

# Carmichael Times

Volume 35 • Issue 17

Serving Carmichael and Sacramento County since 1981

April 24, 2015

St. John's  
School Presents  
*The Sound of Music*



Page 2

Couch Theater  
*Paddington*



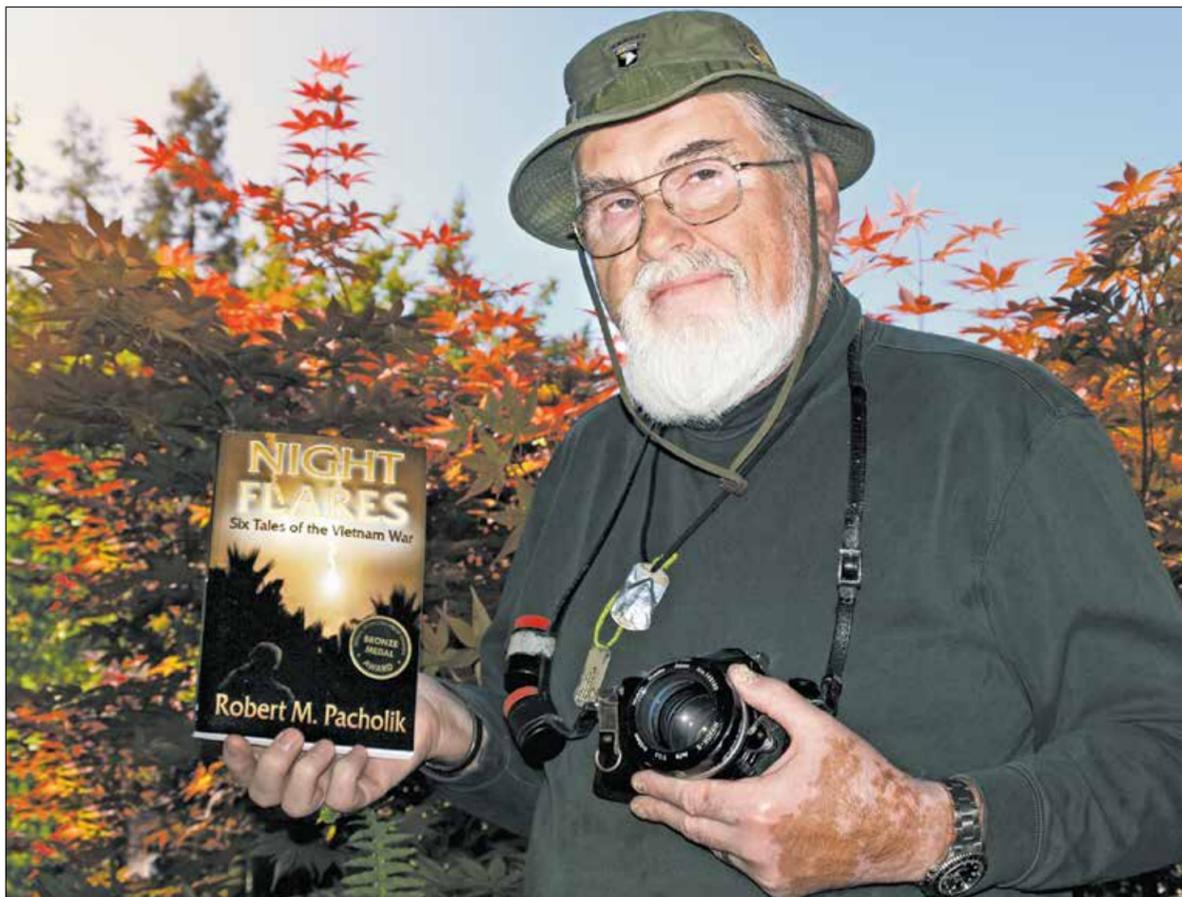
Page 5

**RECALL  
NOTICE**

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Macadamia Nuts  
and Trader Joe's  
Sweet Bites

Page 13

## Depths of Fields Army "Shooter" Tells War Stories



Pacholik's "Night Flares" contains short stories from the combat photographer's Vietnam War service. The Military Writers Society of America last year awarded the book a Bronze Medal. Photo by Susan Maxwell Skinner

Story by  
Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** - In 1967, 21-year-old draftee Robert "Pacho" Pacholik left for Vietnam. He was, he recalls, "the typical left-handed nerd with glasses, the kid from the back of the class."

A Bronze Star, a Purple Heart, several careers, marriage, kids, and a lifetime later, the combat photographer reflects that like most veterans, war changed him forever. "We had a saying when we photographed something horrific," recalls the 69-year-old Carmichael resident. We told ourselves 'it don't mean

nothing.' But it did. Everything I saw was on film—and in my head."

He also recalls—with discharge papers fresh in hand—being spat on in San Francisco Airport. "I'd been shot at and wounded," he says. "I'd shot back at those who would have killed me. My experience was not unique: The individual soldier, struggling to do his duty, displayed courage and devotion to a nation that was in the dark about what was really happening. In Vietnam, I saw bravery and endurance I'll never forget. Time has not changed that." With the spitting incident still in mind, the veteran last year produced a

*"Some people saw soldiers as mind-numbed robots. But I saw real people who were often afraid. What they did under fire was stunning."*

collection of short stories titled "Night Flares."

"I wanted to show the humanity of people who served," he

explains. "Some people saw soldiers as mind-numbed robots. But I saw real people who were often afraid. What they did under fire was stunning."

His book includes a non-fiction prologue defining a soldier's tour of duty and an epilogue timeline of the war's events. Sandwiched between, his fiction makes for a tough epistle; the disillusionment of recruits when unsullied boots touched Vietnam is palpable. Catholic-schooled in Chicago, Pacholik dropped out of college after two consecutive girlfriends dumped him. He was working for an M-16 rifle parts maker

Continued on page 16

## I Didn't Pay My Taxes... Now What?

**SACRAMENTO REGION, CA (MPG)** - Many of us dread April 15th. If we haven't paid our taxes, we dread April 16th even more—the first day you owe arguably one of the most powerful collection companies in the world: the IRS. Until April 16th, it was a worry in the back of our minds. Now it is reality. For whatever reason, you didn't pay your taxes in full or at all. You wake up the morning of the 16th with a gut-wrenching feeling, not knowing what to do. You're not alone with this feeling. According to the IRS, just over 9 million Americans had delinquent tax accounts in fiscal year 2013.

Not only does the IRS charge penalties and interest, they also have the ability to reach into your bank account, drain your liquid assets, and take a portion of your paycheck until your debt is paid in full. What do you do?

The first thing Ken Mazel, CEO of www.TheTaxSettlementGroup.com, says is to relax, take a deep breath, and start to figure out how to work your way out of this situation. According to Mazel, if you stay in touch with the IRS and work with them to resolve your outstanding tax debt, the IRS, in most cases, will not attempt to levy your bank account or garnish your paycheck. The IRS uses these collection tactics to get the attention of delinquent taxpayers who ignore the IRS's request for payment.

You want to ensure your tax return has been filed, even if you can't afford to pay the tax. According to Mazel, if you don't file your tax returns, that is a crime. However, it is very rare for any criminal consequence to be enforced. In other words, you do not have to worry too much about going to jail. Jail is reserved for those who intentionally try to defraud the IRS, not those who simply can't afford to pay. When you file your returns, but cannot afford to pay your taxes, you will not be criminally charged. Failure to pay is a civil matter and, as such, civil penalties and interests are attached to the outstanding tax balance.

After you file your tax returns, the next step is to determine if you will be able to pay your

Continued on page 3

## EcoHousing Project Unanimously Approved



Future and prospective residents tour the property at the site of the future Fair Oak EcoHousing project, which was unanimously approved by the Sacramento County Planning Commission. Photo courtesy of Fair Oaks EcoHousing

**SACRAMENTO REGION, CA (MPG)** - Fair Oaks EcoHousing, a new cohousing community of 30 homes, was unanimously approved by the Sacramento County Planning Commission on April 13th by a vote of 4-0. Not one individual showed up to object to the project. Commissioner Eric Guerra called it "a wonderful neighborhood that will raise the quality of life in Sacramento County." This is the first time cohousing will be available in the Sacramento suburbs.

This environmentally friendly infill project is sponsored by a group of 11 local households, who are all investors as well as future residents. The project had previously received unanimous approval from the Fair Oaks Community Planning Council (CPAC) and "enthusiastic, unanimous approval" from the Sacramento County Design Review Advisory Committee (DRAC) in September 2014.

When completed, the 30 privately owned homes will be clustered on the 3.7-acre property bordered by Fair Oaks Boulevard and New York Avenue near Fair Oaks Village and the American River Parkway. The group has been working with architect and international cohousing expert Charles Durrett on the design of the community.

At the hearing, several future residents spoke. Bob Oyafuso, of Folsom added, "My wife has Alzheimer's and requires 24-hour care. Her cognitive skills are so diminished that she no longer is able to entertain herself."

Continued on page 2



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# EcoHousing Project Unanimously Approved



Future Fair Oaks EcoHousing residents cheer their success following the unanimous approval by Sacramento County Planning Commission of a new cohousing community of 30 homes. Photo courtesy of Fair Oaks EcoHousing

Continued from page 1

Her quality of life depends completely on the interactions with others. When I investigated Fair Oaks EcoHousing I asked, "If my wife was sitting on our front porch, would you come up to her and say hello?" The response was an enthusiastic, "yes"! I'm here because I know my neighbors will greet her with love."

The homes will range in size from two-bedroom flats to four-bedroom town homes, along with extensive community facilities and garden areas, using designs to promote the sense of a neighborly village. The new community is unique in that it is being designed, funded, and built by future residents who seek to live in a more socially connected and sustainable

neighborhood than traditional suburban developments.

The Fair Oaks property offers close proximity to the American River Parkway and its miles of bike paths, as well as Fair Oaks Village, Banister Park, the Sacramento Waldorf School, and the Rudolph Steiner College.

### Green Design

Through its use of environmentally friendly design and building practices, Fair Oaks EcoHousing is expected to be one of the most sustainable new housing environments in the area. A variety of "green" strategies and technologies have been incorporated into the community's design. Among them are minimal paving, abundant natural lighting, and solar panels.

Fair Oaks EcoHousing will be the first cohousing community to be built in the suburbs of Sacramento. It takes inspiration from other regional cohousing neighborhoods, notably Southside Park Cohousing in downtown Sacramento, Wolf Creek Lodge in Grass Valley, Nevada City Cohousing, and several well-established communities in Davis. Nationally, there are more than 130 cohousing communities, with many others in Europe and Canada.

Fair Oaks EcoHousing invites prospective residents to attend a free site tour. Visit [www.FairOaksEcoHousing.org](http://www.FairOaksEcoHousing.org) for more information. The next tours are scheduled for April 25th at 10:30 a.m., and May 9th at 10:30 a.m.

Source: Fair Oaks EcoHousing ★

# St. John the Evangelist School Presents *The Sound of Music*



CARMICHAEL, CA (MPG) - Join St. John the Evangelist's drama club and musical ensemble students at their 2015 presentation of "The Sound of Music." Students from first grade through eighth grade will be performing under the direction of Joanne Giffard, who has kept this legacy of musical theatre alive in the community for 25 years.

The performances will be held at St. John's Tralee Center located at 5701 Locust Avenue in Carmichael. Tickets are \$3 for students and \$5 for adults; children under the age of six will receive free admission to the performance.

Performance dates and times are Friday, April 24th at 7:00 p.m.; Saturday, April 25th at 2:00 p.m. and 7:00 p.m.; and Sunday, April 26th at 3:00 p.m. Refreshments will be available for sale during the intermission.

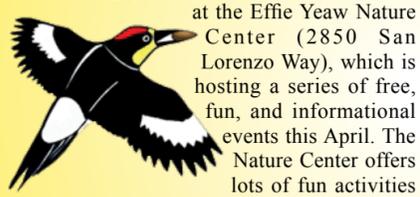
Source: St. John the Evangelist School ★

Students from St. John the Evangelist's drama club and musical ensemble will be performing *The Sound of Music* this Friday through Sunday. Don't miss your chance to see these talented youth on stage. Photos by Stacey Kennedy



## Free Weekend Activities at the Nature Center

CARMICHAEL, CA (MPG) - Spring is here, and hopefully April showers will bring May flowers. Come enjoy the fresh air, birds, and flowers at the Effie Yeaw Nature Center (2850 San Lorenzo Way), which is hosting a series of free, fun, and informational events this April. 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.



Critter Close-Up: On Saturday, April 25th at 10:30 a.m., get eye to eye with one of the Nature Center's scaly, furry, or feathered resident animals.

Save the Frogs Day: On Sunday, April 26th at 1:30 p.m., come celebrate Mother Earth by learning all about some of her most precious creatures... frogs! Come see the Nature Center's resident amphibians up close and learn how important they are in the web of life and how they let us know about the health of our local waterways. Make beautiful art celebrating your favorites!

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 ★

## Sunday, May 10, 2015

# Mothers Day Brunch

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# Carmichael Race Car Driver Memorializes Fan at All American Speedway



Andrew Peeler (above) and friends chilling under the big old oak tree while waiting for their driver meeting. Photo by Dale Harper. Andrew Peeler (below) in his #59 Street Stock qualifying for the April 11th, 2015, Opening Day. Photo by Chris Anderson

By Linda Harper

## SACRAMENTO REGION, CA (MPG)

- On Saturday, April 11th, All American Speedway (AAS) in Roseville celebrated their 60th season opener. The weather was perfect, the beer cold, the stands full, and drivers in four divisions were primed for an exciting night of fierce racing. But the night was bittersweet for Andrew Peeler of Carmichael. He drives #59 in the Street Stock division. His most devoted fan, Bobby Fagan, had been at the racetrack every week last season cheering him on. This past fall, after celebrating his 21st birthday with family and friends at a party, Fagan's heart stopped and he passed away very unexpectedly.

Peeler wanted to memorialize his friend and fan, so he enclosed the passenger ride-along seat in the #59 and has reserved it for Fagan's generous spirit. In addition, Peeler has his car wrapped



in an outdoor sports theme since Fagan loved to hunt and fish. Prior to the race opening, the evening's competitors took the track and rounded three laps at a slow and steady pace, while fans stood in quiet reflection in honor of Bobby Fagan and his devotion to racing at AAS. It was an emotional gesture and a reminder of how drivers, owners, sponsors, and dedicated fans are all members of the AAS family.

Andrew Peeler has been involved in racing since he was

nine years old, racing carts, just as many successful race car drivers have done. Several years ago, he decided to take the challenge of mastering a Street Stock, driving at high speeds around the AAS short track. Peeler is well liked and respected in the pits and on the track. He placed fifth in the AAS opening season Street Stock Main Event. We all look forward to watching Andrew Peeler and his #59 take the checkered flag in upcoming season races. ★

# Sacramento Skin Cancer Specialist Holds Skin Cancer Screening

## SACRAMENTO REGION, CA (MPG)

- Andrea Willey, MD, will be holding a free American Academy of Dermatology SPOTme™ skin cancer screening on Monday, May 4th from noon to 2:00 p.m. at her new office located at 2277 Fair Oaks Boulevard, Suite 402, in Sacramento next to the Pavilion's shopping center.

"We are currently in the midst of a skin cancer epidemic, and the greatest increase in skin cancer is in young people," said Dr. Willey. "Skin cancer is curable when caught early. If not caught in time, skin cancers such as melanoma are deadly. That is why free screenings are so important.

"As a skin cancer surgeon, I look forward to providing free screenings every year in the Sacramento area and preventing skin cancer in our community.

"Unlike other cancers, skin cancer can be detected by looking at your skin," said Dr. Willey. "A skin cancer screening only takes a few minutes and it could save your life."

SPOTme™ is the free skin cancer screening program of the American Academy of Dermatology. Since 1985, Academy dermatologists have conducted more than 2.4 million free skin cancer screenings and have detected nearly 238,000 suspicious lesions, including more than 26,500 suspected melanomas.

Come in between noon and 2:00 p.m. on Monday, May 4th and receive your free skin cancer screen from Sacramento's skin

cancer specialist, Dr. Willey. A native of Sacramento, Dr. Willey is a uniquely talented Mohs micrographic surgeon serving patients in the Sacramento and Solano counties for the past eight years. She recently opened her new office and state-of-the-art skin cancer surgical facility this past June

where she welcomes new patients and referrals.

To learn more about the SPOTme™ free skin cancer screening program and to find a free skin cancer screening near you, visit [www.spotme.org](http://www.spotme.org).

Source: Andrea Willey, MD ★

# I Didn't Pay My Taxes... Now What?

Continued from page 1

outstanding tax balance in four or fewer months. If you can pay in four months or less, call the IRS at (800) 829-1040 and make arrangements with them. The IRS will add penalties and interest onto your balance up and until the time you are able to pay the balance in full.

If you can't pay your balance in full within four months, you will need to ask for a payment arrangement called an Installment Agreement. This will give you up to six years to pay your debt in full. Depending on how much you owe, the IRS will have different standards for how much you will need to pay per month and how much documentation you will need to provide them as proof of how much you can afford to pay each month. Remember, interest and penalties are accruing on your outstanding balance. It is in your best interest to pay as much as you can, as quickly as you can, toward your balance.

If you truly can't afford to pay your outstanding tax balance, the IRS has another program called the

Offer-In-Compromise. According to Mazel, this is essentially a negotiation you enter into with the IRS where you are able to settle your tax bill for less than the full amount owed. This is granted only to those who are in extreme financial hardship. You will be required to supply the IRS with proof of your financial hardship. If you are approved for this program, you will have up to 24 months to pay this reduced tax bill.

The IRS has one additional program, Currently-Not-Collectable. This program assists the taxpayer who has only enough money to pay for basic living needs, or even less, and enables the taxpayer to ask for a reprieve from collections. This allows the taxpayer time to get back on his/her feet and then later enter into a repayment plan.

Mazel added that as long as you stay in communication with the IRS and work with them to resolve your tax issues, you can keep the most powerful collection company at bay.

Source: Kenneth Mazel ★

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# Treating Test Trauma

*Why Your Children's SAT/ACT Scores May Not Be Reflecting Their Full Ability and What to Do About It*

By Mark Schwartz, Intrepid Tutoring

**CARMICHAEL, CA (MPG)** - Is your high school student taking the PSAT, SAT, or ACT soon? Did they take it but not get a score commensurate with their classroom grades? They may be suffering from test trauma. There are three causes of test trauma: (1) gaps in knowledge, (2) gaps in logical thinking skills, and (3) gaps in confidence. But these problems can be solved surprisingly quickly with basic test-taking tactics and focused tutoring. You can help your child in time to achieve their best possible score on these important exams.

**1. The Knowledge Gap:** There are a manageable number of hard skills addressed on these tests. The math skills are the easiest to identify, test, and teach. Most are at the sophomore-class level, with a few questions reaching junior level (algebra and trigonometry). With an untimed practice test, you can quickly identify your student's opportunities for improvement and provide practice material that will build the necessary skills.

The English section tests a high school to early college level of vocabulary. The grammar skills tested are at approximately high school sophomore level. This means the avid reader has a distinct advantage. Rather than having your student read the complete works of Shakespeare, he/she can learn techniques designed to comprehend what is read, discern the meaning of words by context clues, and quickly get to any question's correct answer.

Consider the following example in which an SAT question asks the student to choose

between various meanings of the underlined word: "The coming decades will likely see more intense clustering of jobs, innovation, and productivity in a smaller number of bigger cities and city-regions."

In the above example, students should examine the text surrounding "intense" and come to the conclusion that the answer means "concentrated" or "dense" rather than "emotional" or "determined."

**2. The Logical Thinking Gap:** This is the focus of the ACT/SAT. Most questions in both math and English require you think beyond the hard skill and apply that knowledge to get to the right answer. This is easier than most students think and is critical in obtaining a high score on the test. There are simple strategies that help students understand how to approach the problems and apply their natural talents to grasp the meaning of the test questions. For example, taking a few seconds to make sure the student understands what the question is asking for makes a large difference in their score.

For example, "An object travels at fifteen feet per minute. How many yards does it travel in 24 minutes and 40 seconds?"

In this question, the student should realize that his initial feet calculation must be converted to yards. It is very likely the answer in feet will also be an answer choice.

**3. The Confidence Gap:** This is most common gap, and it is no wonder. We are a test-focused society and learn to view college entrance exams as one of the greatest challenges to a successful life. Of course, that is not really true; perhaps we should rethink our definition of success. Until that happens,

the clearest path toward dealing with test pressures is managing them. With the right cooperation between student and tutor or parent, it is easily overcome. A student taking classes or tutoring lessons can employ homework, the opportunity to work with other students tak-

**"Most questions in both math and English require you think beyond the hard skill and apply that knowledge to get to the right answer. This is easier than most students think and is critical in obtaining a high score on the test."**

ing the test, and encouragement from teachers and family to increase confidence.

For example, if the student has difficulty with geometry problems, tackling multiple problems found on actual tests will ultimately increase knowledge and confidence on the actual test. Then your student will face test day with no fear and the ability to get his/her highest potential score.

Mark Schwartz is the owner of Intrepid Tutoring. He is a professional tutor and teacher of SAT/ACT test prep. Find out more at [www.msenterprises1.com](http://www.msenterprises1.com). ★

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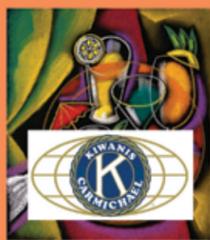
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- SUNDAY** Carmichael Park Farmers Market  
5750 Grant Ave, Carmichael (corner of Grant and Fair Oaks Blvd).  
Sundays 9 am - 2 pm. (Year-round, rain or shine).
- SUNDAY** Land Park Farmers Market  
1944 Sutterville Rd, Sacramento.  
Sundays 9 am - 1 pm. (Year-round, rain or shine).
- WEDNESDAY** VA Mather Farmers Market  
10535 Hospital Wy, Mather.  
Sundays 9 am - 1 pm. (Year-round, rain or shine).
- WEDNESDAY** Fair Oaks Sunset Farmers Market  
8101 Sunset Ave, Fair Oaks (New Life Church parking lot).  
Wednesdays 3 pm - 7:30 pm. (Seasonal; April 8 - November 25).
- THURSDAY** UC Davis Health System Farmers Market  
45th and Y St, Sacramento (UC Davis Medical Center Campus).  
Thursdays 3 pm - 7:30 pm. (Seasonal; April 23 - October 29).

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**ARIES (March 21 to April 19)** You still might have to deal with some lingering confusion that marked a recent workplace situation. But for the most part, you should now be well on your way to your next project.

**TAURUS (April 20 to May 20)** A new commitment might demand more time than you'd expected to have to give it. But rely on that special Bovine gift for patience, and stick with it. You'll be glad you did.

**GEMINI (May 21 to June 20)** You're earning the admiration of a lot of people who like the way you handle yourself when your views are on the line. Even one or two of your detractors are being won over.

**CANCER (June 21 to July 22)** Taking your responsibilities seriously is what you do. But ease up on the pressure gauge, and make time for much needed R & R. Start by making this weekend a "just for fun" time zone.

**LEO (July 23 to August 22)** Some recently uncovered information might make a change of plans inevitable. If so, deal with it as quickly as possible, and then find out what went wrong and why. What you learn might surprise you.

**VIRGO (August 23 to September 22)** Aspects favor moving carefully and deliberately when

making any significant changes. Could be there are more facts you need to know, which you might overlook if you rush things.

**LIBRA (September 23 to October 22)** A problem neighbor might be looking to goad you into an action you don't want to take. Ask someone you both respect if he or she would act as an impartial arbitrator for both of you.

**SCORPIO (October 23 to November 21)** A recent workplace accomplishment hasn't been overlooked by those who watch these things. Meanwhile, start making travel plans for that much-too-long-deferred trip with someone special.

**SAGITTARIUS (November 22 to December 21)** Those money matters continue to move in your favor. Now would be a good time to start putting some money back into the house, both for esthetic as well as economic reasons.

**CAPRICORN (December 22 to January 19)** A changing workplace environment can create job pressures. But, once again, follow the example of your birth sign and take things a step at a time, like the sure-footed Goat you are.

**AQUARIUS (January 20 to February 18)** Cheer up. You could soon have the funds you need for your worthy project. Your generous gifts of time and effort are well known, and someone might decide it's time to join with you.

**PISCES (February 19 to March 20)** Your inner scam-catcher is right on target, and you're absolutely right to reject that "too good to be true" offer. Meanwhile, something positive should be making its way to you.

**BORN THIS WEEK:** You are generous, and also sympathetic to people who find they need the help of others.

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By Sam Struckhoff  
**EDITOR'S NOTE:** DVDs reviewed in this column will be available in stores the week of April 27, 2015.

**PICKS OF THE WEEK**



Paddington Bear

**"Paddington" (PG)** - Alone in London, wandering about with a big floppy hat and raincoat over his fuzzy fur, a talking bear fails to grab much attention, even though he's the incarnation of everything adorable. The bear is taken in by the Brown family, who name him Paddington after the station where they found him. Stern-but-loving dad (Hugh Bonneville) and open-hearted mom (Sally Hawkins) give Paddington a temporary home while finding him permanent residence and avoiding a conniving taxidermist (Nicole Kidman). Those who have read the books -- or had the books read to them -- will be relieved to find that this actually is a decent, charming movie. It's not stupid, it has great visual style, tons of puns and a love for the character.

**"The Wedding Ringer" (R)** - An awkward, sweaty, fidgety guy, Doug (Josh Gad), is about to marry way out of his league (Kaley Cuoco-Sweeting), but he's got no best man, and no groomsmen at all to match his bride's side. In comes Jimmy (Kevin Hart), who sells best-man services. For the right price, he'll be your best man, the life of the party, and make you look good.

Hart and Gad are both real comedic talents, feeding into characters, each within their comfort zones -- but the chemistry isn't happening. You'll laugh, certainly, but this isn't the new must-see wedding-related guy comedy.

**"The Gambler" (R)** - An English professor and hardcore gambler, Jim Bennett (Mark Wahlberg), is an expert at putting it all on the line. Jim is in trouble with Bank of Mom (Jessica Lange) after he runs up huge debts with the boss (Alvin Ing) of the local gambling den. Not getting the message, Jim takes a huge loan from the kind of guy you don't borrow money from (Michael K. Williams), and then wades deeper into the gambling underworld. As a remake of the James Caan original from the '70s, Wahlberg's turn just doesn't match up in style. He commits to his macho man on a mission, but what's the mission? There's not much substance in his self-destruction.

**"The Boy Next Door" (R)** - How bad does a movie have to be before it's actually fun to watch again? Realizing that their movie wasn't in the same galaxy as good, the makers of this film must have decided to shoot for the so-bad-it's-good zone. Jennifer Lopez plays a recently separated schoolteacher who doesn't have a shred of believability. She sets her eyes on the hunky 19-year-old next door (Ryan Guzman), and then they have bedroom times. Too bad for Lopez that when she tries to end it, the beefcake turns into a classic psycho.

**TV RELEASES**

- "The Mentalist: Season 7"
- "Masterpiece: Wolf Hall"
- "Suits: Season 4"
- "Almighty Johnsons: Seasons 1-3"

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**Thought for the Day:**  
"All progress has resulted from people who took unpopular positions."  
- Adlai Stevenson



by **HEALTHY EXCHANGES**

**Dilled Tuna Macaroni Salad**  
Who said that tuna at lunchtime has to be served as a sandwich? Surely, not anyone who tastes this!

- 2 cups cold cooked rotini pasta, rinsed and drained
- 1/4 cup finely chopped onion
- 1 cup sliced celery
- 1/2 cup shredded reduced-fat Cheddar cheese
- 1/4 cup dill pickle relish
- 1 (6-ounce) can white tuna, packed in water, drained and flaked
- 1/2 cup fat-free mayonnaise
- 1 teaspoon lemon juice
- 1 hard-boiled egg, chopped

1. In a large bowl, combine rotini pasta, onion, celery and Cheddar cheese. In a small bowl, combine dill pickle relish, tuna, mayonnaise and lemon juice. Add dressing mixture to pasta mixture. Mix well to combine.

2. Fold in chopped egg. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Serves 4 (1 cup each).

★Each serving equals: 257 calories, 5g fat, 20g protein, 33g carb., 686mg sodium, 2g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch, 1/2 Vegetable.

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**The Garden Bug** Sweet Alyssum BY BRENDA WEAVER

This low-growing annual displays a delicate carpet of tiny, sweet-scented flowers for much of the growing season. It is very easy to grow from plant or seed and can be set out in early spring. It loves full sun, but it does not like long dry periods; in-ground plantings will need weekly watering and those in containers or baskets will need it even more frequently.

Source: gardening.about.com

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**Strange BUT TRUE**

- Most people, upon seeing a bunch of deer together, would call it a herd; however, you also could call the group a bunch, a mob, a parcel or a rangale.
- If you're planning a visit to the Netherlands, try to make time for a stop in Giethoorn. This village has no roads; its buildings are connected entirely by footbridges and canals.
- According to the Global Language Monitor, every 98 minutes a new word is created somewhere in the world.

**top ten**

Most responsive Companies

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10. Airbnb

Source: Undercurrent.com

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Subscriptions should be mailed to Carmichael Times, 7144 Fair Oaks Blvd. Suite 5, Carmichael, CA 95608. Subscription rate is \$39 per year within Carmichael, \$49 within Sacramento County. The Carmichael Times is published weekly. Call (916) 773-1111 for more information. (ISSN # 1948-1918).

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## B.A.S.S. to Host Sacramento Bassmaster Elite at Sacramento River

**SACRAMENTO REGION, CA (MPG)** - B.A.S.S. will host the Sacramento Bassmaster Elite at Sacramento River from April 30th through May 3rd in Sacramento, the third of nine Bassmaster Elite Series professional bass fishing tournaments scheduled in 2015.

The tournament will mark the first time B.A.S.S. has held a professional event on the river; however, B.A.S.S. has held previous events on the California Delta. The tournament pits 113 of the top bass anglers in the world against each other, including fishing superstar Kevin VanDam and 2015 GEICO Bassmaster Classic presented by GoPro champion Casey Ashley, as they compete for the \$100,000 first-place prize.

Among those vying for the win are five California anglers: Brent Ehrler (Redlands), Jared

Lintner (Arroyo Grande), Ish Monroe (Hughson), Skeet Reese (Auburn), and Chris Zaldain (San Jose).

From watching the first boats take off at 6:15 a.m. on Thursday, April 30th to the winning weigh-in announcement at Discovery Park on Sunday, May 3rd at 3:00 p.m., all of the family-friendly activities planned throughout the weekend are free and open to the public.

The Elite Series Expo will have B.A.S.S. sponsor representatives onsite throughout the weekend with activities, games, and prizes for attendees. Companies like Mercury, Nitro, Skeeter, Triton, and Yamaha will be set up at the Expo and will be offering demo rides. Toyota, Minn Kota, Humminbird, Livingston Lures, A.R.E. Truck Caps, Carhartt, Dick Cepek Tires and Wheels, Lowrance, Huk,

Power-Pole, Shimano, Rigid Industries, and Costa Sunglasses will also be exhibiting.

Other activities planned throughout the Bassmaster Elite at Sacramento River weekend include a Kids Zone, angler autograph and photo sessions, and the chance to learn tips and techniques from some of the best bass anglers in the world. Also, on Saturday teen anglers can take part in the B.A.S.S. High School Elite Experience presented by Costa Sunglasses.

To learn more about Bassmaster, please visit [www.bassmaster.com](http://www.bassmaster.com). For more information about Sacramento Bassmaster Elite, visit [www.bassmaster.com/sites/default/files/imce/2015/ca\\_sacramento\\_soe.pdf](http://www.bassmaster.com/sites/default/files/imce/2015/ca_sacramento_soe.pdf).

Source: Full Circle Public Relations ★

## Dignity Health Benefits Communities through "Project Humankindness"

**SACRAMENTO REGION, CA (MPG)** - Dignity Health, one of the largest health systems in the nation, has introduced Project Humankindness to highlight and engage others in its mission to improve the overall quality of life. Project Humankindness showcases the collective impact of the work that Dignity Health and its caregivers have been doing outside the hospital walls over the past 20 years, including grants, investments, and volunteerism.

"At the heart of Dignity Health's mission is a dedication to improving the quality of life in the communities we are so privileged to be a part of," said Lloyd H. Dean, Dignity Health's president/chief executive officer. "In bringing all of these programs under the umbrella that we're calling Project Humankindness, we are able to celebrate the great work being done in these communities and invite others to join us."

Dignity Health's commitment to the communities it serves has included financial and volunteer support to hundreds of programs. Since 1992, the health system has provided grant awards to 185 nonprofit organizations (totaling more than \$88.1 million) and low-interest loans to 3,006 projects (totaling \$51.3 million).

The efforts of Project Humankindness have resulted in the following recent initiatives:

- The Great Kindness Challenge, a bullying prevention program dedicated to creating a culture of kindness in schools nationwide,

in which Dignity Health has been a presenting sponsor and active participant for the past two years. The Great Kindness Challenge asks students to complete 50 acts of kindness in one week, and in 2015 more than 4,000 schools participated, totaling two-million students and amounting in 100-million acts of kindness nationwide. As a large supporter of this kindness initiative, Dignity Health's more than 65,000 executives, employees, and physicians accepted the Great Kindness Challenge in its hospital, clinic, and office settings as well, effectively "matching" the students' good deeds taking place in schools.

- Project Humankindness also featured a \$450,000 donation made by Dignity Health to 17-year partner Project C.U.R.E. to send medical supplies to Sierra Leone, one of the areas hit hardest by the Ebola outbreak. Dignity Health volunteers in Phoenix packed the donation of medical supplies into a 40-foot container that arrived in Sierra Leone in February.

- Day on the Beach is an annual community event organized by Dignity Health employees who give their disabled patients an experience they wouldn't otherwise have. Dignity Health caregivers volunteered to help people with

disabilities step away from the hospital to experience life at the beach, from kayaking to swimming activities.

- Hope Street Family Center in downtown Los Angeles was developed in 1992 as a community program of Dignity Health's nearby California Hospital Medical Center. Recognized as a national model for integrating impactful health care in the community, Hope Street Family Center is the fulfilled vision of a Dignity Health caregiver. Highlighting the work done here over the years, Dignity Health recently released a video to showcase the work done at the facility.

"Project Humankindness offers Dignity Health a meaningful way to talk about the needs that exist in our communities and to show just how life-changing even small acts can be," said Bernita McTernan, executive vice president of sponsorship, mission integration, and philanthropy at Dignity Health. "From free educational clinics and access to care, to safety and mobility assistance, we recognize the positive impact that thoughtful programs can have on individuals, their families, and the community."

Learn more about Dignity Health at [www.hellohumankindness.org](http://www.hellohumankindness.org).

Source: Allison Public Relations ★

## Carmichael Beavers Swim Team Turns 50

**SACRAMENTO REGION, CA (MPG)** - The Carmichael Beavers Swim Team is proudly celebrating their 50th season. Since their conception in 1965, the Beavers have had many successful years winning championships and setting individual league records. Achieving these feats goes hand-in-hand with the team's goals of desire, dedication, and determination. Contributing to the team's recent success are the Beavers' current president Ron Miller, head coach Doug Smith, and parents of the team swimmers. These parents diligently maintain the standing tradition of a family atmosphere, promoting a fun swimming experience where children learn to swim in

a competitive forum.

The Carmichael Beavers range in age from 4 to 18 and they practice nightly at Del Campo High School's pool, which has been their home for the past 12 years. The team welcomes the community to come out and enjoy their efforts. The Beavers' 2015 home meets are from 8:00 a.m. to 2:30 p.m. on June 6th, 13th, and 20th, as well as July 11th.

In commemoration of this 50th Anniversary, some elements have been added to the season's usual repertoire. Special 50th swim caps, suits, and t-shirts are being offered and the Beavers Swim Team will be accompanying their

50th Anniversary float during their regular appearance in Carmichael's Annual 4th of July Gala Parade.

All Carmichael Beavers alumni are invited to join the team on Saturday, May 16th for recognition and participation in a special alumni swim meet. The time trials start at 8:00 a.m. and the alumni meet will take place at 11:00 a.m. The current Beavers team looks forward to meeting past Beavers team members!

For more information, visit [www.cbswim.com](http://www.cbswim.com) or [cb.swim@hotmail.com](mailto:cb.swim@hotmail.com). Follow CB Swim on Facebook at Carmichael Beavers Swim Team.

Source: Roni Santiago ★



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**When:** Daily practice • Weekend meets are April through July 18<sup>th</sup>

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# END of the BENCH

by Gerry Scholl

## Watch Out for the Other Guy

They say that when it comes to intensity in sports, there's nothing quite like playoff hockey.

Waiting for the NBA playoffs to come on the tube the other day, the click was made to switch over to the Washington Capitals-New York Islanders NHL opening round series. Even though the San Jose Sharks missed out on post-season play for the first time in over a decade (resulting in the firing of coach Todd McLellan), it would be worth checking out some of the stars of the game during the Stanley Cup Playoffs.

This game featured one of the brightest stars of all in Capitals winger Alex Ovechkin. The big Russian has led the NHL in goal-scoring in five of his eight seasons and has added 32 post-season goals in the seven years prior to this one.

It's always an interesting move to focus on a single player for a while when watching hockey, especially if you are only a casual observer and want to get a feel for what the stars are all about. Ovechkin did not disappoint and neither did the television broadcast --- featuring a series of plays with the cameras isolating on the Cap's leader. Ovechkin seemed to be going after Islanders' players for a big crushing hit every time he had the opportunity. He might be one of those professional stars that gets preferential treatment. He ranked just 90th in the league in total penalty minutes, even though he was 10th in total hits (body checks).

Watching him further, he would whack New Yorkers across the backs of their legs from behind with his stick (shouldn't that be a penalty?) --- you had to start to think that that guy is a dirty player; or that's just "playoff hockey." In any case, as they said on the broadcast, you better know where that big fella is at all times. Protect yourself.

That's what Oakland Athletics third baseman Brett Lawrie will be thinking whenever he steps into the batter's box against the Kansas City Royals from now on --- "protect yourself."

After Lawrie's hard slide into second base sent Royals shortstop Alcides Escobar to the trainer's room with a wrenched

knee last Friday, Lawrie was plunked on the elbow Saturday by Kansas City's Yordano Ventura, who was immediately ejected from that game. Sunday, the A's Scott Kazmir struck K.C.'s Lorenzo Cain on the foot, which resulted in the most logical form of retaliation --- Royals reliever Kelvin Herrera fired two consecutive hard projectiles at around 100mph at Lawrie, the first two feet inside and the second high and behind Lawrie's back. (Would that be considered a crime in some other line of work?). Herrera made a threatening gesture pointing to his head as he left the field, one of five more Royals ejected during that incident. Advice to Lawrie: "Look out!"

Some members of the San Francisco Giants' starting-pitching rotation had better look out for their job security. Holy Moses! (Chris Heston has climbed up on the hill and has been a revelation since taking over a spot when Matt Cain went back to the disabled list. The 27-year-old righthander is 2-1 after three solid starts, going 20.2 innings with a 0.87 ERA. The team as a whole had better watch out for all of the other teams in the National League West. Entering the three-game, home series with the L.A. Dodgers (9-3) Tuesday, the Giants were looking up at the entire division with their pitiful 4-10 record, third worst at the time in the NL for the defending World Series champs --- who have been playing more like chumps.

Those aforementioned NBA Playoffs are featuring a basketball revelation --- your very own Golden State Warriors, who have stockpiled a lengthy list of records and statistics during the course of their historic 67-15 regular season. This team can do everything, including park your car, stand in line at the concession stand for you and give you a ride home after the game. This top-seeded group had come accustomed to building sizeable leads early in games throughout the regular season. Its fast-strike capabilities were on display early in the first game of the first round, a 106-99 win over No.-8 seed New Orleans Saturday. The

Pelicans scored the first four points, but two minutes later it was 10-4 Golden State.

The Warriors, however, have also had the bad habit of coasting with leads at times, allowing opponents to get back into some games. That was also on display, as they built a 25-point lead that shrunk to just a five-point margin in the closing seconds. Game Two was a tighter affair and the Warriors didn't pull away until the last five minutes for a 97-87 win and a 2-0 lead in the series. In the playoffs, coasting will not be an option.

Two bad boys on the lookout for each other will be coming face-to-face on May 2 in Las Vegas. Floyd Mayweather, Jr., and Manny Pacquiao will be exchanging blows in a bank-breaking matchup for the welterweight boxing title.

Here at the EOB we lack interest in boxing and other similar exhibitions. Those feelings got their start a long time ago. The Gillette Friday Night Fights was a staple in boyhood in the late 50's and early '60's, until one of its stars, welterweight Emille Griffith, finished off (Kid) Benny Paret one night with a ferocious salvo of punches. Paret died ten days later. That was a shocking realization that nearly faded away during the Cassius Clay/Muhammed Ali era, because Ali was such an intriguing character and champion.

But then came the brutal match in 1981 in which Ray "Boom Boom" Mancini knocked out Korean boxer Duk Koo Kim. The newspapers the next day ran a picture of Mancini landing a punch to the distorted face of Duk Koo Kim...to be remembered as a death blow when Duk Koo Kim died three days later. What's the sport in that?

Since then there has been disdain for boxing and its ultimate goal to inflict bruises upon the brain of the opponent until he collapses unconscious. That is not sport, but a barbaric exhibition that attracts huge audiences to this day. But, alas, we are mere Homo sapiens (from the Latin: homo (man); sapiens (wise, rational)), and remain a rather barbaric lot in many regards. ★

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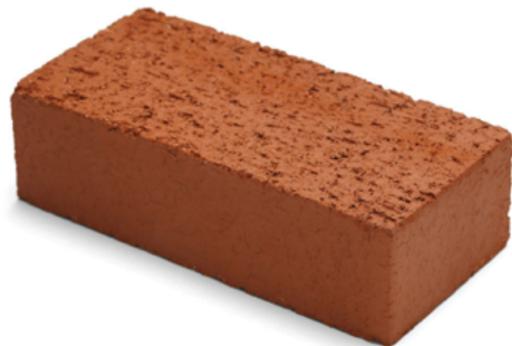
Procrastination! Ugh! What a word that is. But, we're all guilty of it - whether it's putting off laundry or doing your taxes - it's usually related to some task or chore we just don't want to do.

The same is true about making final arrangements. Who wants to think about, or talk about, death. And with so many more fun things to spend our money on, who wants to pay for it?

Well, just like taxes, death is something unavoidable, and when it's done - what a relief that is. You can then unload that brick from your backpack and have some peace of mind. If you still need motivation, consider these points:

- You get to arrange what you think is best and not expect family members to know your wishes
- You can know that once your pre-arrangements are made, your wishes will be carried out
- You get to relieve your family from that burden of planning your funeral when they are grieving
- You can minimize disputes between your well-meaning relatives
- You can set up affordable monthly payments so the financial burden does not fall to your surviving family members
- You will show your love in a way your family will never forget

We hope these tips are useful. *Call us today for an appointment and let us help you unload some bricks from your backpack!*



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### CLUES

- ACROSS**
- Milan's La \_\_\_\_
  - Globe shape
  - Saintly sign
  - Alexandre Duma's "The Black \_\_\_\_"
  - Broadcast
  - Happen again
  - Like city life
  - Mudbath site
  - Fill with high spirits
  - "Mommie \_\_\_\_" movie
  - "Kate Hudson's mom
  - Dog command
  - Like Andersen's duckling
  - Eric Stonestreet on "Modern Family"
  - Hard currency
  - Internet business
  - In the sack
  - Sometimes hard to reach
  - Irrigation water wheel
  - Track event
  - "Suri's mom, e.g.
  - Fix a horse
  - \_\_\_\_'s razor
  - "Bébé's mother
  - Copycat
  - Tarzan's swings
  - A in B.A.
  - "... \_\_\_\_ he drove out of sight"
  - Repair, as in socks
  - Pull the plug on
  - \*Mom to Meg, Jo, Beth and Amy March
  - \*Popular Mother's Day gift
  - Kim Jong-un of North \_\_\_\_
  - Reverential salutation
  - Tie again
  - Relating to Quechuan people
  - Intelligence org.
  - Dodge
  - Don't let this hit you on the way out
  - One of Bartholomew Cubbins' 500
  - More sly
- DOWN**
- Part of house frame
  - Prepare by drying or salting
  - \*This famous Jessica became a mom in 2008
  - Pinocchio and his kind
  - Relating to apnea
  - Brewer's kiln
  - Tombstone acronym
  - Health food pioneer
  - Retained
  - Palm tree berry
  - Guitar forerunner
  - Bonanza find
  - Count on
  - Indifferent to emotions
  - \*Like Mother Hubbard
  - Soiled
  - "TV's "lovely lady"
  - Olden day calculators
  - Muhammad's birthplace
  - Big-ticket \_\_\_\_
  - "Animal House" garb
  - French pancake
  - Oil tanker
  - "Mother" in Italian
  - Novelist Koontz
  - German mister
  - Evening pepper
  - Sterling, Cooper or Draper
  - Sigma Alpha Epsilon
  - Soft palate vibrations
  - Boxer's stat
  - Inhabit
  - Kissing disease?
  - Atlantic Richfield Company
  - Last row
  - Notable achievement
  - Evening purse
  - Hitchhiker's quest
  - Nostradamus, e.g.
  - \*Mom has at least one
  - By way of

**CROSSWORD**

1	2	3	4	5	6	7	8	9	10	11	12		
13					14			15					
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64						65	66			67			
68						69				70			
71						72				73			

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

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

For Solutions See Page 9

Come back every week for Crossword and Sudoku!



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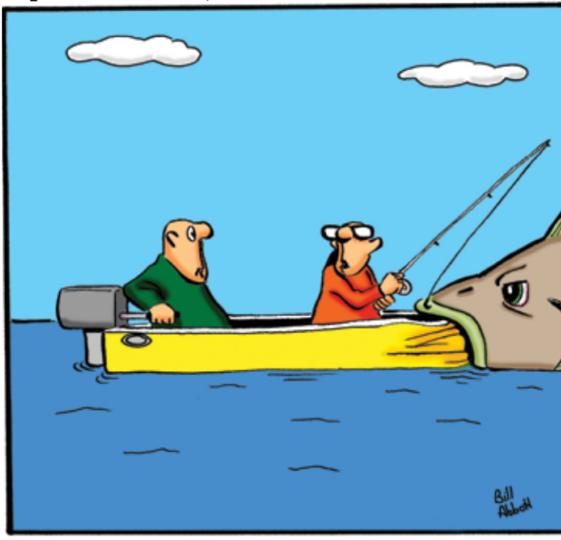
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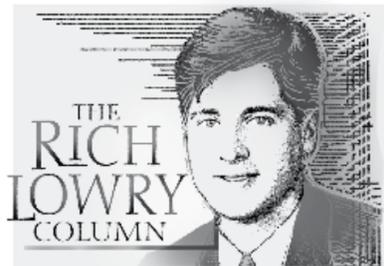
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THE RICH LOWRY COLUMN  
By Rich Lowry

### The Age of the Anti-Christian Pogrom

We live in the era of the anti-Christian pogrom. The slaughter earlier this month at Garissa University College in Kenya that killed nearly 150 people was the latest example of the bloodlust. Usually, such mass-casualty attacks are indiscriminate, but the killers of the Somali-based al-Shabab terror group sought to be exacting during their all-day assault on the largely Christian university.

A student told The Associated Press, "If you were a Christian, you were shot on the spot." One witness described his best friend begging for his life, pretending to be a Muslim; when he couldn't recite a Muslim prayer, he was shot to death. Another recalls seeing three girls praying for

help: "The mistake they made was to say, 'Jesus, please save us,' because that is when they were immediately shot."

The Obama administration's reaction to this atrocity carried out by Islamic zealots for avowedly religious reasons was typically shorn of any specific reference to what had happened, or why. The administration reverted to its core strength of tightly scripted euphemism. In his statement, President Barack Obama said that "innocent men and women were brazenly and brutally massacred." True enough, but he couldn't bring himself to say who had been shot by whom. He vowed to stand with the Kenyan government and people "in their efforts to bring communities together," the closest he dared step to the unmistakable religious dimension of the murders.

Secretary of State John Kerry urged steadfastness in the fight against "violent extremism," the administration's term of art for Muslim extremism. President Obama can't restrain his anger over Bibi Netanyahu saying that Arab voters are turning out in droves prior to the Israeli election, but if coldblooded killers gun down Christians for their faith, he turns to careful verbal gymnastics.

As a matter of sheer intellectual honesty, we should be forthright about the religious hatred that motivates attacks on Christians. If

the administration worries about playing into the Islamist narrative of the Western "crusaders," the 11th century wants its foreign policy back. In country after country, Christian communities are embattled and vulnerable, and obviously in no condition to crusade for anything. They don't want to take back Jerusalem; they want to survive. At Garissa, it was the typical depressing story of insufficient protection from the government, either out of indifference or incompetence or both. Warnings of a coming attack on a university had been ignored. An elite police unit didn't respond to the attack on the university until hours after it had begun.

The least we can do is to speak up forcefully about the plight of threatened Christians and urge governments to do more to protect them. It is one of the scandals of our time that the president of Egypt has been a more courageous voice on this than the president of the United States. There will be more Garissa-like attacks to come, demonstrating with heartbreaking starkness the disparity in martyrdom between radical Islam and Christianity. The "martyrs" of militant Islam strap on suicide vests and commit hellish acts of mass murder; Christianity's martyrs die as innocents, often with a prayer on their lips.

Rich Lowry is editor of the National Review.



### Dog Might Not Need Cataract Surgery

DEAR PAW'S CORNER: My 13-year-old miniature poodle, "Dany," has the beginnings of cataracts. I don't want to put her through surgery. Are there drops or vitamins I can use instead? -- Mick, via email

DEAR MICK: You'll need to consult Dany's veterinarian. However, if the vet will only consider surgery, you can get a second opinion. Find out if a veterinary ophthalmologist is available in your area. This specialist can evaluate Dany's condition, confirm whether it is cataracts (there is at least one other condition that might be mistaken for cataracts) and recommend the next course of treatment. According to Animal Eye Care, small cataracts can be somewhat common in older dogs. They may not interfere with vision at all, and no medical treatment may be needed. While cataracts can't be reversed, you can make

it more difficult for them to grow. The most important thing is to make sure Dany stays healthy. Senior-dog illnesses, especially diabetes, can affect her eyes and increase the risk of cataracts. So keep up with scheduled checkups, and make sure she eats a proper diet. If she's on medication, make sure she takes it. Nutritional supplements that contain antioxidants reputedly help slow cataract development, and in fact, at least one eye-specific supplement, Ocu-Glo, is available by prescription from the vet. Avoid using supplements developed for humans, as other ingredients in them may not be good for dogs. Also, be wary of products that claim to reverse cataracts: Only surgery can get rid of them.

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

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Unity of Sacramento  
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# Whole Foods Recalls Raw Macadamia Nuts

**SACRAMENTO REGION, CA (MPG)**

Whole Foods Market is voluntarily recalling packaged raw macadamia nuts due to possible salmonella contamination. Salmonella is an organism that can cause serious and sometimes fatal infections in young children, frail or elderly people, and others with weakened immune systems. Healthy persons infected with salmonella often experience fever, diarrhea, nausea, vomiting, and abdominal pain. In rare circumstances, infection with Salmonella can result in the organism getting into the bloodstream and producing more severe illnesses such as arterial infections (i.e., infected aneurysms), endocarditis, and arthritis.

The recalled product was labeled as "Whole Foods Market Raw Macadamia Nuts" and was packaged in 11 oz. plastic tubs. The recalled product has a best-by date of February 4th, 2016, and a UPC code of 7695862059-1. Recalled items were sold in AR, AZ, CA, CO, HI, KS, LA, NM, NV, OK, TX, and UT Whole Foods Market Stores.

No illnesses have been reported to date. Based upon routine testing conducted by an FDA-contracted laboratory, it was determined that the raw macadamia nuts tested positive for Salmonella.

Customers who have purchased this product should discard it and may bring in their receipt for a full refund. Consumers with questions may contact Whole Foods Market Customer Service at (512) 477-5566, ext. 20060, Monday through Friday from 9:00 a.m. to 5:00 p.m. CDT.

Source: U.S. Food & Drug Administration ★

# Prolainat Issues Voluntary Recall Due to Undeclared Coconut

**SACRAMENTO REGION, CA (MPG)**

Prolainat is voluntarily recalling all lots of 9.16 oz. packages of Trader Joe's "A Dozen Sweet Bites" (Chocolate & Coffee "Opéra" Cake, Raspberry "Macaron Aux Framboises" Cake, Caramel & Chocolate Cake) due to undeclared coconut. People who have an allergy or sensitivity to coconut run the risk of serious or life-threatening allergic reaction if they consume the product. The Trader Joe's "A Dozen Sweet Bites" is safe for consumption by those who do not have coconut allergies.

The recalled product was produced from January 1st, 2011, to February 5th, 2015, and distributed to Trader Joe's stores nationwide. The product was sold frozen and packaged in a 9.16 oz. box with a photograph of the product on the front of the box and a

UPC #00967679 that can be found printed the back of the package.

The recall was initiated after a routine product packaging review surfaced the omission of coconut from the ingredient panel. All affected product has been removed from shelves and from distribution.

No allergic reactions or illnesses have been reported to date.

Customers who have purchased 9.16 oz. packages of Trader Joe's "A Dozen Sweet Bites" and have a sensitivity to coconut are urged to discard the product or return it to any Trader Joe's for a full refund. Customers with questions may contact Trader Joe's Customer Relations at (626) 599-3817, Monday through Friday from 6:00 a.m. to 6:00 p.m.

Source: U.S. Food & Drug Administration ★

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## NOTICE OF HEARING ON INCREASE IN FEE OR CHARGE

NOTICE IS HEREBY GIVEN that at 6:30PM on April 28, 2015 at 3738 Walnut Avenue, Carmichael, CA 95608, the Governing Board of the San Juan Unified School District will consider the adoption of a Resolution to increase the existing fee on development projects within the boundaries of the District for the purpose of funding the construction or reconstruction of school facilities pursuant to Education Code section 17620.

This increased fee would apply to new commercial and industrial construction, to new residential construction, and, to the extent of increases in assessable space, to other residential construction as provided by law.

The Governing Board will also consider its exemption from the requirements of the California

Environmental Quality Act ("CEQA") relative to the increase in the fee and the adoption of a Notice of Exemption pursuant to Education Code section 17621(a).

Any interested party may make an oral or written presentation at the public meeting. The San Juan Unified School District has made available to the public data indicating the amount or estimated amount required to provide the service for which the fee would be levied, and the revenue sources anticipated to provide the service, including general fund revenues. Such data may be obtained at 5320 Hemlock Street, Room 6, Sacramento, CA 95841, or by contacting David Burke, Director of Planning and Property Management at (916) 971-7072.

Published in the Carmichael Times April 17 and 24, 2015.



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COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE  
CHANGE OF NAME  
#34-2015-00177619  
WHEREAS, Priyanka Teckchandani has filed a petition with this court for a decree changing the name(s) of Priyanka Ashok Teckchandani to Priyanka Heeru Teckchandani.  
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on June 17, 2015, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.  
Dated: April 8, 2015  
Raymond M. Cadei, Judge of the Superior Court  
Publish: April 24, May 1, 8 and 15, 2015  
TECKCHANDANI 150413 5-15-15

COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE  
CHANGE OF NAME  
#34-2015-00177699  
WHEREAS, Heather S. Mayer, attorney for Pwint Oo Hlaing has filed a petition with this court for a decree changing the name(s) of Pwint Oo Hlaing to Patricia Leong.  
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on June 17, 2015, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.  
Dated: April 9, 2015  
David L. Brown, Judge of the Superior Court  
Publish: April 24, May 1, 8 and 15, 2015  
HLAING 150416 5-15-15

COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE  
CHANGE OF NAME  
#34-2015-00177876  
WHEREAS, Michele L. Riddles has filed a petition with this court for a decree changing the name(s) of Michele Lynn Riddles to Michele Lynn Graham.  
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on June 19, 2015, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.  
Dated: April 15, 2015  
David L. Brown, Judge of the Superior Court  
Publish: April 24, May 1, 8 and 15, 2015  
GRAHAM 150416 5-15-15

## NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF MARY MAXINE GARNER (descendant)  
ESTATE NO. 34-2015-001776011

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of MAXINE GARNER, MARY MAXINE GARNER (deceased):  
A petition has been filed by JERRY L. GARNER, BRENDA K. GARNER, MELANIE WARMERDAM in the Superior Court of California, County of Sacramento, requesting that JERRY L. GARNER AND MELANIE WARMERDAM be appointed as Executor to administer the estate of the decedent.  
The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.  
The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.  
Bond is not required.  
A hearing on the petition will be held in this court as follows: June 16, 2015, 9:00 a.m. in Dept. No. 129 at Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826.  
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.  
IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.  
YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Petitioner is: Jerry Lynn Garner and Melanie Warmerdam, 3535

Miami Street, Sacramento, CA 95821 (916) 617-8892  
Publish: April 24, May 1 and 8, 2015.  
GARNER 150330 5-8-15

NOTICE OF PETITION TO ADMINISTER ESTATE OF RONALD CLAYTON AHRENDT (descendant)  
ESTATE NO. 34-2015-00177023

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of RONALD CLAYTON AHRENDT (deceased):  
A petition has been filed by MICHAEL RICHARD STEWART in the Superior Court of California, County of Sacramento, requesting that MICHAEL RICHARD STEWART be appointed as Executor to administer the estate of the decedent.  
The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.  
The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.  
Bond is not required.  
A hearing on the petition will be held in this court as follows: May 12, 2015, 9:00 a.m. in Dept. No. 129 at Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826.  
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.  
IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.  
YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Petitioner is: Michael Richard Stewart, 8452 Fair Way, Citrus Heights, CA 95610 (916) 723-3578  
Publish: April 10, 17 and 24, 2015.  
AHRENDT 150402 4-24-15

Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Petitioner is: Michael Richard Stewart, 8452 Fair Way, Citrus Heights, CA 95610 (916) 723-3578  
Publish: April 10, 17 and 24, 2015.  
AHRENDT 150402 4-24-15

NOTICE OF PETITION TO ADMINISTER ESTATE OF HELEN JOYCE GIVENS (descendant)  
ESTATE NO. 34-2015-00177019

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of HELEN JOYCE GIVENS (deceased):  
A petition has been filed by TERRY GIVENS, MONIQUE DIGGS AND ESTELLA WHITTAKER in the Superior Court of California, County of Sacramento, requesting that ESTELLA WHITTAKER be appointed as Executor to administer the estate of the decedent.  
The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.  
The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.  
Bond is not required.  
A hearing on the petition will be held in this court as follows: May 28, 2015, 9:00 a.m. in Dept. No. 129 at Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826.  
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.  
IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

California law.  
YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the attorney for the Petitioner is: Michael A. Hackark, Hackard Law, A Professional Law Corporation, 10630 Mather Boulevard, Mather, CA 95655 (916) 313-3030  
Publish: April 17, 24 and May 1, 2015.  
GIVENS 150406 5-1-15

NOTICE OF PETITION TO ADMINISTER ESTATE OF CHONG SUN JOHNSON (descendant)  
ESTATE NO. 34-2015-00177169

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of CHONG SUN JOHNSON (deceased):  
A petition has been filed by TONI FAY JOHNSON AND SONI KAY JOHNSON in the Superior Court of California, County of Sacramento, requesting that TONI FAY JOHNSON AND SONI KAY JOHNSON be appointed as Executor to administer the estate of the decedent.  
The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.  
The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.  
Bond is not required.  
A hearing on the petition will be held in this court as follows: June 11, 2015, 9:00 a.m. in Dept. No. 129 at Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826.  
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.  
IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the attorney for the Petitioner is: Robert J. Busch, Jr., 9245 Laguna Springs Drive, Suite 200, Elk Grove, CA 95758 (916)859-0370  
Publish: April 17, 24 and May 1, 2015.  
JOHNSON 150410 5-1-15

in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the attorney for the Petitioner is: Robert J. Busch, Jr., 9245 Laguna Springs Drive, Suite 200, Elk Grove, CA 95758 (916)859-0370  
Publish: April 17, 24 and May 1, 2015.  
JOHNSON 150410 5-1-15

## SUMMONS

SUMMONS  
IN THE NINTH JUDICIAL DISTRICT COURT OF THE STATE OF NEVADA IN AND FOR DOUGLAS COUNTY  
ALEJANDRA MERCADO-MARTINEZ, Plaintiff,  
JUAN ANTONIO MENDOZA-MERAZ, Defendant.  
Case No. 15-DI-0109, Dept. I  
THE STATE OF NEVADA SENDS GREETINGS TO THE ABOVE-NAMED DEFENDANT:  
You are hereby SUMMONED and required to serve upon plaintiff, ALEJANDRA MERCADO-MARTINEZ, whose address is 6112 Shetland Court, Stockton, CA 95210, an ANSWER to the Complaint which is herewith served upon you, within 20 days after service of this Summons upon you, exclusive of the day of service. In addition, you must file with Clerk of this Court, whose address is shown below, a formal written answer to the complaint, along with the appropriate filing fees, in accordance with the rules of the Court. If you fail to do so, judgment by default will be taken against you for the relief demanded in the Complaint. This action is brought to recover a judgment dissolving the contract of marriage existing between you and the Plaintiff.  
This filer certifies that this document does not contain the social security number of any person.  
Dated this 15 day of March, 2015  
D. Hecimovich, Deputy Clerk of Court  
Ninth Judicial District Court  
P.O. Box 218  
Minden, NV 89423  
Published: April 17, 24, May 1 and 8, 2015.  
CROCKETT 150408 5-8-15



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# Sacramento Choral Society and Orchestra's Season Finale Features Powerful Music



The Sacramento Choral Society and Orchestra performs. Photo courtesy of the Sacramento Choral Society and Orchestra

**SACRAMENTO REGION, CA (MPG)** - Conductor Donald Kendrick and the Sacramento Choral Society and Orchestra (SCSO) will team up with Sacramento State's University Chorus to present choral orchestral music by three modern American classical composers in a powerful season finale entitled "Songs of Eternity."

"We hasten to assure our audience that the music for this concert is considered accessible modern music in that all three works are dramatic and lyrical," says Donald Kendrick, artistic director.



A pre-concert talk will be given by Conductor Donald Kendrick (pictured) at 7:00 p.m. Photo courtesy of the Sacramento Choral Society and Orchestra

This unique program showcasing 250 musicians will include the West Coast Premiere of Daniel Forrester's "Requiem for the Living - Dan Forrester (2013)," James Hopkins' "Songs of Eternity" (1995) and Howard Hanson's "Sea Symphony" (1974). Composer James Hopkins will be a special guest at the concert.

A pre-concert talk will be given by Conductor Donald Kendrick at 7:00 p.m. and a post-concert reception in the lobby will provide an opportunity for audience members to meet the artists. The concert also features projected supertitle translations. The doors open at 6:30 p.m.

The "Songs of Eternity" concert, dedicated to the SCSO's founding Concert Master Michael Anderson, features poetry by Walt Whitman and Nobel Prize-winning Indian poet Rabindranath Tagore. The season finale will provide a prelude to the SCSO's July 2015 international tour to Paris (Notre Dame), Normandy (American Cemetery 70th Anniversary of World War II) and London (St. Paul's Cathedral).

The show takes place on Saturday, May 9th at 8:00 p.m. at the Sacramento Community Center Theater, 13th & L Street in Sacramento. For tickets, call the Sacramento Community Center Box Office at (916) 808-5181 or buy online at [www.tickets.com](http://www.tickets.com). The cost is \$45 for orchestra, \$35 for first balcony. Students get a 50% discount. \$10 rush seats may be available on concert night.

The concert is co-sponsored by SAFE Credit Union and the SCSO following their recent successful spring 2015 fundraising efforts.

For additional information, visit [www.sacramentochooral.com](http://www.sacramentochooral.com) or call the SCSO Office at (916) 536-9065.

Source: Sacramento Choral Society and Orchestra ★



SPRING 2015

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*(West Coast Premiere)*  
**Requiem For The Living** | Dan Forrester  
**Songs of Eternity** | James Hopkins  
**Sea Symphony** | Howard Hanson

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**Special Guest** | Composer James Hopkins present at the performance

**Saturday, May 9 at 8:00 p.m.**  
 7:00 p.m. – Pre-concert talk by Donald Kendrick

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# Senator Gaines' Privacy Package Moves Forward

**SACRAMENTO REGION, CA (MPG)** - Senator Ted Gaines announced that two of his California Privacy and Consumer Protection Act bills related to drone use—Senate Bills 170 and 271—passed the Senate Committee on Public Safety with unanimous, bi-partisan support.

"Privacy issues, especially in today's fast-paced internet and technology era, are among the most important policy issues facing Californians," said Senator Gaines. "We must protect the public's right to privacy and more importantly, their safety, from inappropriate drone use. These bills address this new reality and create harsh penalties for those who cross the line. I look forward to their

continued support."

Senate Bill 170 mandates an increased sentence when a drone is used to deliver contraband into a prison or county jail. The bill also makes it a misdemeanor to fly a drone over a prison or county jail.

Keeping contraband out of prisons and county jails is critical to running safe and orderly facilities. With public access to drones increasing, this issue is becoming even more of a challenge. As drones become smaller and easier to operate, virtually anyone will be able to use the device to drop contraband into a prison or county jail. Drones can also be used to gather sensitive information from

inside of prisons. This information can be used for a variety of dangerous exploits, including inmate escapes and prison riots. Placing restrictions on the use of drones over prisons and jails helps prevent these situations.

Senate Bill 271 safeguards children from kidnapping, harassment, stalking, or a host of other potential harm by making it illegal to fly drones over public schools grades K-12 during school hours. The bill also makes it illegal to capture images of the campus during school hours or during extracurricular activities.

This bill is intended to stay ahead of the technological curve by providing a safeguard for children

while they are at school and provides an important layer of privacy to students at a place that should be a sanctuary.

"Drones are already helping our schools protect kids from harm. But in the wrong hands, they can be threats to safety in thousands of ways that we are only starting to imagine," said El Dorado County District Attorney Vern Pierson, who testified in support of the bill. "This legislation gets ahead of the issue and helps make our campuses safe."

Source: Senator Ted Gaines' Office



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The cost for these core courses is \$30 total for all 6 sessions. The cost includes lessons/manuals. Additional one or two 2 1/2 hour session workshops are offered for \$5 per workshop.

Workshop titles include: Digital Cameras, Computer Maintenance, E Bay, Greeting Cards, Downloading, Windows 7, Storage and Backup Files, Flash Drives, etc, and Database.

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

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# Depths of Fields

## Army "Shooter" Tells War Stories

Continued from page 1

when the draft caught him. From Ranger School in Georgia, the corporal was mistakenly sent to Sharpe Army Depot (near Stockton) and found himself jobless. "I'd once had a basketball picture published," he confides. "So I went to the base newspaper and told them I was a photographer. They taught me to take and process pictures; 90 days later, I was in Bien Hoa, (South Vietnam) with a camera.

**"A wounded private was being carried off. I saw the picture in my head, raised my camera, and shot two frames. The Army owned all my film but I kept the best negative. I got permission to release it and it made the cover of Newsweek."**



Hamburger Hill hero: The picture made the cover of Newsweek and cost "shooter" Pacholik his army job. Photo courtesy of Robert Pacholik

"I was in line for chow when three greasy guys jumped off a jeep and asked if I was Pacholik. They said, 'Good,' their other 'shooter' just got killed. I should go with them." I joined the 9th Infantry and on my fourth day, I was in combat. I raised my Olympus to my eye; a bullet hit the lens and the camera exploded. I didn't know I was bleeding from shrapnel in my face; the medics told me."

Awarded a Purple Heart, Pacholik decided he was

indestructible. For the next two years, he slogged from battlefield to battlefield. He accompanied the 5th Special Forces (AKA Green Berets) to the Ho Chi Minh Trail and recorded all passages—from enemy convoys to peasant carts. "I wanted to be another Robert Capa," he reflects. "I didn't care

about the risks. The Vietnamese Army Rangers called me Little Tiger. Soldiers accepted me. I ate the same food, dug my own fox holes, and we talked. I wasn't some smart-ass reporter. I was another grunt in the mud."

On duty with the 101st Airborne Division, Sergeant Pacholik took his best picture

during the ferocious battle of Hamburger Hill. "I was on the next hill, helping with supplies and being shot at," he remembers. "A wounded private was being carried off. I saw the picture in my head, raised my camera, and shot two frames. The Army owned all my film but I kept the best negative.



Bronze Star (left), Purple Heart, Army Commendation, and Vietnam Service medals illuminate Pacholik's vintage dress jacket. Photo by Susan Maxwell Skinner

I got permission to release it and it made the cover of Newsweek."

Because Army higher-ups hated conflict losses being so graphically shown, the gritty snap cost its shooter his job. "I did 46 days of KP (kitchen patrol) and guard duty and faced court-martial," he says. Representing himself, Pacholik recalls "winning the living hell out of a trumped-up case." The victor was nevertheless honorably discharged and sent home.

Pacholik summarized his homecoming mood: "I felt trampled on; discouraged and disgusted. No part of me believed in war." His Bronze Star Medal (for dragging a soldier from a burning helicopter) took seven years to reach him. "I got no ceremony, no commendation," he shrugs. "They sent the medal in the damn mail."

Meantime, he studied journalism in Modesto. "I was a loner," he reflects. "Nobody on campus talked to me because I'd been in Vietnam. I'd always wake at three in the morning—that's when Viet Kong raids came." In such hours, combat memories returned, and eventually—between successful careers as a newspaper photographer, a stockbroker, a school teacher, and veteran outreach volunteer—the survivor got his stories written.

In his 2013 novel called

"Crab Louis," Pacholik recycles chaotic elements of Vietnam to a Falklands War scenario. Published last year, the "Night Flares" stories are vignettes from his Vietnam tours. Though plots meander from horrific to macabrely funny, a tough sinew of humanity binds them. A final yarn unfolds decades after the war. On jury service, fractious citizens are unified by a self-loathing American vet and a North Vietnamese Army survivor. Learning that each nearly died at Hamburger Hill, one-time mortal enemies are bonded by respect. Now a zealous patriot, the immigrant persuades fellow jurors to serve their nation and complete "their mission."

Though Pacholik's tales are as battle scarred as his own arms, legs, and face, "Night Flares" is not just about war. "It's about people's humanity, he explains. "We were the ones who persevered; we should be proud. I want to show that people who survive the unimaginable horrors of war should be tough enough to live life afterwards."

Robert Pacholik will visit Rancho Cordova Library at 11:15 a.m. on Saturday, May 2nd. His books will be available for purchase and signing. Contact the author at [rmpacholik@comcast.net](mailto:rmpacholik@comcast.net). ★

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