosecutor Andrew C. McCarthy points out, whitepages.com has more personal identifying information.

The NSA is hardly a rogue agency. Its program is overseen by a special panel of judges, and it has briefed Congress

about its program for years.

In the context of all that is known about us by private companies, the NSA is a piker. Take the retailer Target, for example. According to The New York Times, it collects your "demographic information like your age, whether you are married and have kids, which part of town you live in, how long it takes you to drive to the store, your estimated salary, whether you've moved recently, what credit cards you carry in your wallet and what Web sites you visit."

Of course, the Fourth Amendment applies to the government, not private entities like Target.

There are legitimate criticisms of the NSA program. It currently hangs on vague phrasing in the Patriot Act. Congress should make it unmistakable that it is authorizing exactly what the NSA is doing. But the program doesn't deserve the ignominy that has it in such political peril. The House has passed a reform that might render the program unworkable, and the Senate hasn't yet been able to act. It is hard to match the power of a bumper sticker.

Rich Lowry is editor of the National Review.  
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### Summer Flea Control

DEAR PAW'S CORNER: Temperatures are really warming up now, and with it, I know, will come the annual onslaught of fleas on my dog, cat and all over my house. Is there any way I can get rid of fleas for good? - Charlotte in Columbia, MD

DEAR CHARLOTTE: Flea infestations are incredibly annoying and tough to beat --even when you think fleas have been eradicated, they often come back. Winter temperatures often send these pests into dormancy or at least reduce their activity, but they return with a vengeance in spring and summer.

A pre-emptive attack could make a big difference in this summer's flea wars. While you may not notice adult fleas on your pets just yet, flea eggs or larvae may be present on their fur or throughout the house. Start by talking to the veterinarian about the best treatment for your pets. Many

owners swear by one-month topical treatments that are applied to the back of a dog or cat's neck, but others are leery due to potentially serious side effects. Consider alternatives if you're not sure.

Next, treat your home for fleas -- using a carpet and upholstery treatment designed for both adult fleas and their eggs. You'll want to tackle not just the carpet and dusty corners of the house, but the furniture and any linens, such as curtains, that aren't frequently cleaned. Keep pets out of rooms until the treatment you're using has been vacuumed up or washed away.

Through the summer, brush your pets' coats daily, checking for fleas. Vacuum and dust at least once per week.

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

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P.O. Box 14
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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-03885 Amiel Jaramillo, 8209 Brick
Hearth Place, Antelope, CA 95843 is doing business
under the Fictitious Business Name(s) "Jaramillo &
Borcykowski, Attorneys at Law" at 3620 American
River Drive, Suite 220, Sacramento, CA 95864. Filed
with the Clerk of Sacramento County May 11, 2015.
Publish: May 22, 29, June 5 and 12, 2015
JARAMILLO 150511 6-12-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-03956 Erik Lee Hanson, Jr., 18 Bethesda
Court, Sacramento, CA 95838 and Corey Jay Gilbert,
8645 Moorefield Way, Sacramento, CA 95825
are doing business under the Fictitious Business
Name(s) "All-American Baseball Academy" at 18
Bethesda Court, Sacramento, CA 95838. Filed with
the Clerk of Sacramento County May 12, 2015.
Publish: May 22, 29, June 5 and 12, 2015
ALLAMERICAN 150513 6-12-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-03933 Gretchen R. Valencia, 4825
Hazel Avenue, Fair Oaks, CA 95628 and Albert
W. Brown, 7420 Hickory Avenue, Orangevale,
CA 95662 are doing business under the Fictitious
Business Name(s) "Al & Greta's Brews Cruz" at
7420 Hickory Avenue, Orangevale, CA 95662. Filed
with the Clerk of Sacramento County May 12, 2015.
Publish: May 22, 29, June 5 and 12, 2015
ALLGRETAS 150513 6-12-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-03773 Shirley Kwan Smith, 7750 El Douro
Drive, Sacramento, CA 95831 is doing business under
the Fictitious Business Name(s) "The Collective Boom,
Sacto Launchpad, SKS Communications" at 7750 El
Douro Drive, Sacramento, CA 95831. Filed with the
Clerk of Sacramento County May 6, 2015.
Publish: May 22, 29, June 5 and 12, 2015
COLLECTIVE 150513 6-12-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-03901 Cherish Cox, 5939 63rd Street,
Sacramento, CA 95824 is doing business under the
Fictitious Business Name(s) "Ladd Pool Service" at
5939 63rd Street, Sacramento, CA 95824. Filed
with the Clerk of Sacramento County May 11, 2015.
Publish: May 22, 29, June 5 and 12, 2015
LADDPPOOL 150511 6-12-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-03927 a'Ali DeSousa, LLC, 3231 Libby
Way, Sacramento, CA 95821 is doing business under
the Fictitious Business Name(s) "Soulstorm Media
Group" at 3231 Libby Way, Sacramento, CA 95821.
Filed with the Clerk of Sacramento County May 12, 2015.
Publish: May 22, 29, June 5 and 12, 2015
SOULSTORM 150514 6-12-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-03932 Teri K. Grummett, 5618 Beauregard
Way, Orangevale, CA 95662 is doing business under
the Fictitious Business Name(s) "The Stage Coach" at
5618 Beauregard Way, Orangevale, CA 95662. Filed
with the Clerk of Sacramento County May 12, 2015.
Publish: May 22, 29, June 5 and 12, 2015
STAGECOACH 150514 6-12-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-03882 Scott, Tobias Maurice, 8942
Alderson Avenue, Sacramento, CA 95826 is doing
business under the Fictitious Business Name(s)
"Tobias Maurice Scott, Tobias Scott, Tobias M.
Scott, Tobias Scott Maurice, T. Scott" at 8942
Alderson Avenue, Sacramento, CA 95826. Filed
with the Clerk of Sacramento County May 11, 2015.
Publish: May 22, 29, June 5 and 12, 2015
TOBIAS 150514 6-12-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-03155 Shauntee Thompson, 7201
Gloria Drive, Apt. #10, Sacramento, CA 95831 is
doing business under the Fictitious Business
Name(s) "So Seductive Cosmetics" at 7201 Gloria
Drive, Apt. #10, Sacramento, CA 95831. Filed with
the Clerk of Sacramento County April 15, 2015.
Publish: May 22, 29, June 5 and 12, 2015
SOSEDUCTIVE 150514 6-12-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-03750 Bruce and Laura Wiener,
8600 Pardillo Avenue, Orangevale, CA 95662
are doing business under the Fictitious Business
Name(s) "Otis Automotive" at 8019 Sacramento
Street, Fair Oaks, CA 95628. Filed with the
Clerk of Sacramento County May 6, 2015.
Publish: May 22, 29, June 5 and 12, 2015
OTIS 150514 6-12-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-03976 Ryder's Ridez, Inc., 3349 Brownlea
Circle, Antelope, CA 95843 is doing business under
the Fictitious Business Name(s) "Ryder's Ridez" at
4801 Stockton Boulevard, Suite C, Sacramento, CA
95820. Filed with the Clerk of Sacramento County
May 13, 2015.
Publish: May 22, 29, June 5 and 12, 2015
RYDERS 150513 6-12-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04007 Dashevia Q. Jolly, 2203 River
Plaza Drive, Apt. 307, Sacramento, CA 95816 is
doing business under the Fictitious Business Name(s)
"Fashion 28" at 3257 Folsom Boulevard, Sacramento,
CA 95816. Filed with the Clerk of Sacramento County
May 14, 2015.
Publish: May 22, 29, June 5 and 12, 2015
FASHION28 150515 6-12-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04041 Tigran Avetsyan, 4800 Marconi
Avenue #109, Carmichael, CA 95608 and Marianna
Hovakimyan, 3513 Middlewood Circle, Sacramento,
CA 95827 are doing business under the Fictitious
Business Name(s) "AT and Family" at 4800 Marconi
Avenue #109, Carmichael, CA 95608. Filed with
the Clerk of Sacramento County May 15, 2015.
Publish: May 22, 29, June 5 and 12, 2015
AT&FRIENDS 150515 6-12-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-03982 Arnulfo Alvarado, 1385 Pebblewood
Drive, Sacramento, CA 95833 are doing business under
the Fictitious Business Name(s) "Fabulous Photobooth"
at 1385 Pebblewood Drive, Sacramento, CA 95833.
Filed with the Clerk of Sacramento County May 13, 2015.
Publish: May 22, 29, June 5 and 12, 2015
FABULOUS 150517 6-12-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04075 Carly Bradley, 8136 Sunrise
East Way, Fair Oaks, CA 95628 is doing business
under the Fictitious Business Name(s) "Therapeutic
Massage And Bodywork" at 8146 Greenback
Lane, Suite 105, Fair Oaks, CA 95628. Filed with
the Clerk of Sacramento County May 19, 2015.
Publish: May 29, June 5, 12 and 19, 2015
THERAPEUTIC 150522 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04097 Inan Rashidi, 12801 Fair Oaks
Boulevard, Apt. 363, Citrus Heights, CA 95610 is
doing business under the Fictitious Business
Name(s) "IR Photo" at 12801 Fair Oaks Boulevard,
Apt. 363, Citrus Heights, CA 95610. Filed with
the Clerk of Sacramento County May 19, 2015.
Publish: May 29, June 5, 12 and 19, 2015
IRPHOTO 150519 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04042 Tyler Yeagley, 7453 Sandalwood
Way, #17, Citrus Heights, CA 95621 and Thomas
White, 7250 Auburn Boulevard #225, Citrus
heights, CA 95610 are doing business under the
Fictitious Business Name(s) "Inner Harmony
Healing and Inner Harmony Massage" at 7996
California Avenue #6, Fair Oaks, CA 95623. Filed
with the Clerk of Sacramento County May 15, 2015.
Publish: May 29, June 5, 12 and 19, 2015
INNER 150519 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04114 Susan K. Siragusa, 2881 Sierra
Boulevard, Sacramento, CA 95864 is doing business
under the Fictitious Business Name(s) "Chica Squared"
at 2881 Sierra Boulevard, Sacramento, CA 95864. Filed
with the Clerk of Sacramento County May 19, 2015.
Publish: May 29, June 5, 12 and 19, 2015
CHICA 150519 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04104 Miguel Carlos Jimenez and Alma
Dela Garcia, 1901 Terrace Drive, Sacramento,
CA 95825 are doing business under the Fictitious
Business Name(s) "Number Eight Video Productions"
at 1901 Terrace Drive, Sacramento, CA 95825. Filed
with the Clerk of Sacramento County May 19, 2015.
Publish: May 29, June 5, 12 and 19, 2015
NUMBER 150520 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04033 Urban Flex Fitness, Inc., 6219 Ross
Avenue, Carmichael, CA 95608 is doing business
under the Fictitious Business Name(s) "Urban Flex Fitness"
at 6219 Ross Avenue, Carmichael, CA 95608. Filed
with the Clerk of Sacramento County May 15, 2015.
Publish: May 29, June 5, 12 and 19, 2015
URBAN 150520 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04142 Nicholas J. Doucakis, 4502 Casa
Court, Fair Oaks, CA 95628 is doing business under
the Fictitious Business Name(s) "Professional Technology
Group" at 4502 Casa Court, Fair Oaks, CA 95628. Filed
with the Clerk of Sacramento County May 20, 2015.
Publish: May 29, June 5, 12 and 19, 2015
PROFESSIONAL 150520 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-03762 Beau Richins, 4441 Wyman
Drive, Sacramento, CA 95821 is doing business
under the Fictitious Business Name(s) "My Mouse
Works Computer Repair" at 6437 Fair Oaks
Boulevard, Carmichael, CA 95608. Filed with
the Clerk of Sacramento County May 6, 2015.
Publish: May 29, June 5, 12 and 19, 2015
MOUSE 150522 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04172 American Therapy Tubs, LLC, 2703
5th Street #9, Sacramento, CA 95818 is doing business
under the Fictitious Business Name(s) "Light Savers"
at 2703 5th Street #9, Sacramento, CA 95818. Filed
with the Clerk of Sacramento County May 21, 2015.
Publish: May 29, June 5, 12 and 19, 2015
LIGHT 150522 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-03696 Giana M. Sarha, 417 Willow
Creek Drive, Folsom, CA 95630 is doing business
under the Fictitious Business Name(s) "Claykeep"
at 417 Willow Creek Drive, Folsom, CA 95630. Filed
with the Clerk of Sacramento County May 4, 2015.
Publish: May 29, June 5, 12 and 19, 2015
CLAYKEEP 150521 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04030 Shawn Arthur Brendle, 2726 E
Street, Sacramento, CA 95816 is doing business under
the Fictitious Business Name(s) "BAS IT Consulting"
at 2726 E Street, Sacramento, CA 95816. Filed
with the Clerk of Sacramento County May 15, 2015.
Publish: May 29, June 5, 12 and 19, 2015
BASIT 150521 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04000 Antonio Mendoza, 8556 Summit
Brook Court, Elk Grove, CA 95624 is doing business
under the Fictitious Business Name(s) "Acc-Express"
at 8556 Summit Brook Court, Elk Grove, CA 95624.
Filed with the Clerk of Sacramento County May 14, 2015.
Publish: May 29, June 5, 12 and 19, 2015
ACCEXPRESS 150521 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04154 Payman Boldaji, 5244 Shereen
Court, Sacramento, CA 95841 is doing business
under the Fictitious Business Name(s) "Sun Air
Heating & Cooling and Shiny Air Heating & Cooling"
at 5244 Shereen Court, Sacramento, CA 95841. Filed
with the Clerk of Sacramento County May 20, 2015.
Publish: May 29, June 5, 12 and 19, 2015
SUNAIR 150521 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04008 Srikanth and Sudha Koppetsky,
Atasisoft, LLC, 545 Lefevre Drive, Folsom, CA
95630 are doing business under the Fictitious
Business Name(s) "Atasisoft, LLC" at 545
Lefevre Drive, Folsom, CA 95630. Filed with
the Clerk of Sacramento County May 14, 2015.
Publish: May 29, June 5, 12 and 19, 2015
ATASISOFT 150521 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04019 Jonathan and Maria Szabo, 10566
Malaysia Drive, Rancho Cordova, CA 95670 are doing
business under the Fictitious Business Name(s) "Szabo
Design Engineers & Consultants and SZADEC"
at 10566 Malaysia Drive, Rancho Cordova, CA 95670.
Filed with the Clerk of Sacramento County May 15, 2015.
Publish: May 29, June 5, 12 and 19, 2015
SZADEC 150521 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04390 Shannon P. Jackson, 5690 Valletta
Way, Sacramento, CA 95820 is doing business
under the Fictitious Business Name(s) "Bar Uno"
at 5690 Valletta Way, Sacramento, CA 95820. Filed
with the Clerk of Sacramento County April 24, 2015.
Publish: May 29, June 5, 12 and 19, 2015
BARUNCO 150521 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04050 Amy Rooney, 2309 Edison Avenue
#3, Sacramento, CA 95821 is doing business under
the Fictitious Business Name(s) "Trays and Bouquets
Food and Flower Creations, Flavorful Expressions"
at 2309 Edison Avenue #3, Sacramento, CA 95821.
Filed with the Clerk of Sacramento County May 15, 2015.
Publish: May 29, June 5, 12 and 19, 2015
TRAYS 150526 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04209 Michelle Gilson, 3205 Foggy Bank
Way, Sacramento, CA 95833 is doing business
under the Fictitious Business Name(s) "Force
Fed Motorsports" at 631 N. Market Boulevard,
Suite H, Sacramento, CA 95834. Filed with the
Clerk of Sacramento County May 22, 2015.
Publish: May 29, June 5, 12 and 19, 2015
FORCEFED 150522 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04088 CVHCare Corporation, 2410
Camino Ramon, Suite 331, San Ramon, CA 94583 is
doing business under the Fictitious Business Name(s)
"CVH-Care Sacramento" at 10860 Gold Center
Drive, Suite 130, Rancho Cordova, CA 95670. Filed
with the Clerk of Sacramento County May 19, 2015.
Publish: May 29, June 5, 12 and 19, 2015
CVHCARE 150522 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04217 Yaminah Drake, 6580 Elder
Creek Road #66, Sacramento, CA 95824 is doing
business under the Fictitious Business
Name(s) "BeautyFly" at 6501 Elder Creek Road
#66, Sacramento, CA 95824. Filed with the
Clerk of Sacramento County May 26, 2015.
Publish: June 5, 12, 19 and 26, 2015
BEAUTYFLY 150526 6-26-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04211 Richard B. and Robin L. McCauley,
9105 Birdsong Court, Sacramento, CA 95826
are doing business under the Fictitious Business
Name(s) "Superior On-Site Solutions" at 9105
Birdsong Court, Sacramento, CA 95826. Filed
with the Clerk of Sacramento County May 26, 2015.
Publish: June 5, 12, 19 and 26, 2015
SUPERIOR 150527 6-26-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04220 Marlena and Michael Robertson,
446 Mariner Point Way, Sacramento, CA 95831 are
doing business under the Fictitious Business Name(s)
"MBR Enterprise, Tillys N Things, Succs N Stuff"
at 446 Mariner Point Way, Sacramento, CA 95831.
Filed with the Clerk of Sacramento County May 26, 2015.
Publish: June 5, 12, 19 and 26, 2015
TILLYNTHINGS 150527 6-26-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04099 Marko Obradovic, 9 Cedar Grove
Court, Sacramento, CA 95831 is doing business under
the Fictitious Business Name(s) "The Youth Department"
at 9 Cedar Grove Court, Sacramento, CA 95831.
Filed with the Clerk of Sacramento County May 19, 2015.
Publish: June 5, 12, 19 and 26, 2015
YOUTHDEPT 150528 6-26-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-03943 Marius Cantea, 8208 Judette
Avenue, Sacramento, CA 95828 is doing
business under the Fictitious Business Name(s)
"Capitol Disaster Restoration" at 8208 Judette
Avenue, Sacramento, CA 95828. Filed with
the Clerk of Sacramento County May 12, 2015.
Publish: June 5, 12, 19 and 26, 2015
CAPTIOL 150528 6-26-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04175 Don and Marci Cruzon, 3601
Affirmed Way, Carmichael, CA 95608 is doing
business under the Fictitious Business Name(s)
"Jewelry & Gems by D & M" at 3601 Affirmed
Way, Carmichael, CA 95608. Filed with the
Clerk of Sacramento County May 21, 2015.
Publish: June 5, 12, 19 and 26, 2015
JEWELRY 150528 6-26-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04036 Ahmad/Abou Elkheir, 3562 Nouveau
Way, Rancho Cordova, CA 95670 is doing business
under the Fictitious Business Name(s) "A2 Auto Sales"
at 2211D Fulton Avenue, Sacramento, CA 95825.
Filed with the Clerk of Sacramento County May 15, 2015.
Publish: June 5, 12, 19 and 26, 2015
A2AUTO 150529 6-26-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-03722 Bushra Mehmood, 3317 Nut
Plains Drive, Sacramento, CA 95827 is doing
business under the Fictitious Business Name(s)
"Classic Eye Brows Threading" at 9665 N.A. Folsom
Boulevard, Sacramento, CA 95827. Filed with
the Clerk of Sacramento County May 5, 2015.
Publish: June 5, 12, 19 and 26, 2015
CLASSICEYE 150529 6-26-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04202 Jack Spinger, 9300 Hallencock
Lane, Orangevale, CA 95662 is doing business under
the Fictitious Business Name(s) "Win Services"
at 9300 Hallencock Lane, Orangevale, CA 95662.
Filed with the Clerk of Sacramento County May 22, 2015.
Publish: June 5, 12, 19 and 26, 2015
IWIN 150531 6-26-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-03716 Jacquie Robinson, 8139 Traver
Court, Sacramento, CA 95828 is doing business under
the Fictitious Business Name(s) "Jacquie's Catering"
at 8139 Traver Court, Sacramento, CA 95828. Filed
with the Clerk of Sacramento County May 5, 2015.
Publish: June 5, 12, 19 and 26, 2015
JACQUIES 150601 6-26-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-03767 Ashanti Manuel and Maurice
Dodson, 3648 Reel Circle, Sacramento, CA 95823
are doing business under the Fictitious Business
Name(s) "Classy Diva's Purse Boutique" at 2251
Florin Road, Suite 106, Sacramento, CA 95823.
Filed with the Clerk of Sacramento County May 6, 2015.
Publish: June 5, 12, 19 and 26, 2015
CLASSY 150528 6-26-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04133 Anderson & Raclemaker, LLC, 502
29th Street, Sacramento, CA 95816 are doing business
under the Fictitious Business Name(s) "Pine Cove
Tavern" at 502 29th Street, Sacramento, CA 95816.
Filed with the Clerk of Sacramento County May 20, 2015.
Publish: June 5, 12, 19 and 26, 2015
PINECOVE 150528 6-26-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04218 Flavio Ayala, 3332 Churchill Road,
Sacramento, CA 95821 is doing business under the
Fictitious Business Name(s) "Official Fades Barber
Shop" at 2432 Mission Avenue, Carmichael, CA 95608.
Filed with the Clerk of Sacramento County May 26, 2015.
Publish: June 12, 19, 26 and July 3, 2015
OFFICIAL 150601 7-3-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04190 JAIME Foreman, 340 Cadillac
Drive, Apt. 33, Sacramento, CA 95825 and
Curtis Cox, 680 Summer Way, Rio Vista, CA
94571 are doing business under the Fictitious
Business Name(s) "Fox Design" at 340 Cadillac
Drive, Apt. 33, Sacramento, CA 95825. Filed with
the Clerk of Sacramento County May 22, 2015.
Publish: June 12, 19, 26 and July 3, 2015
FOXDESIGN 150526 7-3-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04513 Henry and Susie Valentine,
30 Sheen Court, Sacramento, CA 95835 are
doing business under the Fictitious Business
Name(s) "Valpro Attorney Services" at 30 Sheen
Court, Sacramento, CA 95835. Filed with the
Clerk of Sacramento County June 2, 2015.
Publish: June 12, 19, 26 and July 3, 2015
VALPRO 150602 7-3-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04526 Vitally Petrenko, 6810 26th Street,
Rio Linda, CA 95673 is doing business under the
Fictitious Business Name(s) "Vitally Petrenko"
at 6810 26th Street, Rio Linda, CA 95673. Filed
with the Clerk of Sacramento County June 3, 2015.
Publish: June 12, 19, 26 and July 3, 2015
VITALITY 150603 7-3-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04252 Bollons - I Corporation, 3081
Alhambra Drive #102, Cameron Park, CA 95682 is
doing business under the Fictitious Business Name(s)
"Senior Helpers Sacramento Region" at 5150 Sunrise
Boulevard, Suite D-5, Fair Oaks, CA 95628. Filed
with the Clerk of Sacramento County May 27, 2015.
Publish: June 12, 19, 26 and July 3, 2015
SENIOR 150602 7-3-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04056 Newgauss Nguyen, 4236 North
Country Drive, Antelope, CA 95843 is doing business
under the Fictitious Business Name(s) "Alpha Techs"
at 5807 B Manzanita Avenue, Carmichael, CA 95608.
Filed with the Clerk of Sacramento County May 18, 2015.
Publish: June 12, 19, 26 and July 3, 2015
ALPHA 150603 7-3-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-04256 United Way California Capital
Region, 10389 Old Placerville Road, Sacramento,
CA 95827 is doing business under the Fictitious
Business Name(s) "Our Promise California State
Employees Giving At Work, Our Promise, OP"
at 10389 Old Placerville Road, Sacramento, CA 95827.
Filed with the Clerk of Sacramento County May 27, 2015.
Publish: June 12, 19, 26 and July 3, 2015
OURPROMISE 150603 7-3-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-03954 Sherif Doctor, 153 Flat Rock
Court, Folsom, CA 95630 is doing business under
the Fictitious Business Name(s) "Accounting Practice
Sales" at 153 Flat Rock Court, Folsom, CA 95630.
Filed with the Clerk of Sacramento County May 12, 2015.
Publish: June 12, 19, 26 and July 3, 2015
ACCOUNTING 150608 7-3-15

ORDER TO SHOW FOR CHANGE OF NAME

COUNTY OF SACRAMENTO
AMENDED ORDER TO
SHOW CAUSE CHANGE OF NAME
#34-2015-00177610
WHEREAS, Yanna Patrice-Kearne Benoit
has filed a petition with this court for a decree
changing the name(s) of Yanna Patrice-
Kearne Benoit to Yanna Patrice-Kearne
Hall.
IT IS ORDERED that all persons interested in
the above entitled matter appear before this court
at 9:00 a.m. on June 15, 2015, in Department 54,
located at 800 Ninth Street, Third Floor, Sacramento,
CA 95825, and show cause, if any, why the petition
for Change of Name should not be granted.
Dated: April 8, 2015
Raymond M. Cadei, Judge of the Superior Court
Publish: May 22, 29, June 5 and 12, 2015
PATRICE 150514 6-12-15

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2015-00179129
WHEREAS, FNU Hamid has filed a petition
with this court for a decree changing the
name(s) of FNU Hamid to Hamid NIAZI.
IT IS ORDERED that all persons interested in
the above entitled matter appear before this court at 2:00
p.m. on July 17, 2015, in Department 53, located
at 800 Ninth Street, Third Floor, Sacramento, CA
95825, and show cause, if any, why the petition
for Change of Name should not be granted.
Dated: May 13, 2015
David I. Brown, Judge of the Superior Court
Publish: May 22, 29, June 5 and 12, 2015
HAMID 150513 6-12-15

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2015-00179410
WHEREAS, Lieaa Patrice Gipson has filed a petition
with this court for a decree changing the name(s)
of Laylani Naomi Calvert to Laylani Naomi Parker.
IT IS ORDERED that all persons interested in
the above entitled matter appear before this court at 9:00
a.m. on July 21, 2015, in Department 54, located
at 800 Ninth Street, Third Floor, Sacramento, CA
95825, and show cause, if any, why the petition
for Change of Name should not be granted.
Dated: May 20, 2015
Raymond M. Cadei, Judge of the Superior Court
Publish: May 29, June 5, 12 and 19, 2015
GIPSON 150520 6-19-15

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2015-00179422
WHEREAS, Elizabeth Leah Lavine has filed a petition
with this court for a decree changing the name(s)
of Benjamin Hayden Luna to Benjamin Hayden Ference.
IT IS ORDERED that all persons interested in
the above entitled matter appear before this court at 9:00
a.m. on July 23, 2015, in Department 53, located
at 800 Ninth Street, Third Floor, Sacramento, CA
95825, and show cause, if any, why the petition
for Change of Name should not be granted.
Dated: May 20, 2015
Raymond M. Cadei, Judge of the Superior Court
Publish: May 29, June 5, 12 and 19, 2015
LAVINE 150520 6-19-15

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2015-00179434
WHEREAS, FNU Nadera has filed a petition
with this court for a decree changing the
name(s) of FNU Nadera to Nadera Muttaqi.
IT IS ORDERED that all persons interested in
the above entitled matter appear before this court at 2:00
p.m. on July 23, 2015, in Department 53, located
at 800 Ninth Street, Third Floor, Sacramento, CA
95825, and show cause, if any, why the petition
for Change of Name should not be granted.
Dated: May 20, 2015
David I. Brown, Judge of the Superior Court
Publish: May 29, June 5, 12 and 19, 2015
NADERA 150520 6-19-15

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2015-00179434
WHEREAS, FNU Zabihullah has filed a petition
with this court for a decree changing the name(s)
of FNU Zabihullah to Zabihullah Muttaqi.
IT IS ORDERED that all persons interested in
the above entitled matter appear before this court at 2:00
p.m. on July 22, 2015, in Department 53, located
at 800 Ninth Street, Third Floor, Sacramento, CA
95825, and show cause, if any, why the petition
for Change of Name should not be granted.
Dated: May 20, 2015
David I. Brown, Judge of the Superior Court
Publish: May 29, June 5, 12 and 19, 2015
ZABIHULLAH 150520 6-19-15

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2015-00179395
WHEREAS, Tamara Vanessa Loper has filed a petition
with this court for a decree changing the name(s)
of Tamara Vanessa Loper to Tamara Vanessa Vermeulen.
IT IS ORDERED that all persons interested in
the above entitled matter appear before this court at 2:00
p.m. on July 20, 2015, in Department 53, located
at 800 Ninth Street, Third Floor, Sacramento, CA
95825, and show cause, if any, why the petition
for Change of Name

# 2015 US Senior Open Creeps Closer

By Ben Barber

**SACRAMENTO REGION, CA (MPG)** - The 2015 US Senior open is just around the corner, and just in time for some blistering heat. The tournament will take place June 22nd through the 28th with some of the best Senior Golfers in the world competing for the open title.

The Del Paso Country Club (3333 Marconi Avenue, Sacramento) will be hosting the event with an estimated

125,000 – 140,000 expected to attend throughout the week. On top of the hundreds of thousands of spectators are over 2,600 volunteers to help the event go smoothly. You don't need a math degree to figure out that is a lot of people, and with over \$17 million coming into the community from the event, the Del Paso Country Club took every step possible to make sure the logistic wrinkles were ironed out. Complimentary parking will

be set up at Cal Expo where spectators will be able to ride a free shuttle to the Country Club. The shuttles start running at 6 a.m., which is great for those trying to beat the heat. To find more information about the event, visit [www.2015useniorenopen.com](http://www.2015useniorenopen.com). The website also provides an application for volunteers as well as ticket sales for the event. ★

# Honor and Respect for the United States Flag Shows in Its Folds

**SACRAMENTO REGION, CA (MPG)** - June 14th is Flag Day. Most people are aware that at military ceremonies and on holidays such as Memorial Day and Veterans Day, there are flag folding ceremonies. At the funeral of a veteran, an American flag is folded by two people in a very precise way and given to the next of kin.

It is thought that the practice was likely developed during World War I when patriotism was high and the United States flag was universally embraced as a national symbol. The custom of folding the flag into the shape of a triangle bestows unique honor and respect.

A lot of thought and even some history has gone into the folding of the flag. This explanation comes from the American Legion.

### Meaning of Flag-Folding Program

The flag-folding ceremony represents the same religious principles on which our great country was originally founded. The portion of the flag denoting honor is the canton of blue containing the stars representing states our veterans served in uniform. The canton field of blue dresses from left to right and is inverted only when draped as a pall on the casket of a veteran who has served our country honorably in uniform.

In the U.S. Armed Forces at the ceremony of retreat, the flag is lowered, folded in a triangle fold, and kept under watch throughout the night as a tribute to our nation's honored dead.



The next morning, it is brought out and, at the ceremony of reveille, run aloft as a symbol of our belief in the resurrection of the body.

### Symbols for the Folds of the Flag

The **first** fold of the flag is a symbol of life. The **second** fold is a symbol of our belief in eternal life. The **third** fold is made in honor and remembrance of the veteran departing our ranks who gave his or her life for the defense of our country. The **fourth** fold represents our weaker nature; as American citizens trusting in God, it is to Him we turn in times of peace as well as times of war for His divine guidance. The **fifth** fold is a tribute to our country, for in the words of Stephen Decatur, "Our country, in dealing with other countries, may she always be right, but it is still our country, right or wrong."

The **sixth** fold is for where our hearts lie. It is with our heart that we pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all. The **seventh** fold is a tribute to our armed forces, for it

is through the armed forces that we protect our country and our flag against all enemies, whether they be found within or without the boundaries of our republic. The **eighth** fold is a tribute to the one who entered into the valley of the shadow of death, that we might see the light of day, and to honor our mother for whom it flies on Mother's Day. The **ninth** fold is a tribute to womanhood, for it has been through their faith, love, loyalty, and devotion that the character of the men and women who have made this country great was molded.

The **10th** fold is a tribute to father, for he too has given his sons and daughters for the defense of our country since he or she was first born. The **11th** fold, in the eyes of Hebrew citizens, represents the lower portion of the seal of King David and King Solomon and glorifies, in their eyes, the God of Abraham, Isaac, and Jacob. The **12th** fold, in the eyes of a Christian citizen, represents an emblem of eternity and glorifies, in their eyes, God the Father, the Son, and the Holy Ghost.

The source and the date of origin of this flag-folding procedure is unknown, however some sources attribute it to the Gold Star Mothers of America while others to an Air Force chaplain stationed at the United States Air Force Academy. Others consider it to be an urban legend. It is provided as a patriotic service to all.

Source: American Legion and Annin Flagmakers ★

# New Cat Cafe to Promote Adult Cat Adoption



The Sacramento County Bradshaw Shelter's "Catfe" promotes the benefits of adopting an older cat in a cafe-like setting.

**SACRAMENTO REGION, CA (MPG)** - Sacramento County Bradshaw Animal Shelter staff and volunteers have come up with a novel approach to enhance visitors' experience at the shelter and promote adult cat adoptions with a brand new "Catfe."

The idea for the shelter's own cat cafe began as a simple one. Bradshaw Shelter staffer Star Stage wanted a novel way to promote the adoption of adult cats, and she and other Bradshaw Shelter staff had heard about cat cafes in various parts of the country that found success.

Staffers and volunteers knew the cat habitat at the Bradshaw Shelter's entrance was large enough to hold several people in the room comfortably. They also knew the habitat would be a wonderful way for visitors to spend time with adult cats and

appreciate their appeal. Open during shelter hours, the Catfe features free coffee, tea, or hot chocolate. Visitors can sip their favorite beverage and interact with social adult cats.

"Kittens are usually the first of the felines to be adopted at the shelter, and while they may be small and cute to begin with, kittens don't stay kittens for very long; they grow up and become adults," said Dave Dickinson, director of the Bradshaw Shelter. "The Catfe is a wonderful way for people to spend time with and see firsthand the benefits of adopting an adult cat."

Adult cats are, on the whole, less maintenance than kittens as they are litterbox trained and understand the concept of approval and reward. Adopting a full-grown cat also gives the prospective owner an accurate

idea of the cat's temperament, size, coat length, and more.

So far, the Catfe has been a success. Within 30 seconds of the Catfe's opening, a family came in to meet Duchess, a beautiful calico cat that they ultimately adopted. Charlotte, a shy tabby cat, met her new "forever" person soon after that. They both went home that day.

Please visit the Catfe at the Sacramento County Bradshaw Shelter, located at 3839 Bradshaw Road, Sacramento, CA 95827. Hours are Wednesday through Friday from 12:30 p.m. to 5:30 p.m. and Saturday and Sunday from noon to 4:30 p.m.

Source: Sacramento County ★

# New Limits on Landscape Watering

Continued from page 1

- Pool Covers (up to \$100), which can reduce evaporation from pools by up to 95%
- Rain Sensors (up to \$100) to automatically turn off sprinkler systems during rain
- Recirculating Hot Water Pumps (up to \$150) to deliver hot water on demand
- WaterSense-Labeled Weather-Based Irrigation Controllers (up to \$100) to install a "smart" sprinkler controller that adjusts watering schedules according to the weather

Complete rebate details, applications, and water-wise tips are available at [www.sswd.org](http://www.sswd.org).

Source: Sacramento Suburban Water District ★

# It's Time to Get Your Hands Dirty

## Teach Your Children to Be Good Stewards



Children love to get their hands dirty, so involve them in every step of the gardening process, from tilling the soil to harvesting the produce. Photo courtesy of Brandpoint Media

Continued from page 1

small garden. Your local extension service is a great resource.

**2. Decide on size:** If you have a large backyard, a bigger plot might be a good option and allow you to grow a wider variety of plants. If you live in the city or a restricted area, container gardens or garden boxes are a great option for herbs, flowers, and some vegetables. Don't bite off more than you can chew during the first year; starting small increases the likelihood of success, and you can always increase the size next year.

**3. Go shopping:** Once you

have a general idea of your garden's size, location, and types of plants you'd like to grow, it's time to take the family shopping. Visit a store, such as your local Tractor Supply, for seasoned advice, tools, soil, seeds, fertilizers, and pest control. You can also find all the supplies necessary for raising backyard chickens, which offer a great way to eliminate backyard pests and boost the health of your garden. Additionally, the kids will love tending to the flock.

**4. Make time together:** Children love to get their hands dirty, so involve them in every step of the gardening process, from tilling the soil to harvesting the produce.

Set a schedule for watering and weeding to teach kids responsibility. Be sure to keep an open conversation about their observations and try to answer their questions. If you don't know all the answers, explore and learn together.

"Getting outdoors, growing a garden, and learning about the land is one of the best things families can do during the warm-weather months," says Bryant. "Plus, kids are more likely to eat fruits and vegetables when they help grow them in their own backyard. That's a win all around."

Gardening tips for every season are available online at [TractorSupply.com/KnowHow](http://TractorSupply.com/KnowHow). Source: Brandpoint Media ★

# Defensive Driving Class

**MCCLELLAN, CA (MPG)** - The next Defensive Driving Class will be held on June 24th and 25th. Classes are held in the Aerospace Museum of California on McClellan Park and only military retirees and spouses are eligible to attend. Registration for this class can be accomplished at the Retiree

Activities Office, Building 949, McClellan Park. The cost is \$15 for AARP members and \$20 for non-members. Hours of the class are 1030 to 1430 each day. Questions can be referred to volunteer staff at (916) 640-8446, Monday through Thursday, 0900 to 1500 hours.

Source: Chief Moses ★

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# Television Listings for the week of June 12-June 17

## FRIDAY EVENING

JUNE 12, 2015

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
<b>BROADCAST</b>	ABC Shark Tank (TVPG) HD	What Would You Do? (TV14) HD	20/20 (N) HD	Local	Local	Local	Local	Local	Local	Local
	CBS Undercover Boss HD	Hawaii Five-0 HD	Blue Bloods (TV14) HD	CSI: Crime Scene HD	CSI: Crime Scene HD	CSI: Crime Scene HD	CSI: Crime Scene HD	CSI: Crime Scene HD	CSI: Crime Scene HD	CSI: Crime Scene HD
	NBC America's Got Talent: "Audition 3" (TVPG) HD	Dateline NBC (N) HD	Dateline NBC (N) HD	Dateline NBC (N) HD	Dateline NBC (N) HD	Dateline NBC (N) HD	Dateline NBC (N) HD	Dateline NBC (N) HD	Dateline NBC (N) HD	Dateline NBC (N) HD
	FOX (7:00) Local Programs	Local Programs	Local Programs	Local Programs	Local Programs	Local Programs	Local Programs	Local Programs	Local Programs	Local Programs
	ION Flashpoint (TV14) HD	Flashpoint: "Collateral" HD	Flashpoint (TV14) HD	Flashpoint (TV14) HD	Flashpoint (TV14) HD	Flashpoint (TV14) HD	Flashpoint (TV14) HD	Flashpoint (TV14) HD	Flashpoint (TV14) HD	Flashpoint (TV14) HD
<b>CABLE</b>	A&E Criminal Minds HD	Criminal Minds HD	Criminal Minds: "Hit" HD	Criminal Minds: "Run" HD	Criminal Minds: "Run" HD	Criminal Minds: "Run" HD	Criminal Minds: "Run" HD	Criminal Minds: "Run" HD	Criminal Minds: "Run" HD	Criminal Minds: "Run" HD
	AMC Get Smart (08, PG-13) *** Steve Carell, Anne Hathaway. HD	Shanghai Noon (00, PG) *** Jackie Chan, Owen Wilson. HD	Tanked (TVPG) (N) HD	Tanked Moments HD	Tanked Moments HD	Tanked Moments HD	Tanked Moments HD	Tanked Moments HD	Tanked Moments HD	Tanked Moments HD
	ANIMAL Flipping Ships (N) HD	Tanked Moments (N) HD	Tanked Moments (N) HD	Tanked Moments (N) HD	Tanked Moments (N) HD	Tanked Moments (N) HD	Tanked Moments (N) HD	Tanked Moments (N) HD	Tanked Moments (N) HD	Tanked Moments (N) HD
	BET Poetic Justice (93) HD	Game HD	Frankie	Charged Up Game HD	Game HD	Frankie	Wendy Williams HD	Wendy Williams HD	Wendy Williams HD	Wendy Williams HD
	BRAVO Shaws of Sunset	Housewife (TV14)	Bravo's First Looks (N)	Baby Mama (08, PG-13) *** Amy Poehler. HD	NTSF:SD (Check It Out) (N) HD	NTSF:SD (Check It Out) (N) HD	NTSF:SD (Check It Out) (N) HD	NTSF:SD (Check It Out) (N) HD	NTSF:SD (Check It Out) (N) HD	NTSF:SD (Check It Out) (N) HD
	CARTOON King of Hill King of Hill	Bob's HD	Cleveland	Dad HD	Dad HD	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy
	CMT Dunham Dunham	Ron White's	Comedy Salute (N) HD	Josh Wolf	Josh Wolf	Cops HD	Cops HD	Cops HD	Cops HD	Cops HD
	CNN Weed: Dr.	Weed 2	Weed 3: Revolution	CNN Special Report	CNN Special Report	CNN International (N)	CNN International (N)	CNN International (N)	CNN International (N)	CNN International (N)
	COMEDY Key & Peele (TV14) HD	Futurama	Futurama	South Park	South Park	Archer HD	Archer HD	Archer HD	Archer HD	Archer HD
	DISCOVERY Alaskan Bush (N)	Alaskan Bush People	Catching Monsters (N)	Alaskan Bush People	Alaskan Bush People	Catching Monsters	Catching Monsters	Catching Monsters	Catching Monsters	Catching Monsters
	DISNEY Blog (N)	Girl Meets	Phineas and Ferb (N)	Undercover	Undercover	Blog	Girl Meets	Austin HD	Jessie HD	Jessie HD
	E! I Love You, Man (09, R) *** Paul Rudd.	The Soup	New Money	E! News (N) HD	E! News (N) HD	Botched (TV14) HD	Botched (TV14) HD	Botched (TV14) HD	Botched (TV14) HD	Botched (TV14) HD
	ESPN SportsCenter HD	SportsCenter HD	SportsCenter HD	SportsCenter HD	SportsCenter HD	SportsCenter HD	SportsCenter HD	SportsCenter HD	SportsCenter HD	SportsCenter HD
	ESPN2 30 for 30	Baseball Tonight HD	NFL Live HD	SEC Storied HD	SEC Storied HD	SEC Storied HD	SEC Storied HD	SEC Storied HD	SEC Storied HD	SEC Storied HD
	FAMILY Dirty Dancing (87, PG-13) *** Jennifer Grey. HD	Becoming Us HD	Becoming Us HD	The 700 Club (TV G)	The 700 Club (TV G)	Stitchers (TV14) HD	Stitchers (TV14) HD	Stitchers (TV14) HD	Stitchers (TV14) HD	Stitchers (TV14) HD
	FX Diners HD	Diners HD	Diners HD	Diners HD	Diners HD	Diners HD	Diners HD	Diners HD	Diners HD	Diners HD
	FX Battleship (12, PG-13) *** Taylor Kitsch, Alexander Skarsgard. HD	Battleship (12, PG-13) ***	Battleship (12, PG-13) ***	Battleship (12, PG-13) ***	Battleship (12, PG-13) ***	Battleship (12, PG-13) ***	Battleship (12, PG-13) ***	Battleship (12, PG-13) ***	Battleship (12, PG-13) ***	Battleship (12, PG-13) ***
	HGTV Love It or List It HD	Love It or List It HD	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters
	HISTORY Ancient Aliens HD	Ancient Aliens (N) HD	Hangar 1 UFO (N) HD	Hangar 1 UFO (N) HD	Hangar 1 UFO (N) HD	Hangar 1 UFO (N) HD	Hangar 1 UFO (N) HD	Hangar 1 UFO (N) HD	Hangar 1 UFO (N) HD	Hangar 1 UFO (N) HD
	LIFETIME The Family That Preys (08, PG-13) Kathy Bates.	Preach (TVPG) (N) HD	Preach (TVPG) (N) HD	Preach (TVPG) (N) HD	Preach (TVPG) (N) HD	Preach (TVPG) (N) HD	Preach (TVPG) (N) HD	Preach (TVPG) (N) HD	Preach (TVPG) (N) HD	Preach (TVPG) (N) HD
	MTV Ridiculousness (TV14)	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous
	NICK SpongeBob (TVY7)	Full House	Full House	Prince	Prince	Friends	Friends	Friends	Friends	Friends
	SPiKE Cops HD	Cops HD	Premier Boxing Champions	Kimbo vs. Cops HD	Cops HD	Cops HD	Cops HD	Cops HD	Cops HD	Cops HD
	SYFY Defiance: "The World We Seize; The" (TV14) (N)	Dark Matter (N)	Defiance: "The World We Seize; The" (TV14)	Defiance: "The World We Seize; The" (TV14)	Defiance: "The World We Seize; The" (TV14)	Defiance: "The World We Seize; The" (TV14)	Defiance: "The World We Seize; The" (TV14)	Defiance: "The World We Seize; The" (TV14)	Defiance: "The World We Seize; The" (TV14)	Defiance: "The World We Seize; The" (TV14)
	TBS Big Bang	Big Bang	It's Complicated (09, R) *** Meryl Streep, Steve Martin.	Family Hoop	Cougar	Cougar	Cougar	Cougar	Cougar	Cougar
	TCM Crazy (50) Tomorrow Is Another Day (51) ***	(15) Nightmare Alley (47, NR) Tyrone Power, Joan Blondell.	Night Move	Night Move	Night Move	Night Move	Night Move	Night Move	Night Move	Night Move
	TLC Love, Lust or Run (N)	Love, Lust	Brides HD	Love, Lust	Brides HD	Love, Lust	Brides HD	Love, Lust	Brides HD	Love, Lust
	TNT The Lord of the Rings: The Two Towers (02, PG-13) ***	Elijah Wood, Ian McKellen. HD	Grimm: "Quill" HD	Grimm: "Quill" HD	Grimm: "Quill" HD	Grimm: "Quill" HD	Grimm: "Quill" HD	Grimm: "Quill" HD	Grimm: "Quill" HD	Grimm: "Quill" HD
	TRAVEL Mysteries (TVPG)	Mysteries (TVPG)	Mysteries at the Hotel	Mysteries (TVPG)	Mysteries (TVPG)	Mysteries (TVPG)	Mysteries (TVPG)	Mysteries (TVPG)	Mysteries (TVPG)	Mysteries (TVPG)
	TV LAND Raymond	Loves Raymond HD	Raymond	Queens	Queens	Queens	Queens	Queens	Queens	Queens
	USA Modern	Modern	Modern	Modern	Modern	Royal Pains (TVPG) HD	Royal Pains (TVPG) HD	Royal Pains (TVPG) HD	Royal Pains (TVPG) HD	Royal Pains (TVPG) HD
	VH1 (7:30) Baby Boy (01, R) *** Tyrese Gibson. HD	All About the Benjamins (02, R) *** Ice Cube. HD	Baby Boy (01, R) ***	Baby Boy (01, R) ***	Baby Boy (01, R) ***	Baby Boy (01, R) ***	Baby Boy (01, R) ***	Baby Boy (01, R) ***	Baby Boy (01, R) ***	Baby Boy (01, R) ***
	WGN Rules HD	Rules HD	Parks HD	Parks HD	Parks HD	Hope HD	Hope HD	Hope HD	Hope HD	Hope HD
<b>PREM</b>	HBO Game of Thrones HD	Game of Thrones (N)	Real Time Maher (N)	VICE (N)	Real Time Maher HD	VICE (N)	Real Time Maher HD	VICE (N)	Real Time Maher HD	VICE (N)
	MAXW (20) Swordfish (01, R) *** John Travolta. HD	Annabelle (14, R) Annabelle Wallis.	Sex Games Cancun Feature 03 HD	Sex Games Cancun Feature 03 HD	Sex Games Cancun Feature 03 HD	Sex Games Cancun Feature 03 HD	Sex Games Cancun Feature 03 HD	Sex Games Cancun Feature 03 HD	Sex Games Cancun Feature 03 HD	Sex Games Cancun Feature 03 HD
	SHOWW Last Vegas (13, PG-13) Michael Douglas. HD	Alec Mapa Daddy (14) HAPPYish	Penny Dreadful (N) HD	HAPPYish	Penny Dreadful (N) HD	HAPPYish	Penny Dreadful (N) HD	HAPPYish	Penny Dreadful (N) HD	HAPPYish

## SATURDAY EVENING

JUNE 13, 2015

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
<b>BROADCAST</b>	ABC The Whispers (N) HD	In an Instant: "In an Instant: Rush Hour" HD	Local Programs	Local Programs	Local Programs	Local Programs	Local Programs	Local Programs	Local Programs	Local Programs
	CBS Elementary: "Eternity" HD	CSI: Crime Scene HD	48 Hours (TV14) (N) HD	48 Hours (TV14) (N) HD	48 Hours (TV14) (N) HD	48 Hours (TV14) (N) HD	48 Hours (TV14) (N) HD	48 Hours (TV14) (N) HD	48 Hours (TV14) (N) HD	48 Hours (TV14) (N) HD
	NBC Local Programs	Dateline NBC HD	Dateline NBC HD	Dateline NBC HD	Dateline NBC HD	Dateline NBC HD	Dateline NBC HD	Dateline NBC HD	Dateline NBC HD	Dateline NBC HD
	FOX (7:00) Local Programs	Local Programs	Local Programs	Local Programs	Local Programs	Local Programs	Local Programs	Local Programs	Local Programs	Local Programs
	ION Criminal Minds HD	Criminal Minds HD	Criminal Minds HD	Criminal Minds HD	Criminal Minds HD	Criminal Minds HD	Criminal Minds HD	Criminal Minds HD	Criminal Minds HD	Criminal Minds HD
<b>CABLE</b>	A&E Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage
	AMC Blood (82) Rambo: First Blood Part II (85, R) *** Sylvester Stallone. HD	Rambo III (86, R) *** Sylvester Stallone. HD	Rambo III (86, R) *** Sylvester Stallone. HD	Rambo III (86, R) *** Sylvester Stallone. HD	Rambo III (86, R) *** Sylvester Stallone. HD	Rambo III (86, R) *** Sylvester Stallone. HD	Rambo III (86, R) *** Sylvester Stallone. HD	Rambo III (86, R) *** Sylvester Stallone. HD	Rambo III (86, R) *** Sylvester Stallone. HD	Rambo III (86, R) *** Sylvester Stallone. HD
	ANIMAL My Cat from Hell (N) HD	Treetop	Treetop	Treetop	Treetop	Treetop	Treetop	Treetop	Treetop	Treetop
	BET Seven Pounds (08, PG-13) *** Blue Hill Avenue (01, R) *** Allen Payne, Angelle Brooks. HD	Blue Hill Avenue (01, R) *** Allen Payne, Angelle Brooks. HD	Blue Hill Avenue (01, R) *** Allen Payne, Angelle Brooks. HD	Blue Hill Avenue (01, R) *** Allen Payne, Angelle Brooks. HD	Blue Hill Avenue (01, R) *** Allen Payne, Angelle Brooks. HD	Blue Hill Avenue (01, R) *** Allen Payne, Angelle Brooks. HD	Blue Hill Avenue (01, R) *** Allen Payne, Angelle Brooks. HD	Blue Hill Avenue (01, R) *** Allen Payne, Angelle Brooks. HD	Blue Hill Avenue (01, R) *** Allen Payne, Angelle Brooks. HD	Blue Hill Avenue (01, R) *** Allen Payne, Angelle Brooks. HD
	BRAVO To Be Announced	To Be Announced	To Be Announced	To Be Announced	To Be Announced	To Be Announced	To Be Announced	To Be Announced	To Be Announced	To Be Announced
	CARTOON DBZ Kai King of Hill	King of Hill	Cleveland	Boondocks	Dad HD	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy
	CMT Urban Cowboy (80) HD	Urban Cowboy: The Rise and Fall of Gilley's (N)	Urban Cowboy: The Rise and Fall of Gilley's (N)	Urban Cowboy: The Rise and Fall of Gilley's (N)	Urban Cowboy: The Rise and Fall of Gilley's (N)	Urban Cowboy: The Rise and Fall of Gilley's (N)	Urban Cowboy: The Rise and Fall of Gilley's (N)	Urban Cowboy: The Rise and Fall of Gilley's (N)	Urban Cowboy: The Rise and Fall of Gilley's (N)	Urban Cowboy: The Rise and Fall of Gilley's (N)
	CNN CNN Special Report	Forensic	Forensic	Forensic	Forensic	Forensic	Forensic	Forensic	Forensic	Forensic
	COMEDY Office Space (99) HD	The Comedy Central Roast of Justin Bieber HD	Jeff Ross (N) HD	Jeff Ross (N) HD	Jeff Ross (N) HD	Jeff Ross (N) HD	Jeff Ross (N) HD	Jeff Ross (N) HD	Jeff Ross (N) HD	Jeff Ross (N) HD
	DISCOVERY Sons of Winter (N) HD	Life Story: "Home" (N)	Life Story: "Power" (N)	Life Story: "Power" (N)	Life Story: "Power" (N)	Life Story: "Power" (N)	Life Story: "Power" (N)	Life Story: "Power" (N)	Life Story: "Power" (N)	Life Story: "Power" (N)
	DISNEY (7:30) Enchanted (07, PG) *** Amy Adams. HD	Mighty Med	Lab Rats	Enough (02, PG-13) *** Jennifer Lopez. HD	Enough (02, PG-13) *** Jennifer Lopez. HD	Enough (02, PG-13) *** Jennifer Lopez. HD	Enough (02, PG-13) *** Jennifer Lopez. HD	Enough (02, PG-13) *** Jennifer Lopez. HD	Enough (02, PG-13) *** Jennifer Lopez. HD	Enough (02, PG-13) *** Jennifer Lopez. HD
	E! Selena (97, PG) *** Jennifer Lopez, Edward James Olmos.	Enough (02, PG-13) *** Jennifer Lopez. HD	Enough (02, PG-13) *** Jennifer Lopez. HD	Enough (02, PG-13) *** Jennifer Lopez. HD	Enough (02, PG-13) *** Jennifer Lopez. HD	Enough (02, PG-13) *** Jennifer Lopez. HD	Enough (02, PG-13) *** Jennifer Lopez. HD	Enough (02, PG-13) *** Jennifer Lopez. HD	Enough (02, PG-13) *** Jennifer Lopez. HD	Enough (02, PG-13) *** Jennifer Lopez. HD
	ESPN SportsCenter HD	SportsCenter HD	SportsCenter HD	SportsCenter HD	SportsCenter HD	SportsCenter HD	SportsCenter HD	SportsCenter HD	SportsCenter HD	SportsCenter HD
	ESPN2 30 for 30	Baseball Tonight HD	30 for 30: "The Bad Boys" HD	30 for 30: "The Bad Boys" HD	30 for 30: "The Bad Boys" HD	30 for 30: "The Bad Boys" HD	30 for 30: "The Bad Boys" HD	30 for 30: "The Bad Boys" HD	30 for 30: "The Bad Boys" HD	30 for 30: "The Bad Boys" HD
	FAMILY Harry Potter and the Deathly Hallows: Part 2 HD	The Hunger Games (12, PG-13) Jennifer Lawrence, Stanley Tucci. HD	The Hunger Games (12, PG-13) Jennifer Lawrence, Stanley Tucci. HD	The Hunger Games (12, PG-13) Jennifer Lawrence, Stanley Tucci. HD	The Hunger Games (12, PG-13) Jennifer Lawrence, Stanley Tucci. HD	The Hunger Games (12, PG-13) Jennifer Lawrence, Stanley Tucci. HD	The Hunger Games (12, PG-13) Jennifer Lawrence, Stanley Tucci. HD	The Hunger Games (12, PG-13) Jennifer Lawrence, Stanley Tucci. HD	The Hunger Games (12, PG-13) Jennifer Lawrence, Stanley Tucci. HD	The Hunger Games (12, PG-13) Jennifer Lawrence, Stanley Tucci. HD
	FX Wedding Cakes (TV G)	Outrageous Cake (N)	Outrageous Chocolate	Outrageous Chocolate	Outrageous Chocolate	Outrageous Chocolate	Outrageous Chocolate	Outrageous Chocolate	Outrageous Chocolate	Outrageous Chocolate
	FX (7:00) Flight (12, R) *** Denzel Washington.	Thor (11, PG-13) *** Chris Hemsworth, Natalie Portman. HD	Thor (11, PG-13) *** Chris Hemsworth, Natalie Portman. HD	Thor (11, PG-13) *** Chris Hemsworth, Natalie Portman. HD	Thor (11, PG-13) *** Chris Hemsworth, Natalie Portman. HD	Thor (11, PG-13) *** Chris Hemsworth, Natalie Portman. HD	Thor (11, PG-13) *** Chris Hemsworth, Natalie Portman. HD	Thor (11, PG-13) *** Chris Hemsworth, Natalie Portman. HD	Thor (11, PG-13) *** Chris Hemsworth, Natalie Portman. HD	Thor (11, PG-13) *** Chris Hemsworth, Natalie Portman. HD
	HGTV Property Brothers HD	Property Brothers HD	House Hunters (N) HD	Big Sky	Big Sky	Property Brothers HD	Property Brothers HD	Property Brothers HD	Property Brothers HD	Property Brothers HD
	HISTORY Mountain Men HD	Mountain Men HD	Mountain Men HD	Mountain Men HD	Mountain Men HD	Mountain Men HD	Mountain Men HD	Mountain Men HD	Mountain Men HD	Mountain Men HD
	LIFETIME I Killed My BFF (15, NR) HD	(02) Double Daddy (15, NR) HD	I Killed My BFF (15, NR) HD	I Killed My BFF (15, NR) HD	I Killed My BFF (15, NR) HD	I Killed My BFF (15, NR) HD	I Killed My BFF (15, NR) HD	I Killed My BFF (15, NR) HD	I Killed My BFF (15, NR) HD	I Killed My BFF (15, NR) HD
	MTV (7:45) Project X (12, R) *** Thomas Mann.	Jackass Presents: Bad Grandpa .5 (14, NR)	How High (01, R) HD	How High (01, R) HD	How High (01, R) HD	How High (01, R) HD	How High (01, R) HD	How High (01, R) HD	How High (01, R) HD	How High (01, R) HD
	NICK 100 Things (N) HD	Henry	Thunderman	Friends	Friends	Friends	Friends	Friends	Friends	Friends
	SPiKE Cops HD	Cops HD	Jail HD	Cops HD	Cops HD	Cops HD	Cops HD	Cops HD	Cops HD	Cops HD
	SYFY (6:30) Doom (05, R) ** The Day the Earth Stood Still (08, PG-13) Keanu Reeves.	Starship Troopers (97, R) *** HD	Starship Troopers (97, R) *** HD	Starship Troopers (97, R) *** HD	Starship Troopers (97, R) *** HD	Starship Troopers (97, R) *** HD	Starship Troopers (97, R) *** HD	Starship Troopers (97, R) *** HD	Starship Troopers (97, R) *** HD	Starship Troopers (97, R) *** HD
	TBS Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang
	TCM (7:15) To Trap a Spy (66, NR) *** Robert Vaughn, David McCallum.	The Mantou (78, PG) Tony Curtis.	Trog (70) **	Trog (70) **	Trog (70) **	Trog (70) **	Trog (70) **	Trog (70) **	Trog (70) **	Trog (70) **
	TLC Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes
	TNT (7:00) The Hobbit: An Unexpected Journey (12, PG-13) ***	The Hobbit: An Unexpected Journey (12, PG-13) ***	The Hobbit: An Unexpected Journey (12, PG-13) ***	The Hobbit: An Unexpected Journey (12, PG-13) ***	The Hobbit: An Unexpected Journey (12, PG-13) ***	The Hobbit: An Unexpected Journey (12, PG-13) ***	The Hobbit: An Unexpected Journey (12, PG-13) ***	The Hobbit: An Unexpected Journey (12, PG-13) ***	The Hobbit: An Unexpected Journey (12, PG-13) ***	The Hobbit: An Unexpected Journey (12, PG-13) ***
	TRAVEL Ghost Adventures HD	Ghost Adventures HD	The Dead Files (N) HD	The Dead Files (N) HD	The Dead Files (N) HD	The Dead Files (N) HD	The Dead Files (N) HD	The Dead Files (N) HD	The Dead Files (N) HD	The Dead Files (N) HD
	TV LAND Fam. Feud	Loves Raymond HD	Raymond	Queens	Queens	Queens	Queens	Queens	Queens	Queens
	USA (7:00) The Lost World: Jurassic Park (97) ***	Jurassic Park III (01, PG-13) *** Sam Neill.	Jurassic Park (93) ***	Jurassic Park (93) ***	Jurassic Park (93) ***	Jurassic Park (93) ***	Jurassic Park (93) ***	Jurassic Park (93) ***	Jurassic Park (93) ***	Jurassic Park (93) ***
	VH1 White Men Can't (92)	Space Jam (96, PG) *** Michael Jordan. HD	Above the Rim (94, R) *** Duane Martin, Parks. HD	Above the Rim (94, R) *** Duane Martin, Parks. HD	Above the Rim (94, R) *** Duane Martin, Parks. HD	Above the Rim (94, R) *** Duane Martin, Parks. HD	Above the Rim (94, R) *** Duane Martin, Parks. HD	Above the Rim (94, R) *** Duane Martin, Parks. HD	Above the Rim (94, R) *** Duane Martin, Parks. HD	Above the Rim (94, R) *** Duane Martin, Parks. HD
	WGN (7:00) Heat (95, R) *** Al Pacino, Robert De Niro. HD	Rules HD	Rules HD	Rules HD	Rules HD	Rules HD	Rules HD	Rules HD	Rules HD	Rules HD
<b>PREM</b>	HBO Get On Up (14, PG-13) Chadwick Boseman. HD	HBO Boxing After Dark: "6/13/15" HD	Fight Game (Thrones)	Fight Game (Thrones)	Fight Game (Thrones)	Fight Game (Thrones)	Fight Game (Thrones)	Fight Game (Thrones)	Fight Game (Thrones)	Fight Game (Thrones)
	MAXW Riddick (13, R) *** Vin Diesel, Jordi Molla. HD	A Walk Among the Tombstones (14, R) *** HD	Sexy Warriors (14) HD	Sexy Warriors (14) HD	Sexy Warriors (14) HD	Sexy Warriors (14) HD	Sexy Warriors (14) HD	Sexy Warriors (14) HD	Sexy Warriors (14) HD	Sexy Warriors (14) HD
	SHOWW Boxing	Penny Dreadful HD	Scary Movie 5 (13, PG-13) ** HD	Inside Com	Penny Dreadful HD	HAPPYish	Penny Dreadful HD	HAPPYish	Penny Dreadful HD	HAPPYish

## SUNDAY EVENING

JUNE 14, 2015

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
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ATHLON SPORTS

# INSIDE BASEBALL

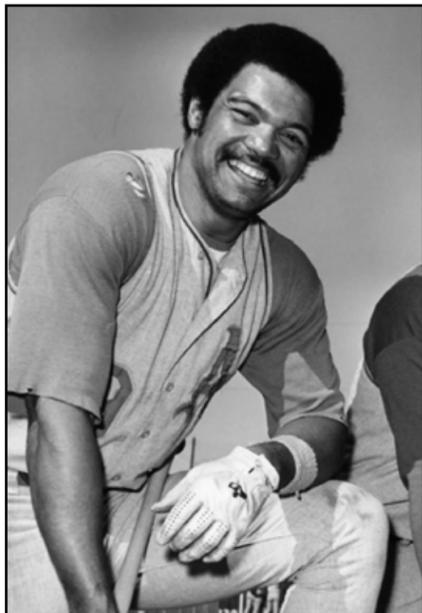
A WEEKLY TURN AROUND THE BASES

» BEST DRAFT PICKS AT EACH SELECTION

» MLB POWER RANKING

» SWITCH-PITCHER JOINS A'S

» CHRIS ARCHER MAKES HISTORY



Reggie Jackson (left) was a part of three World Series titles in Oakland before winning another two with the Yankees. Derek Jeter (center) is among the greatest Yankees of all time. Ken Griffey began his professional career as a teenager with the Bellingham Mariners in 1987.

## Best Picks from 50 Years of the Draft

Who Are the Best Draft Selections at Each Spot?

With the MLB Draft this week, it's fun to look back at some of the best picks over the 50 years of the draft. Here's the best selection—in my opinion—at each of the first 20 positions in the draft.

- 1 Ken Griffey Jr., Seattle, 1987**  
Certainly there are numerous No. 1 overall selections worthy of being named the best. But I'll take Griffey over Chipper Jones, Alex Rodriguez and David Price.  
Best of the 2000s: David Price, Tampa Bay Devil Rays, 2007
- 2 Reggie Jackson, Kansas City A's, 1966**  
The struggling A's were more than happy to hear the Mets call Steve Chilcott's name to begin the second draft in history.  
Best of the 2000s: Justin Verlander, Detroit Tigers, 2004
- 3 Robin Yount, Milwaukee, 1973**  
The Hall of Famer edges out long-time teammate and fellow Hall member Paul Molitor, who was taken third four years later.  
Best of the 2000s: Evan Longoria, Tampa Bay Devil Rays, 2006
- 4 Dave Winfield, San Diego, 1973**  
The big outfielder was drafted in the NFL and both the ABA and NBA.  
Best of the 2000s: Ryan Zimmerman, Washington Nationals, 2005
- 5 Dale Murphy, Atlanta, 1974**  
Tough call over Dwight Gooden and Buster Posey. The Giants' catcher will likely earn this spot in a few years, but if his career ended today, he would fall short.  
Best of the 2000s: Buster Posey, San Francisco, 2008
- 6 Derek Jeter, New York Yankees, 1992**  
Clearly, this presents the classic argument of best performance on the field vs. the most significant impact on the game. Barry Bonds was an awfully good player, but was never as revered or considered the "face of the game" as Jeter was.  
Best of the 2000s: Zack Greinke, Kansas City Royals, 2002

**7 Frank Thomas, Chicago White Sox, 1989**

Clayton Kershaw is not in the Hall of Fame yet, so this goes to the big tight end from Auburn, who quickly became the Big Hurt and a Big Star in Chicago.  
Best of the 2000s: Clayton Kershaw, Los Angeles Dodgers, 2006

**8 Todd Helton, Colorado, 1995**

The greatest player in Colorado history once started at quarterback at the University of Tennessee with Peyton Manning on the bench.  
Best of the 2000s: Mike Leake, Cincinnati, 2009

**9 Kevin Appier, Kansas City Royals, 1987**

Appier has four more wins and six fewer losses than Barry Zito.  
Best of the 2000s: Mike Pelfrey, New York Mets, 2009

**10 Ted Simmons, St. Louis, 1967**

I'll take Simmons' complete game over Mark McGwire's power.  
Best of the 2000s: Madison Bumgarner, San Francisco, 2007

**11 Andrew McCutchen, Pittsburgh, 2005**

I'm taking the Pirates' center fielder over Greg Luzinski and Max Scherzer.  
Best of the 2000s: Max Scherzer, Arizona, 2006

**12 Kirk Gibson, Detroit, 1978**

The All-America wide receiver from Michigan State delivered one of the most dramatic home runs in history in the 1988 World Series—but not for the team that drafted him.  
Best of the 2000s: Jered Weaver, Anaheim Angels, 2004

**13 Paul Konerko, L.A. Dodgers, 1994**

Konerko hit just four of his 439 career home runs for the team that drafted him. Manny Ramirez was a nice pick by the Indians at this spot as well.  
Best of the 2000s: Chris Sale, Chicago White Sox, 2010



Charlie Miller  
Athlon Sports  
Baseball Editor  
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**14 Jason Varitek, Seattle, 1994**

After making this terrific pick, the Mariners dealt Varitek AND Derek Lowe to the Red Sox for Heathcliff Slocumb.  
Best of the 2000s: Jason Heyward, Atlanta Braves, 2007

**15 Jim Rice, Boston, 1971**

Condredge Holloway, Roger Quiroga, Ed Kurpiel and David Sloan were among the 14 players chosen before Rice in 1971. The Hall of Famer spent his entire career with Boston, winning an MVP

trophy in 1978.  
Best of the 2000s: Chase Utley, Philadelphia, 2000

**16 Lance Berkman, Houston, 1997**

Berkman joined Craig Biggio and Jeff Bagwell as a full-time member of the Killer Bs in 2000.  
Best of the 2000s: Nick Swisher, Oakland A's, 2002

**17 Roy Halladay, Toronto, 1995**

Doc Halladay is second in wins, strikeouts and shutouts on the Blue Jays' career lists.  
Best of the 2000s: Cole Hamels, Philadelphia, 2002

**18 Willie Wilson, Kansas City, 1974**

Wilson played center field and batted leadoff for the Royals' AL pennant winners in 1980 and '85.  
Best of the 2000s: Sonny Gray, Oakland A's, 2011

**19 Roger Clemens, Boston, 1983**

As great as Clemens was for the Red Sox, he couldn't reverse the curse in Boston.  
Best of the 2000s: Shelby Miller, St. Louis, 2009

**20 Mike Mussina, Baltimore, 1990**

Mussina should be in the Hall of Fame one day, and could easily be joined there by Torii Hunter, drafted at No. 20 by the Twins in 1993.  
Best of the 2000s: Trevor Plouffe, Minnesota, 2004

AROUND THE HORN

Baseball fans in Boston were treated to a rare occurrence last week. Oakland relief pitcher **Pat Venditte**, a switch-pitcher, tossed two shutout innings against the Red Sox. Venditte, who was signed as a minor league free agent in the offseason, is no circus sideshow. He is for real. The reliever was called up on Friday and arrived at Fenway Park just after the game had started. He came on in the seventh inning and faced three batters, giving up a single to Hanley Ramirez before inducing a double play off the bat of Mike Napoli. He sat down the Red Sox in order in the eighth. The final hitter he faced was switch-hitter Blake Swihart. Venditte had to announce which hand he would throw with before each batter, electing to face Swihart right-handed. He struck out the Boston catcher, who was batting left-handed...The Texas Rangers haven't exactly enjoyed great success with first-round picks in their history. But recent picks **Joey Gallo** (supplemental in 2012) and **Chi Chi Rodriguez** in 2013 have achieved early success this month for the Rangers. Gallo homered in his first two games, falling a triple shy of a cycle in his debut. Rodriguez has begun his career with 14.2 scoreless innings over his first two starts, including a complete game shutout at Kansas City in his second start. His next start will be June 11 at Oakland...St. Louis manager Mike Matheny may want to carefully schedule starts for pitcher **Lance Lynn**. In seven starts on four days' rest this season, Lynn is 1-3 with a 4.68 ERA and a 1.465 WHIP. When given an extra day or more to recuperate, Lynn is 3-1 with a 0.87 ERA and 1.065 WHIP...On June 7, **Gregor Blanco** of the Giants was intentionally walked twice. That was the first time a Giants player had been intentionally passed twice in one game since Buster Posey on Sept. 18, 2012. And that begs the question as to who was the last Giants player to be walked three times intentionally in one game. Barry Bonds, you say? That would be incorrect. It was 41-year-old shortstop Omar Vizquel on May 11, 2008...The **Baltimore Orioles** just completed 22 games in 21 days. They won seven of the first 12 batting .253 with a 3.33 ERA. Over the final nine games, the O's won just three, batting .229 with a 3.97 ERA.

NUMBERS GAME

38/0

That's the strikeout-to-walk ratio for **Chris Archer** of the Tampa Bay Rays over his last three starts. The young righthander is the first pitcher since 1900 with three consecutive starts of 10 or more strikeouts and no walks. During those three games, Archer pitched 23 innings and allowed just 14 hits for a .171 opponents' batting average.



TURN BACK THE CLOCK

June 1999

There are 401 players drafted in 1999 before the St. Louis Cardinals call the name Albert Pujols in the 13th round. The shortstop from Maple Woods Community College in Kansas City would make a quick ascent to the big leagues, winning the National League Rookie of the Year in 2001.

TRIVIA CORNER

Can you name the only player in the history of the draft to be selected No. 1 overall twice?



Written and compiled by Charlie Miller.  
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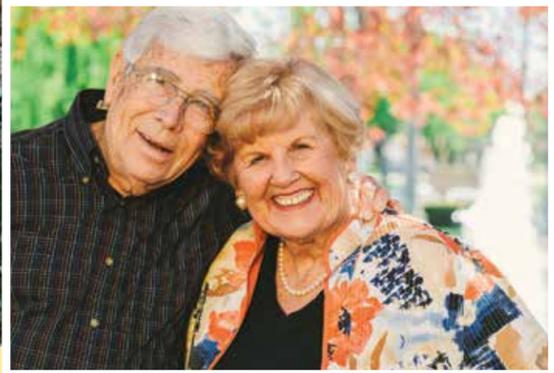
TRIVIA ANSWER: Danny Gooden was selected by the Chicago White Sox at No. 1 in 1971, but the catcher from Peoria, Ill., did not sign, electing to attend Southern University instead. In 1975, the California Angels made him the No. 1 pick once again. From 1975-82, he appeared in just 252 games, batting .236 with 13 home runs.

ATHLON SPORTS POWER RANKING

<b>1. Cardinals</b>	Now six games better than the next-best team in National League.	<b>16. Padres</b>	4.07 ERA in April, 4.05 in May, 3.91 so far in June.
<b>2. Twins</b>	Best record in the American League? Believe it.	<b>17. Blue Jays</b>	Batting .310 with 1.80 ERA during current five-game winning streak.
<b>3. Astros</b>	Fans excited to see shortstop Carlos Correa's debut this week.	<b>18. Indians</b>	Tribe demoted left side of infield Sunday night.
<b>4. Dodgers</b>	Lost first home series this season over the weekend to St. Louis.	<b>19. Diamondbacks</b>	Excited about their No. 1 overall pick Monday night.
<b>5. Giants</b>	When the Giants produce as many as 12 hits, they're 16-1.	<b>20. Braves</b>	Averaged 11 hits over last eight games, but only 4-4.
<b>6. Royals</b>	Visit best records in each league this week (MIN and STL).	<b>21. Red Sox</b>	No longer the worst run differential in the AL.
<b>7. Mets</b>	Lost four of six, but hanging on to first place.	<b>22. Rockies</b>	Host the hot Cardinals and visit Miami this week.
<b>8. Pirates</b>	Still winless in extra innings (0-6).	<b>23. Orioles</b>	Haven't had a three-game winning streak since April.
<b>9. Rangers</b>	Surging Texas has won last six series.	<b>24. Mariners</b>	Have played 26 one-run games (14-12), most in the majors.
<b>10. Yankees</b>	Brett Gardner scored eight runs in last six games to spark offense.	<b>25. White Sox</b>	Hitters scuffling at .215 over last 21 games now.
<b>11. Rays</b>	Logan Forsythe leads team with 21 extra-base hits.	<b>26. Reds</b>	Local media suggesting that rebuilding should begin now.
<b>12. Nationals</b>	Scored more than three runs just twice in last 13 games.	<b>27. Marlins</b>	6-0 in Dan Haren and Tom Koehler starts over last three weeks.
<b>13. Cubs</b>	ERA is under 3.00 over last 17 games, but Cubs won only nine.	<b>28. A's</b>	Oakland is only 5-29 when failing to score five runs.
<b>14. Tigers</b>	Stopped an eight-game skid over the weekend.	<b>29. Phillies</b>	18-0 when leading after seven innings.
<b>15. Angels</b>	Hit just .243 in May, down to .237 this month.	<b>30. Brewers</b>	Pitching improving with a 2.82 ERA so far in June.



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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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