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April 17, 2015

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Eskaton "Put on a Happy Face"

300 Residents Performed in 10th Annual Variety Show



Eskaton Village's Barbershop Quartet features Bob Miller, Steve Jamison, Gordon Jones, and Jim Moe. Photo courtesy of Eskaton

CARMICHAEL, CA (MPG) - Eskaton Village of Carmichael recently put on their annual resident variety show. "The annual variety show is one of the highlights of the year for residents," said Vice President of Resident Council Dick D'Agostino. "It not only provides an evening of great entertainment, but it also gives those residents who have a little bit of ham in them an opportunity to show off and strut their stuff."

This event is resident driven—all organizers, performers, and crew live at the 37-acre gated Eskaton community on Walnut Avenue. Co-directors Gray Miner, 76, and Tiffany Glasser, 70, recruited more than 75 of their peers for various roles in the show titled "Put on a Happy Face." Ninjas, illusion dancers (known as Eskettes), clappers, harmonica players, singers, pianists, and comedians are just a few of the acts that encompassed nearly two hours of entertainment with an abundance of laughter.

Performers ranged in age from 70 to 96. "We wanted as many residents involved as possible," said Miner, who co-directed the event and captained the clapping team—a

routine where nine women sat in a line of chairs and clapped to music. Miner said the group enjoyed it so much that it may become an ongoing weekly activity for anyone who wants to participate.

D'Agostino said the Eskette dancers were the highlight of the show and the audience seemed to agree, based on the level of applause. Glasser, captain of the dance team, explained it was comical to choreograph. The idea came from watching YouTube videos. The red and white costumes created an illusion where the viewer didn't know which leg belonged to which body.

A surprise addition to the show was a prankster skit inspired by a viral YouTube



The Eskettes, eight illusion dancers, dazzled the crowd at Eskaton Village Carmichael. Pictured (left to right) are Bernice Martin, Gray Miner, Tiffany Glasser, Alice Cornelius, Sally Parker, Joyce Gilbertson, Mary Hartwell, and Suzy Coze. Photo courtesy of Eskaton

video. Miner organized a group of residents who otherwise wouldn't be able to participate due to mobility restrictions. These residents gathered in February to prank a Rudy's Hideaway food truck and videotape the reactions. Radell Fraser, a prankster, said, "I wanted to be part of the variety show but I am limited in what I can do because of my vision." Participating in the video enabled her to get to know other

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California Requests Permits to Construct Salinity Barriers, Invites Public Comment

SACRAMENTO REGION, CA (MPG) - The U.S. Army Corps of Engineers Sacramento District will evaluate a California Department of Water Resources (DWR) permit application required to construct three temporary salinity barriers in waters of the California Delta.

The public is invited to review the DWR request and submit comments by April 22nd, 2015.

The proposed project would place dredged or fill material into approximately 4.81 acres (0.75 acre permanent and 3.15 acres temporary) of Delta waterways.

The barriers would be located in Miner Slough, approximately five miles upstream of the Sacramento River in Solano County; Steamboat Slough, 0.8 miles upstream of the confluence with the Sacramento Deep Water Shipping Channel (Cache Slough) on the border between Sacramento and Solano Counties; and West False River, approximately 0.4 miles east of the confluence with the San Joaquin River in Contra Costa County.

The DWR permit request and accompanying graphics showing the proposed plan may be viewed at www.spk.usace.army.mil/Media/RegulatoryPublicNotices/tabid/1035/Article/583799/spk-2014-00187-sacramento-solano-and-contra-costa-counties-ca.aspx.

Written comments and/or requests for a paper copy of the notice may be submitted to William Guthrie, USACE regulatory project manager, at USACE Regulatory California South Branch, 1325 J Street, Room 1350, Sacramento, CA 95814-2922; via email at William.H.Guthrie@usace.army.mil; or by calling (916) 557-5269.

Source: U.S. Army Corps of Engineers Sacramento District ★

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New Play Hits Close to Home

CARMICHAEL, CA (MPG) - Last year, when Carmichael playwright Alan Truax was creating the characters and family dynamics for his new play, little did he realize he would soon be dealing with several of the same family issues as his fictional characters. The death of his mother, Erma, just two weeks prior to the start of rehearsals, brought a whole new perspective to Truax's upcoming production of "The Cards You're Dealt."

Truax's play, which he is also producing, opens April 24th at Sacramento's Geery Theater. The story focuses on a few difficult years in the life of a close-knit family. While the protagonist is dealing with the reeling effects of a crippling recession and his son's failing marriage, he learns he has a serious health issue that could easily turn fatal. This news is nearly too much for him and his family to cope with and causes them to question their religious faith, personal values, and

family bond. Love, laughter, and a lifetime of memories are all they have to help them through their ordeal.

During the few days before his mother's passing, Truax found himself in similar family discussions as his play's characters. Conversations evolved about the meaning of life and the difference between being alive and having a life. There were talks about the "culture of cure," where life is to be extended at all costs, a conviction that permeates many medical facilities and personal beliefs. There were difficult discussions on how long his family would keep their gravely ill loved one alive through medical intervention versus letting her pass peacefully on to the God and afterlife in which she strongly believed. And just as with his play's protagonist, there was the balancing act of serving the needs of the dying with those of their survivors.

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Alan Truax dancing with his mother, Erma, at the Columbo Club in Oakland, CA, in 2012. Erma represented her mother, Maria, at this event, which celebrated the 50th anniversary of the Columbo Club's Women's Auxiliary, of which Maria was a founding member. Photo courtesy of Alan Truax

With Positive Thoughts, You Can Go Up

Physician's Diary: Caring for Homeless Veterans

By Michael Yanuck

Some of our homeless veterans suffer from problems of alcohol and drug abuse, and much of it derives from Post-Traumatic Stress Disorder (PTSD). The other day, a young homeless veteran appeared with his hand in a cast. I didn't recognize him at first. Then he smiled, and I recalled that he'd told me the week before he was going to Drug and Alcohol Rehab.

"I did," he said. "But this morning I was trying to reach my wife on the phone. The day before, we were talking, and she was being so supportive. But Rehab is for 90 days, and I started thinking she couldn't wait that long. So I called again. But when she didn't answer, I started feeling really down.

"I hate feeling that way," he continued. "I got so angry that I just wanted to hit something. I was outside and there was this tree. I had a feeling I would break my hand if I struck it. I said to myself, 'Don't do it. You're going to break your hand.' But I couldn't stop myself."

I nodded. "I got my Indian name when I did something out of frustration," I said. "I'd had a hard day at work and went stumbling into the river to try to clear my head. On the way, though, I tripped on something and heard a rattle. When I look back, it turned out what I'd tripped on was a rattlesnake and now it was falling belly up into the river after me. When I got back and told some of my Lakota friends about the encounter, one gave me the Indian name 'Kicks the Snake.'"

The young veteran smiled and looked away. Then his expression became serious. "Have you ever felt so down that you just wanted to hurt yourself, doctor?" he asked.

As a matter of fact, I had. I'd been talking with a friend about a difficult subject and began experiencing a headache. The feeling was so uncomfortable that, rather than endure it, I went to clenching my fists and trying to dig my nails into the palms of my hands. "It's the only time that I can think of that I actively sought to distract myself with pain to escape an uncomfortable feeling," I said.

The veteran sat quietly, nodding his head. "After I hit the tree," he said, "it felt like my mind was clear again. I didn't feel any pain. Instead, all of these thoughts came flooding back to me."

He described the PTSD flashbacks he'd been having. "I feel nauseous when I think about what happened," he said. "I try to see the good in everything, but this morning I was seeing the bad. If I



Michael Yanuck

see the good, I could pull myself out of feeling down. With positive thoughts, you can go up.

"People do drugs and alcohol because they're hurt and broken inside, and the drugging and drinking keep it so no one can see," he continued. "But they're a trap. You have to be sober in order to feel comfortable and come out again.

"I just want to get my mind clear, so I can stop feeling down. I have really bad guilt about the things I've done, things that have happened to me. I always feel like I'm shaking. I self-sabotage. I quit jobs. I have nightmares. I feel a lot of anger, but I don't act on it. Instead, I just walk away from things.

"I think the main thing is, I need is closure," he concluded. "I need to find closure for what happened."

If you are a veteran in need of assistance, please call the Veterans Crisis Line at (800) 273-8255.

Michael Yanuck, MD, PhD, was a scientist at the National Institutes of Health whose research was the basis for a FDA-approved vaccine for cancer. Following a traumatic leg injury, he pledged his career to the underserved and underprivileged and now cares for homeless veterans at the Sacramento VA Medical Center in Mather, CA. ★

MSJMC Guild Is Looking for New Volunteers

CARMICHAEL, CA (MPG) - Mercy San Juan Medical Center (MSJMC) Guild is always looking for folks who are looking for ways to help the community.

Each Guild volunteer gives two to four hours per month to help visitors and patients at the MSJMC hospital at 6501 Coyle Avenue in Carmichael. The Guild staffs the hospital gift shop, welcomes and escorts visitors, facilitates patient registration, rocks babies, and helps family members in the surgery waiting room.

They also organize bake sales to fund medical scholarships and special projects. Last year they created over 200 hats for an Annual Cancer Survivors Tea. The Guild also gets together to enjoy four luncheons each year.

If you want to make a difference in the community while making new lifelong friends, MSJMC Guild is looking for you. For an application, please call the MSJMC volunteer office at (916) 537-5298 or call Carol Gallagher at (916) 965-3479.

Source: Carol Gallagher ★



The MSJMC Guild staffs the hospital gift shop, welcomes and escorts visitors, facilitates patient registration, rocks babies, and helps family members in the surgery waiting room. Photo by Kay Cadwell

Upcoming Events at Atria El Camino Gardens

CARMICHAEL, CA (MPG) - Atria El Camino Gardens would like to invite the public to attend some fun upcoming events during the month of April.

Wine and Cheese Tasting: On Tuesday, April 21st, join Atria El Camino Gardens for a delightful evening of getting to know the Directors of the community while enjoying the hand-selected wines and cheeses presented. Richard Keys will provide wonderful piano music for this event, which is open to

the public. The tasting will begin at 6:00 p.m.

Restaurant Rip-Off Family Night: On Thursday, April 23rd, join Atria El Camino Gardens for their Restaurant Rip-Off dinner. This month, the senior community will enjoy 50s-themed cuisine. The dinner is open to the public for just \$5 per person and will be held from 4:00 p.m. to 6:00pm. Please call for reservations. After the delicious meal, Atria El Camino Gardens will host a fantastic Variety

Show featuring the talents of the residents and staff of the community; the show will begin at 6:15 p.m. There are rumors that Elvis and Patsy Cline will be in the building, which you won't want to miss!

All events are located at Atria El Camino Gardens, 2426 Garfield Avenue, Carmichael, CA 95608. For more information and to make reservations, please call (916) 488-5722.

Source: Atria El Camino Gardens ★



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Attorney General Harris Orders CDCR Not to Enforce Jessica's Law

SACRAMENTO REGION, CA (MPG) - California's Attorney General Kamala Harris has advised parole officers at the California Department of Corrections and Rehabilitation (CDCR) that sex offender residency restrictions, approved by the voters, would be found unconstitutional in every county. As a result, parole officers will no longer be enforcing residency restrictions prohibiting sex offenders from living within 2,000 feet of a school or parks.

"This is outrageous," said Senator Jim Nielsen (R-Gerber), former Chairman of the Board of Prison Terms and advocate of Jessica's Law. "This unilateral decision by one politician not only goes against voters' wishes, it puts children in harm's way."

The decision stems from a San Diego case where four registered sex offenders petitioned

the court. In the densely populated county, convicted sex offenders had a hard time finding housing. On March 2nd, the California Supreme Court agreed that the mandatory blanket residency restriction of Proposition 83, known as Jessica's Law, is overly broad.

The Supreme Court's ruling only applied to San Diego County. Ms. Harris "advised CDCR that applying the blanket mandatory resident restrictions of Jessica's Law would be found to be unconstitutional in every county."

"Taking this decision and applying it to every county in the state is a risky and unnecessary leap beyond what the court opined and one I believe far exceeds the AG's authority," Nielsen added. "State corrections officials should review each case and impose the strictest conditions warranted to

ensure public safety."

Passed in November 2006 with 70% of the vote, Proposition 83 prohibits convicted sex offenders from living within 2,000 feet of parks and schools.

Jessica's Law was named after Jessica Lunsford, a nine-year-old girl who was abducted from her Florida home. She was raped and murdered by a convicted sex offender who lived nearby.

Senator Jim Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Glenn, Placer, Sacramento, Sutter, Tehama and Yuba. To contact Senator Nielsen, please call him at (916) 651-4004, or via email at senator.nielsen@senate.ca.gov.

Source: Senator Jim Nielsen's Office ★

Not-So-Secret Agent Training

Self Defense for Business and Real Estate Pros

SACRAMENTO REGION, CA (MPG) - While you may not be a "secret" agent, any professional who works with the public in places away from the office should give serious thought to learning some self-defense and escape moves.

A realtor was killed by a predator who used a client meeting in a rural home to isolate his victim in a Midwestern crime. After the recent attack on a real estate agent in El Dorado Hills, business professionals, realtors, and others who work in isolated or rural locations are invited to spend an hour learning how

to avoid danger and escape an attacker.

Robinson's Taekwondo is offering a special free one-hour clinic in conjunction with The Real Estate Insider, heard at noon on Wall Street Journal Business Radio at Money 105.5 FM. Learn more and earn more by listening weekdays with host and realtor Ellen Herrle.

Join other savvy professionals for one hour on Friday, April 24th at 6:30 p.m. to learn easy-to-remember survival tips on avoiding danger, defending yourself, and escaping from an

assault. The self-defense lesson will be taught by the black belt instructors at Robinson's Taekwondo.

Registration is required, and space is limited. To locate a participating Robinson's Taekwondo, please visit www.robinsonstkd.com/tickets or call (888) 249-7853.

It's better to be safe than sorry, and learning how to save yourself might be as important as making the sale at your next client meeting.

Source: Rick Reed Public Relations ★

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Eskaton "Put on a Happy Face"

300 Residents Performed in 10th Annual Variety Show

Continued from page 1
residents. "We had a lot of fun. And the audience were laughing and clapping. They really enjoyed it."

The show could not have gone on without the ninjas, said Miner. D'Agostino explained the stage crew members who worked the lights, handled microphones, and set up props are called ninjas because they must be as inconspicuous as possible. "But this year we made a grand entrance and were dubbed Whistling Ninjas," said D'Agostino.

A lot of work goes in to coordinating 75 people—neither Miner nor Glasser have experience working on Broadway or in Hollywood. Miner started planning the show last May. "I like to organize," she said. "I particularly enjoyed being a part of getting the residents enthused about it." Glasser was brought on board in September. "The hardest part was the last minute glitches," said Miner, who saw every challenge as an opportunity with the help of an enthusiastic co-director. "It takes a team to make things happen," said Glasser.

From "Mississippi Mud" to the current day hit "Happy" to



Chuck Schepel singing "Enjoy Yourself" at the Eskaton annual variety show, which drew a standing-room-only crowd. Photo courtesy of Eskaton

favorites on the harmonica like "When Irish Eyes Are Smiling" and "I'm Sitting on Top of the World," the sound track was uplifting. The show ended on a happy note with "When You're Smiling" and "Happy Days Are Here Again."

"Life doesn't change when you move to senior living," said Gae Ruddell, Eskaton activities

director, who has served the Village Carmichael residents for the past eight years. "Our residents do everything they did before coming here. The 'Put on a Happy Face' variety show is a perfect example of maintaining a passionate and vibrant life with singing, dancing, and making people laugh."

Source: Eskaton ★

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.



Birding for Families: Bring the family out on Saturday, April 18th at

10:30 a.m. for a birding and nature walk led by a naturalist and special guest guides from the Sacramento Audubon Society. Birdwatchers of all levels are welcome. Make sure to bring your binoculars, or the Nature Center can loan you a pair.

Kestrel Connection: On Sunday, April 19th at 1:30 p.m., meet Rocky, the Nature Center's resident kestrel; hear his story and what makes him North America's smallest falcon. After a good look at this handsome bird, make a kestrel bracelet to remember your new friend. All ages are welcome.

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

Source: Effie Yeaw Nature Center ★

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Thursdays 3 pm - 7:30 pm. (Seasonal; April 23 - October 29).

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ARIES (March 21 to April 19) Don't be put off by a seemingly too-tangled situation. Sometimes a simple procedure will unsnarl all the knots and get you in the clear fast and easy, just the way the Lamb likes it.

TAURUS (April 20 to May 20) It's a good time to go through your work space -- wherever it is -- and see what needs to be replaced and what can be tossed (or at least given away) without a second thought.

GEMINI (May 21 to June 20) Someone who disagrees with your position might try to intimidate you. But continue to present a fair argument, regardless of how petty someone else might be while trying to make a point.

CANCER (June 21 to July 22) You might find yourself exceptionally sensitive to family matters this week. An issue could come to light that you had overlooked. Ask other kinfolk to discuss it with you.

LEO (July 23 to August 22) You might have more questions about a project (or perhaps someone you're dealing with on some level) than you feel comfortable with. If so, see which can be answered, which cannot, and why.

VIRGO (August 23 to September 22) It's a good time to clean up and clear out what you don't need before your tidy self is overwhelmed by "stuff." Then go celebrate the Virgo victory over clutter with someone special.

LIBRA (September 23 to October 22) You might feel a mite confused about why something you were sure couldn't go wrong didn't go all right either. Be patient. Things soon move into balance, exactly as you like it.

SCORPIO (October 23 to November 21) At this decision point, you could be moving from side to side, just to say you're in motion. Or you could be considering making a move straight up. What you choose is up to you.

SAGITTARIUS (November 22 to December 21) Although your finances should be in an improved situation at this time, thrift is still the savvy Sagittarian's smart move. Advice from a spouse or partner could be worth heeding.

CAPRICORN (December 22 to January 19) Taking on a new challenge brings out the Goat's skills in maneuvering over and around difficult spots. Best of all, the Goat does it one careful step after another. (Got the idea, Kid?)

AQUARIUS (January 20 to February 18) Your well-known patience might be wearing thin

because of a disturbing (and seemingly unending) problem with someone close to you. This could be a time to ask for help. Good luck.

PISCES (February 19 to March 20) Be careful about a new venture that lures you into a "just-look-and-see" mode. Be sure that what you're being given to see isn't hiding what you should be seeing instead.

BORN THIS WEEK: *Aries and Taurus give you the gift of leadership and the blessings of care and concern for all creatures.*

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►The Guinness brewery in Dublin, Ireland, has a 9,000-year lease on the property - and the rent is a mere 45 Irish pounds per year.

►Researchers at Yale University have determined that the most recognizable scent to American adults is coffee, followed by peanut butter in the No. 2 spot.

►It was 19th-century French historian Edgar Quinet who made the following sage observation: "Time is the fairest and toughest judge."

top ten
WINE-PRODUCING STATES

1. California
2. Washington
3. New York
4. Texas
5. Oregon
6. Kentucky
7. Florida
8. New Jersey
9. Michigan
10. Virginia

Source: Department of Commerce



By Sam Struckhoff
EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of April 20, 2015.

PICKS OF THE WEEK



Liam Neeson in "Taken 3"

"Taken 3" (PG-13) - Former special agent Bryan Mills (Liam Neeson) kicks more butt in his retirement than most spies do during their busy season. When Mills is framed for the murder of his ex-wife, he must go on a very "Fugitive"-esque adventure to clear his name and catch the killer. On his tail is a ruthless lawman (Forest Whitaker), who doesn't seem too interested in the job. It's the final installment of this trilogy, although it feels like we've seen at least 50 of these movies since the first bullet-riddled car drove through the box office. There's a lot of movies like this, and this one just doesn't have the trilogy-ending caliber fans want. You could blame the move to PG-13 for watering down the violence, but that doesn't account for the poor pacing or the overall laziness of the production.

"Like Sunday, Like Rain" (R) - Living in a Manhattan palace that easily could be mistaken for a museum, 12-year-old cello prodigy Reggie (Julian Shatkin) is the picture-perfect precocious child in need of human contact. Eleanor (Leighton Meester) is a doe-eyed, 23-year-old ex-waitress beset by drama from a no-good rocker boyfriend (Billie Joe Armstrong, of the band Green Day) and her folks

upstate. Reggie's mom (Debra Messing) hires Eleanor to be Reggie's new nanny, then promptly disappears, leaving the sheltered Reggie in the hands of barely mature Eleanor. This is one of those slow, somewhat comedic dramas that has to pick and choose which clichés to favor. Reggie, for one, is too precocious, too snippy and stiffly formal -- but he can learn to mellow out from the down-to-earth charms of Eleanor. It's a heart-warming little tale, assuming the leads don't annoy you too much before the credits.

"Cake" (R) - Claire (Jennifer Aniston) has been in constant pain since a car accident more than a year ago, and it's taken its toll on her love life, her career and her personality. Spiraling into prescription abuse and a general feeling of nothingness, Claire can't get over the suicide of one of the women in her chronic pain support group (Anna Kendrick). Clearly, this is heavy drama and a bit of a departure for Aniston, who has been stuck in goofball comedy purgatory. Here, Aniston shows she has the chops to carry that dramatic weight.

"A Girl Walks Home Alone at Night" (NR) - This movie is an absolute surprise and a treat. It's a suspenseful, sultry, funny and creepy vampire Western from Iran. Oh, and it's in black and white. The Girl -- as she is known -- walks the streets at night in a black veil, completely unafraid of the pushers and punks as she rides a skateboard she stole from a boy. There is romance, as the girl encounters Arash, a young outcast in the crosshairs of a local thug. First-timer Ana Lily Amirpour wrote and directed this film, showing stupefying skill with an itty-bitty budget.

TV RELEASES

- "Signed, Sealed, Delivered: Complete Series"
- "Tour of Duty: The Complete Series"
- "Naked & Afraid: Season 1"
- "The Musketeers: Season 2"
- "Fortitude"

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by **HEALTHY EXCHANGES**

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If you grew up in the 1950s and '60s, you probably remember your mother serving a variation of this casserole. Here is a healthier version updated for today.

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 - 1 (16-ounce) can cut green beans, drained and rinsed
 - 3 cups (10-ounces) shredded loose-packed frozen potatoes
 - 3/4 cup (3-ounce) shredded reduced-fat Cheddar cheese
1. Preheat oven to 375 F.
 2. Press meat into an 8-by-8-inch baking dish sprayed with butter-flavored cooking spray. Spread chicken soup evenly over meat. Layer green beans and potatoes evenly over soup. Evenly sprinkle Cheddar cheese over top. Cover and bake for 50 minutes.
 3. Uncover and continue baking for 10 minutes. Place baking dish on a wire rack and let set for 5 minutes. Divide into 6 servings.

★Each serving equals: 198 calories, 6g fat, 21g protein, 15g carb., 505mg sodium, 2g fiber; Diabetic Exchanges: 1/2 Starch/Carb., 2 1/2 Meat, 1 Vegetable.

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Source: www.whfoods.com

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CARMICHAEL COMMUNITY UPDATE



By County Supervisor Susan Peters

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

More Streets Approved for Speed Controls

Slowing down speeders on county roadways is a top priority for the Board of Supervisors. Several residential streets were recently approved to have speed-control devices installed as part of the Department of Transportation's Neighborhood Traffic Management Program (NTMP).

Carmichael's Locust Avenue, from Walnut to Manzanita Avenues, received approval to have four speed bumps installed. Hackberry Lane from Winding Way to Locust was approved for two speed tables. Lincoln Avenue from Manzanita to Glenridge Drive will be receiving six speed tables. Crestview Drive between Meadowvista Drive to Jan Drive is slated for two speed bumps. River Oak Way from Sarah Court to

Classic Place was also approved for a speed bump. And Mission Avenue, which divides Arden Arcade and Carmichael, was approved for the installation of five speed tables between El Camino Avenue and Thor Way.

All of the aforementioned streets were submitted by residents via petition requests. Upon receipt of those submissions, the department evaluated and ranked each street using objective criterion like volume, average speed, and collision history. Next, the Board of Supervisors authorized creation of a traffic management plan subject to a survey of households on each street. To move forward, majority approval was required with at least 50% of the households participating in the survey. For this latest group of streets, the average participation level was 63.4% and the average approval vote was 85.5%.

Installation of the devices will occur later this year during the road construction season.

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the rest. And with a smartphone app (available in the app store for Apple and Android users), you can take a picture of the issue and attach it to your report from your phone.

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Effie Yeaw Nature Center Gala

Mark your calendars for Saturday, May 30th, which is the date for this year's Annual Gala and Art Auction benefitting the Effie Yeaw Nature Center.

This special event always features delicious food, wine, music, and art depicting the American River Parkway and its wonders of nature. Proceeds benefit the nature center and the American River Natural History Association, a nonprofit organization that supports educational and interpretive activities in the American River Parkway.

Your support is especially welcomed, since the operation of the nature center has been assumed by the American River Natural History Association as the result of a cooperative public-private partnership with Sacramento County's Department of Regional Parks.

For more information, please call (916) 489-4918 or visit.sacnaturecenter.net.

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susanpeters@saccounty.net. ★



A TV article by Tim Riley

Riley Reviews

"LIZZIE BORDEN" IN A CONTEST WITH DON DRAPER OF "MAD MEN"

critics during the winter press tour, in explaining the historical fiction of the series, Christina Ricci said that Lizzie's story is about "what happens after the trial as she continues to misbehave, shall we say." Indeed, that is very much the case, even as Emma turns a blind eye to the bizarre behavior of her younger sibling.

Greed and ambition are factors in Lizzie's ongoing battles with her wayward half-brother (Andrew Howard), who becomes a convenient foil in a larger struggle with her father's business partner (John Heard). In the first two episodes, let's just say that untimely deaths for several persons are not mere coincidences.

People that are close to Lizzie, like Broadway luminaries and an underworld kingpin, start to mysteriously die under brutal and strange circumstances. The legendary Pinkerton detective Charlie Siringo (Cole Hauser) becomes determined to prove Lizzie's involvement in their ultimate demise, though his presence is curiously unwelcomed by the town's inept marshal.

Keeping in mind that others besides Ricci involved in the production referred to the "Chronicles" as historical fiction, the storylines nevertheless work off some of the rumors that have swirled about the case, including that Lizzie engaged in lesbian acts with the maid in her employ.

At the winter press conference, one reporter had the temerity to observe that Christina Ricci is the "queen of the creepy smile." Well, he was spot-on. But that's one reason why Ricci is so good in this type of role, and it's a good enough to stay tuned to all episodes of "The Lizzie Borden Chronicles."

While the Lizzie Borden fictional history is practically an open book, the AMC Network has gone to great lengths to keep news about

"Mad Men" so tightly under wraps that we can't even reveal whether Don Draper wears his fedora while driving a late model automobile. Okay, I am exaggerating but AMC was not exactly forthcoming.

Basically, a request for a preview screener was not accommodated because they had run out of press kits. As if to provide comfort, the AMC publicist said the critics had been admonished not to reveal any details, so there was little point to watching an episode in advance.

So, therefore, what are the clues we can gather about what is to come? The series creator, Matthew Weiner, told the press in January that he was "extremely interested in what the audience thinks, so much so that I'm trying to delight them and confound them and not frustrate and irritate them. I don't want them to walk away angry."

Oh well, that doesn't really clear up matters. What might be more telling is a promo reel on the AMC website entitled "Mad Men by the Numbers." It tells us that during the course of the series 942 cigarettes were smoked and 369 drinks were poured in the office.

More notable is that Don Draper has gone through nine secretaries and that he's slept with 18 women. Going by these metrics, more booze will flow and Don, though still married to Megan, could have a fling with one of the cast regulars. Could it be Christina Hendricks' statuesque Joan Harris or Elisabeth Moss's Peggy Olson, or some wild card?

Unlike network television, where repeat episodes come long after the season ends, cable tends to repeat the same episode during the course of the week, thus allowing you the likelihood of not having to choose Lizzie Borden over Don Draper, or vice versa.

Both series will be worth watching. My only quibble with "The Lizzie Borden Chronicles" was the occasional use of very contemporary language that does not fit the period. On the other hand, one of the best things about "Mad Men" is how it captured the mood and tempo of Madison Avenue advertising during the Sixties. ★

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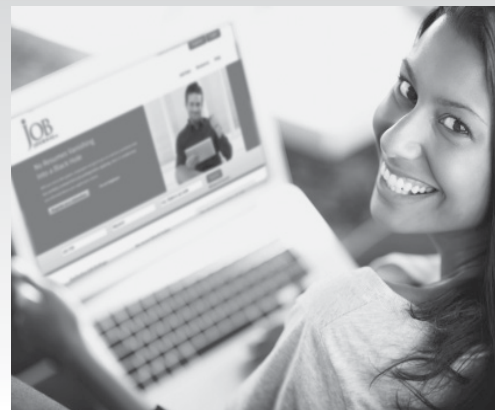
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New Play Hits Close to Home

Continued from page 1

In the days following his mother's death, Truax reflected on the obvious theme of his play—how to handle the cards life deals you the best way you can. In doing so, his mother always came to mind. According to Truax, she played the cards she was dealt as well as anyone. The last line of the song played at the conclusion of "The Cards You're Dealt" states that "it's what you do with what you have that makes a life fulfilled." According to Truax, his mother truly made the most out of what she had. But Truax stated that the real theme of the play is acceptance and the belief that people can get along and love each other even when they strongly disagree on important issues. This was yet another important lesson

he learned from the woman who gave him life—and taught him how to live it.

As a tribute to his mother, Truax decided all the profits of "The Cards You're Dealt" will be donated to Make-A-Wish on behalf of Erma Truax, in hopes of providing "a few good cards" to someone who has been dealt a "difficult hand." Truax established a minimum donation goal of \$5,000 to Make-A-Wish so that he and his family would qualify to choose the person and the wish the donation would benefit and so the recipient of the donation could learn about Erma Truax, the person most responsible for making their wish come true. To support this cause anyone can buy tickets to "The Cards You're Dealt" and/or send a check made out to Make-A-Wish to Alan Truax, 71

Footbridge Place, Carmichael, CA 95608.

"The Cards You're Dealt" is directed by Sacramento's Leo McElroy and features local actors Kate Muris, Stephan Wellman, Paul Greisen, Colin Coate, and April Maylene. Performances will take place at the Geery Theater, 22nd & L Streets, Sacramento, on April 24th, 25th, and 26th and on May 1st, 2nd, 3rd, 8th, 9th, and 10th. Evening shows begin at 8:00 p.m. and Sunday matinees at 2:00 p.m. Tickets are \$20 each. On Mother's Day, May 10th, each mother is admitted free with one paid admission. For more information about "The Cards You're Dealt" or to purchase tickets, call (916) 521-9959 or email alantruax@sbcglobal.net.

Source: Alan Truax ★



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END of the BENCH

by Gerry Scholl

Are They Who We Think They Are?

Sometimes you think you know somebody and then....surprise! But...you kind of knew it all along.

Take Madison Bumgarner, for example. From the first time he appeared on the pitchers mound for the San Francisco Giants, we knew he was a stud, a horse bringing on some good old country hardball. He has reinforced that idea throughout his years with the Giants, eventually playing the starring role, in his typical "aw, shucks" fashion, in the Giants' third World Series championship last season.

Bumgarner had always seemed to be uncomfortable when being propped up as a star, consistently deflecting the praise toward his teammates and coaches. But this past off-season there he was on the cover of Sports Illustrated as Sportsman of the Year, making appearances on the TV talk shows and shooting commercials, and looking quite at ease doing it.

We have known from the start that MadBum was comfortable on the competitive stage of Major League Baseball, but are surprised to find that our favorite country bumpkin, now our own local yokel, so smoothly endorsed his new line of Jockey underwear, yucked it up on The Tonight Show with Jimmy Fallon, made TV commercials for Carhartt clothing (work clothes, of course), and got his wild-and-crazy hair permed --- leaving fans to wonder if it was all going to his head.

But, maybe, we should've known all along that this hick from Hickory, N.C., with his off-the-diamond, overriding easy-going demeanor (unless, perhaps, the Dodgers' Yasiel Puig comes around) could handle anything that comes his way --- including riding in on a horse along the warning track at AT&T Park Monday to celebrate Opening Day. Yeah. That's the guy to lead the charges into battle.

But the charges are off to a sluggish start to the season, losing the opener, 2-0, to the Colorado Rockies for their fourth straight defeat. Already the fans are wondering if these

are the odd-numbered-year Giants that come up short in between winning championships in the even-numbered years. Off-season roster changes, an uninspiring spring training period and a rash of early injuries had the doubters thinking this edition of the Giants was ill-equipped for a repeat. The starting-pitching rotation looked suspect and not built for the long haul, while the lineup appeared to be lacking power and run-production --- a bad mix for success.

The first stretch of games left them at 3-5, last in the NL West. The team batting average stood at just .236 and the Giants had averaged less than three runs per game, third worst in the NL. The pitching staff had a combined WHIP (walks plus hits per inning) that was second worst. Perhaps they are who we thought they were. That's not exactly the start everybody was hoping for, but there are a mere 154 games left to go.

On another front, beyond the piano music and through the blooming azaleas, we can only hope that there will be a new face of golf, the so-called "gentleman's game," in the form of 21-year-old Jordan Spieth, who won the 79th Masters at Augusta National Sunday by four strokes with a record-tying, 18-under par 270. Spieth, who led start to finish, also set records for 36-hole score, 54-hole score, most birdies (28) and lowest opening round for a champion (64).

Spieth became the second-youngest champion in Masters history. The youngest is the weary face, Tiger Woods, who rallied over the first three days of the tournament but faded to a tie for 17th on the final day.

Spieth's story prompted headlines like, "Spieth wins with grace, humility," and included things such as "dream come true," "ultimate goal," "the greatest day of my life," and "It's a game of integrity... We all respect each other." None of that particularly sounds like Tiger Woods, not generally perceived as a true gentleman.

In the sheltered-from-reality

oasis of Augusta --- the land of pink and purple collared shirts, plaid and orange pants, visors and white belts, sundresses and pimento sandwiches, buffets and marinated rib-eye, magnolias and cigar patios --- Woods, whose world ranking was in triple-digits entering the tournament, was greeted by rounds of cheers and applause with his every move.

He hasn't won a major in years. He always seems focused on himself. He always seems so unpleasant and patronizing. What is with this lasting attraction to Woods and his sour puss? Why is he the impetus for higher television ratings for golf? For all of his well-documented on-and-off-the course behavior, why do people still say, "The game is better when Woods is in the mix?" Really? Why do many other fans feel their lips uncontrollably crinkle up with a look of disgust whenever Tiger's mug appears?

It probably has something to do with Tiger's penchant for on-mike swearing. Every golfer can certainly identify with that. You might wonder if Tiger will ever be invited to join in the ceremonial teeoff at the Masters down the road. That could be risky; he might miss another fairway and let one fly.

Around sports there seems to be an influx of new "gentleman" stars...guys like Steph Curry and Klay Thompson, Buster Posey, Andrew Luck and such. But, as fans, it's rare to really get to know them. From a distance, we think we know, but we really don't know. There are always surprises ahead, both good and bad.

Just around the corner is the NFL draft and there are a lot of people around the league hoping their selections are who they think they are. History tells us they should brace themselves for some big surprises. P.S. Straight from the Prentice-Hall Handbook for Writers: "Formal English usage requires whom in the objective case. Informal English uses who in similar situations." We like to keep things very, very informal around here. Ha. ★

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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

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 - Hermey the dentist, e.g.
 - "_____ in the face"
 - *Experts say sea level does it as planet warms
 - *"New" prefix
 - *Geography class prop
 - Tiny island
 - Contend
 - Kind of space
 - *Environmental science
 - *Green car
 - R&R spot
 - Give the cold shoulder
 - College entrance exam
 - Of a particular kind
 - Long John Silver had this
 - *Deforestation is big issue in this country
 - Brazils or filberts, e.g.
 - Upholstery choice
 - Van Gogh's famous flower
 - "_____-and-true"
 - Dissolute man in fashionable society
 - Bordered
 - Common hosiery shade
 - Concludes
 - Looked lecherously
 - Like a sharp eye
 - *"O say can you ____"
 - Prejudice
 - X
 - *Type of bug?
 - Guards and keeps order
 - ____-Goldwyn-Mayer
 - *"Ostrich" of Australia
 - Café offering
 - Actor's reward
 - Hanks or Cruise
 - Relating to ohms
 - Light grey
 - *Clean Air Act org.
 - Required things

- DOWN
- French hors d'oeuvre staple
 - Reduced Instruction Set Computer
 - Northern European capital
 - Hull appendage, pl.
 - Impedes by estoppel
 - Green-eyed monster
 - South Pacific welcome
 - Warm down-slope wind of the Alps
 - Talk like a drunk
 - "Laughing on the inside" in text message
 - In the sack
 - p in mpg
 - Chunk of raw meat
 - Like hunger strike victim
 - Uh-huh
 - Performer's gimmicks
 - *Oil crisis
 - Eagle's nest
 - Father, Son and Holy Ghost, e.g.

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2							4	
	4	9				3	6	
	3							5
7			3					
			6	9	2		7	
5		4			6	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

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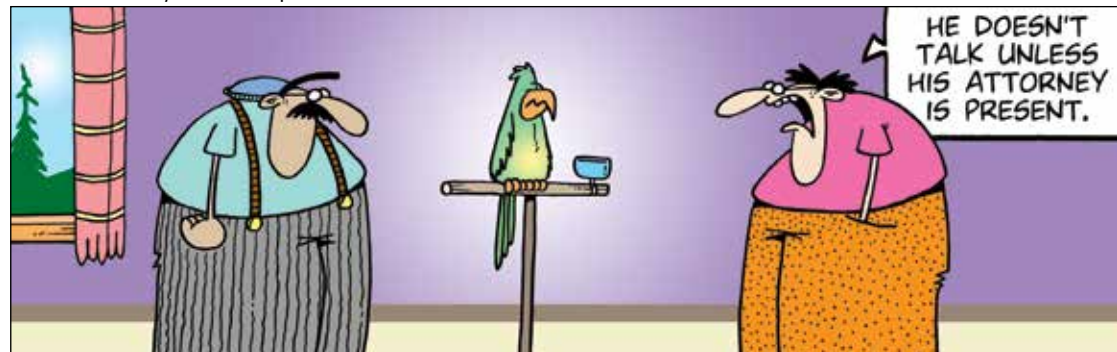
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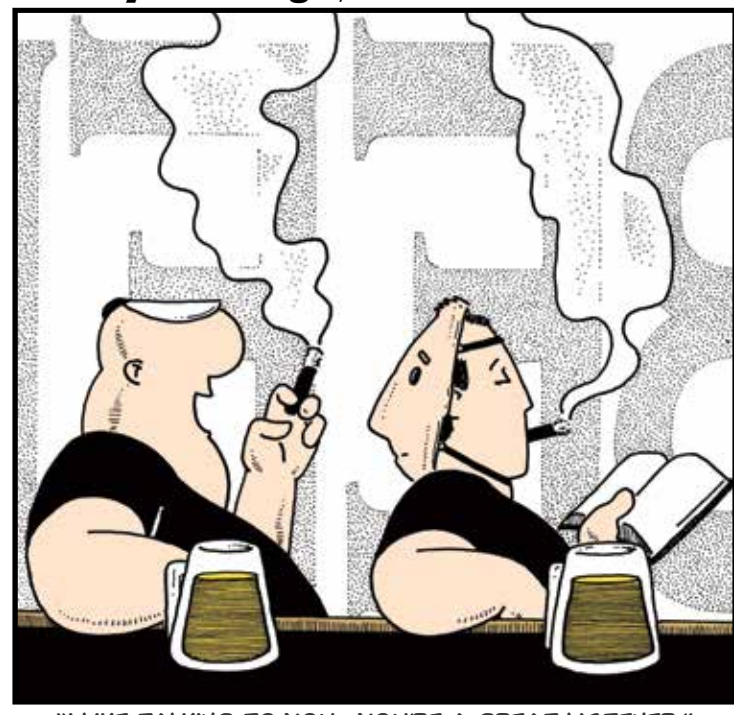
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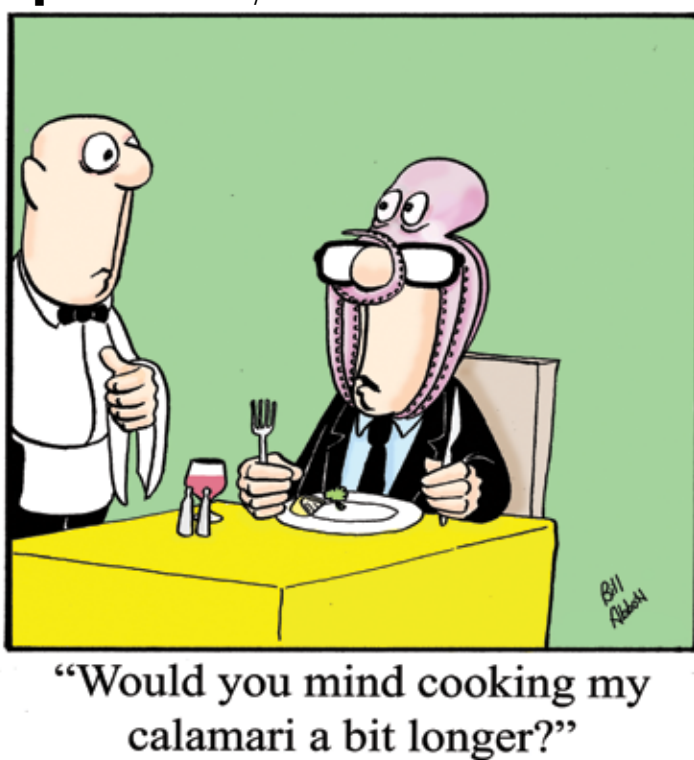
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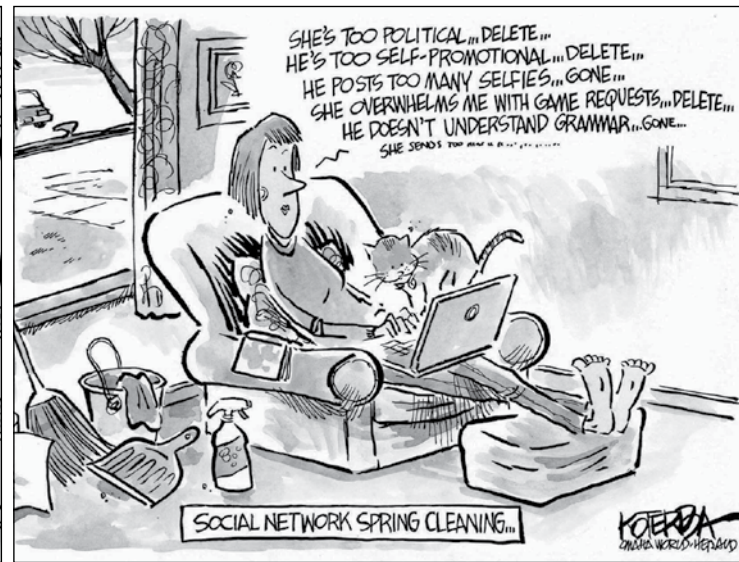
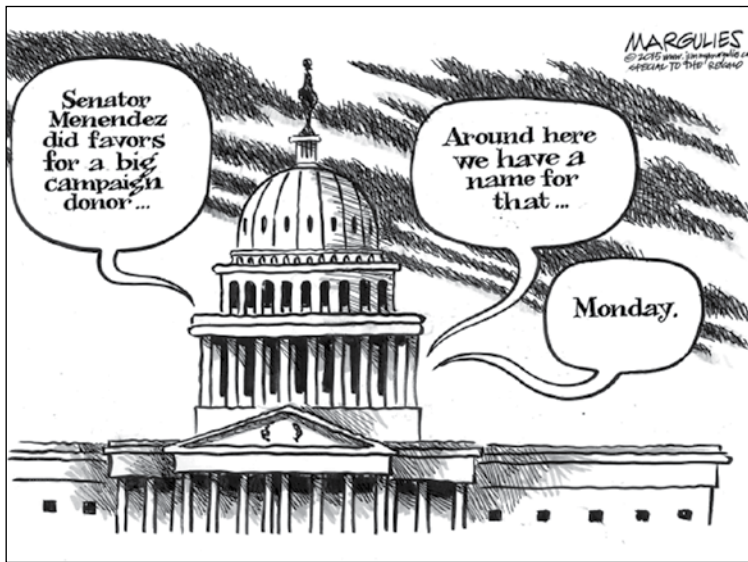
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THE RICH LOWRY COLUMN

By Rich Lowry

In Defense of Indiana

Indiana is experiencing its two minutes of hate. Indiana's sin is that its Legislature passed and Gov. Mike Pence signed into law a Religious Freedom Restoration Act, setting out a legal standard for cases involving a clash between a person's exercise of religion and the state's laws. To listen to the critics, you'd think the law was drafted by a joint committee of attorneys from the Ku Klux Klan and the Westboro Baptist Church. The enlightened are stumbling over themselves in their rush to boycott Indiana. Seattle and San Francisco are banning official travel, and Connecticut is following suit. The anti-Indiana backlash is a perfect storm of hysteria and legal ignorance,

supercharged by the particularly censorious self-righteousness of the left. All the Indiana law says is that the state can't substantially burden a person's exercise of religion, unless there is a compelling governmental interest at stake and it is pursued by the least-restrictive means. The law doesn't mandate any particular outcome; it simply provides a test for the courts in those rare instances when a person's exercise of religion clashes with a law. Nineteen other states have similar protections, and they are all modeled on a federal version of the law that passed Congress with near unanimity in 1993 (Indiana's law is arguably a little more robust than the federal version, since it applies to private suits). If these Religious Freedom Restoration Acts were the enablers of discrimination they are portrayed as, much of the country would already have sunk into a dystopian pit of hatred. The religious-freedom laws once were associated with minorities that progressives could embrace or tolerate -- Native Americans who smoke peyote as part of religious ceremonies, Amish who drive their buggies on the roads, and the like. That was fine. It is the specter of Christian small-business people -- say, a baker or a florist -- using the laws to protect themselves from punishment for opting out of gay-wedding ceremonies that drives progressives mad. Why? The country

has an enormous wedding industry not known for its hostility to gays. The burgeoning institution of gay marriage will surely survive the occasional florist who doesn't want to provide flowers for a same-sex wedding for religious reasons. As a practical matter, such a dissenting florist doesn't make a difference; the affected couple might be offended, but can take its business elsewhere. But for the left, it's the principle of the thing. For all its talk of diversity, it demands unanimity on this question -- individual conscience be damned. So it isn't bothered when religious wedding vendors are sued or harassed under anti-discrimination laws for their nonparticipation in ceremonies they morally oppose. It's not clear that Religious Freedom Restoration Acts will shield these kind of business people (they haven't, to this point). It might be that more specific exemptions are necessary. But the mere possibility that the Religious Freedom Restoration Act might protect a baker opposed to gay marriage is enough to create a furious, unhealed reaction. Yes, there is intolerance afoot in the debate over Indiana, but it's not on the part of Indianans.

Rich Lowry is editor of the National Review.

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How to Brush Your Dog's Teeth

DEAR PAW'S CORNER: How do you brush a dog's teeth? And how often should I do it? -- Abby in Framingham, Mass. **DEAR ABBY:** Brushing your dog's teeth is important to keep them healthy throughout their life. But it can be a little different from the way you brush your teeth, and dogs don't always like having it done. Here are some tips on brushing: * Try to brush your dog's teeth at least once a week, more if possible (especially for smaller dogs and breeds like Pugs). * Use a brush and toothpaste made especially for dogs. Minty-fresh human toothpaste is pretty nasty to dogs, and could upset their stomach. A popular type of brush fits over your finger so that you can access the dog's teeth more easily. * Start slowly: Get your dog used to having you touch its muzzle and mouth, and lifting up its lip. Give it a flavored treat like the tooth-

paste you'll be using: peanut butter or beef broth, for example. Or, give it a dab of the toothpaste as a treat. * Start with one section at a time. Put a dab of paste on the brush, gently lift your dog's lip, and brush downward from the gumline. * If your dog struggles, pause and hold its muzzle lightly until it calms down. Then try again. If it really raises a fuss, stop and try again tomorrow. * Don't reprimand it for misbehaving. This is really weird stuff for a dog. Use a soothing voice and give it lots of praise during and afterward. More details can be found at the ASPCA website: www.aspc.org/pet-care/virtual-pet-behaviorist/dog-behavior/brushing-your-dogs-teeth

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FBNF2015-01827 Chris and Maria Maeder, 3624 Kodiak Way, Antelope, CA 95843

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-02063 Malita Chevrolet Geo, A California Corporation, 9650 Auto Center Drive, Elk Grove, CA 95757
FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-02063 Malita Chevrolet Geo, A California Corporation, 9650 Auto Center Drive, Elk Grove, CA 95757

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-02138 Visions of Peace, 5009 Brandon Oaks Lane, Carmichael, CA 95608
FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-02880 Amber Lewis, 2460 El Rocco Way, Rancho Cordova, CA 95670

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2015-00176417
WHEREAS, Abdul Qadeer has filed a petition with this court for a decree changing the name(s) of Abdul Qadeer to Qadeer John VAKILI, FNU Malalai to Mala John VAKILI, FNU Tabasum to Tabasum John VAKILI, Ahmad Mellan to Mellan John VAKILI, FNU Tajalla to Tajalla John VAKILI and FNU Almira to Almira John VAKILI.

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2015-00176925
WHEREAS, Alani Gul and FNU Meena have filed a petition with this court for a decree changing the name(s) of Alani Gul to Gul Alam ARYAN, FNU Meena to Meena Alan ARYAN, FNU Erfan to Erfan Alan ARYAN, FNU Razma to Razma Alan ARYAN, FNU Rezwan to Rezwan Alan ARYAN.

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2015-00176962
WHEREAS, Vicenza Stroup has filed a petition with this court for a decree changing the name(s) of Vicenza Stroup to Vyzje Nza Stroup. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on May 26, 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.

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-02200 Vladislav and Marina Stepanov, 5332 Beckworth Way, Antelope, CA 95843

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-02241 Melissa and Roger Kenery, 1104 Socorro Way, Sacramento, CA 95833

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2015-00176302
WHEREAS, Daniel and Jennifer Blum have filed a petition with this court for a decree changing the name(s) of Nicholas Scott Jenkins to Nicholas Scott Blum.

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2015-00176937
WHEREAS, Sayed Mobin Morshid and FNU Samira have filed a petition with this court for a decree changing the name(s) of Sayed Mobin Morshid to Sayed Mobin Sajadi, FNU Samira to Samira Sajadi.

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2015-00177252
WHEREAS, Benito Orozco Jimenes has filed a petition with this court for a decree changing the name(s) of Benito Orozco Jimenes to Benito Jimenez Orozco.

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
FBNF2014-09186
The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Autoamore", located at 7606 Folsom Boulevard, Suite 101, Sacramento, CA 95828.

ORDER TO SHOW CAUSE CHANGE OF NAME

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2015-00176595
WHEREAS, Obaid Rahman and FNU Marya have filed a petition with this court for a decree changing the name(s) of FNU Marya to Marya Sharafi and FNU Khazana to Khazana Sharafi.

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
FBNF2014-09186
The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Autoamore", located at 7606 Folsom Boulevard, Suite 101, Sacramento, CA 95828.

ORDER TO SHOW CAUSE CHANGE OF NAME

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2015-00176932
WHEREAS, Chaeoyoung Lim has filed a petition with this court for a decree changing the name(s) of Chaeoyoung Lim to Lois Chaeoyoung Lim.

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
FBNF2014-09186
The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Autoamore", located at 7606 Folsom Boulevard, Suite 101, Sacramento, CA 95828.

ORDER TO SHOW CAUSE CHANGE OF NAME

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2015-00176925
WHEREAS, Chaeoon Lim has filed a petition with this court for a decree changing the name(s) of Chaeoon Lim to Julie Chaeoon Lim.

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
FBNF2014-09186
The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Autoamore", located at 7606 Folsom Boulevard, Suite 101, Sacramento, CA 95828.

ORDER TO SHOW CAUSE CHANGE OF NAME

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2015-00177258
WHEREAS, Matthew Ryan Borges-Herzog has filed a petition with this court for a decree changing the name(s) of Matthew Ryan Borges-Herzog to Matthew Ryan Herzog.

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Tim Russ to Direct Local Film

Our Goal Ultimately Is to Actually Show That There Is a Capacity Within the Filmmaking Community of Northern California to Create Film Projects

By Ben Barber

SACRAMENTO REGION, CA (MPG)

- For a state that is known worldwide for the entertainment industry, one might think that the Capital would be full of the hustle and bustle of filmmakers as they race the setting sun to complete their last shots of the day. Unfortunately, the contrary is true: filmmaking in Sacramento is quite the challenge. With no established infrastructure, finding local cast and crew can be a challenge, not to mention the arduous task of fundraising. This is one challenge a local project hopes to take head on.

The project is called "RELLIK" (Killer in reverse), a revolutionary new crime thriller that hopes to grow into a regularly produced series here in Sacramento. Executive Producer (EP) and spokesperson for the project, Craig DeLuz, is optimistic about the film's success. He explains how creator and EP Jason F. Knittle and writers and EPs Brian Jagger and Gwenn Conklin came together.

"Jason is the original creator, the mastermind. Brian started the first segment of the series; both Gwen and I were approached to play roles in the project. The concept sounded very interesting and we decided to come together

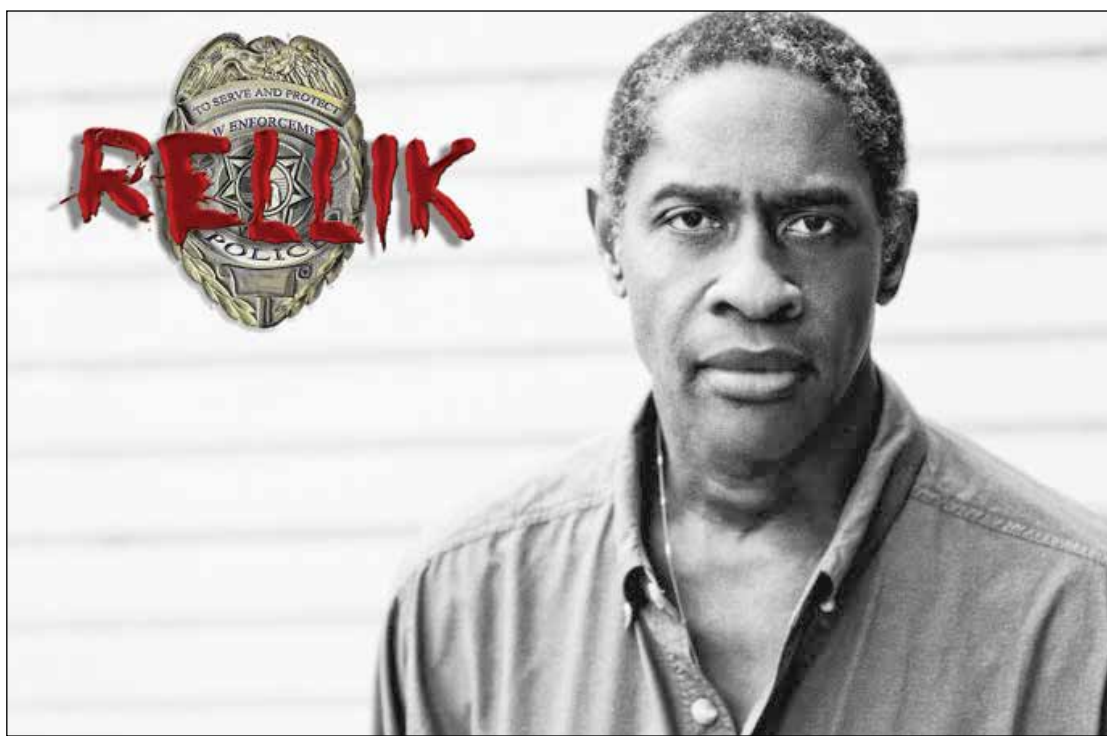
and flush the script out for the pilot," De Luz said.

The team is a collaboration of producers from various networks in town: the Northern California Film Coalition (NCFC) and the Capital Film Arts Alliance (CFAA). Both promoting filmmaking are located in Northern California. The team reached out to Tim Russ, best known for his role as "Tuvok" on all seven seasons of Star Trek Voyager, to direct the pilot.

"It's an exciting, edgy, dark crime thriller with fascinating characters and a lot of twists and turns. The writing team is all from the Sacramento area, and they did a great job with the script. I'm thrilled to be bringing it to life," said Director Tim Russ.

Other local talent includes famed stuntman and stunt coordinator Gary Davis (X-Men: Days of Future Past; The Amazing Spiderman, 1 & 2) will serve as Stunt Coordinator. Toni Staniewicz (I Almost Got Away With It; Wives With Knives) will be the casting director and is also a producer on the project.

"Our goal ultimately is to actually show that there is a capacity within the filmmaking community of Northern California to create film projects," DeLuz said when asked about the scope of the project.



"It's an exciting, edgy, dark crime thriller with fascinating characters and a lot of twists and turns. The writing team is all from the Sacramento area, and they did a great job with the script. I'm thrilled to be bringing it to life," said Director Tim Russ. Image courtesy of Tim Russ and Jason F. Knittles

"They want to see more SAG projects, more TV shows... the locations Sacramento has to offer, and the talent on and off the screen," DeLuz continued.

SAG, the Screen Actors Guild, is the governing actors union. One way to earn your SAG union eligibility is to work on a SAG production. "SAG projects have specific standards in terms of number of hours worked and conditions; there is a certain level of

quality that needs to be there for a project to work. It means a big deal to those in the community and investors. It expands the opportunity for those in the community to be in a professional production," DeLuz said.

The project has hopes of being picked up by a major network or streaming service such as Netflix or Hulu. When asked what would make the project a success, DeLuz responded, "To put out a quality product, something that captures and keeps viewers' attention. To see what sort of following we can get as we finish the project. The more buzz, the more investors, the better chance of distribution picking up the project."

Social media has opened the doors for audiences to directly support projects as they grow, giving a voice to those who in the past had to spend their

dollars at the theater to express interest. Now, projects such as RELLIK can gain a voice and even financial support with tools such as Indy Go Go (IGG), a crowd fundraising website.

"The IGG campaign is for supporting the project. A \$5 contribution is as important to the project as a \$100 contribution. What is important is the number of people. There are opportunities for equity investors outside of the IGG campaign, but one of the most important things people can do is spread the word—like the Facebook page, like the Youtube channel, show there is interest and that there is support for the film in Northern California," said DeLuz.

By supporting local film, we can bring national economic dollars to our small film community and start creating a job infrastructure that can continue to create jobs for years to come. The best way that an audience can support the cause is by liking Facebook pages and subscribing to Youtube channels. Share links or tweet the pages on your social networks; a little click can go a long way.

You can learn more about the project at www.relliktheseries.com, or visit the Facebook page at www.facebook.com/RELLIKWebSeries. ★



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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 ½ 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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California Water Wars: Another Form of Asset Stripping?

Commentary
by Ellen Brown
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In California's epic drought, wars over water rights continue, while innovative alternatives for increasing the available water supply go untapped.

Wars over California's limited water supply have been going on for at least a century. Water wars have been the subject of some vintage movies, including the 1958 hit *The Big Country* starring Gregory Peck, Clint Eastwood's 1985 *Pale Rider*, 1995's *Waterworld* with Kevin Costner, and the 2005 film *Batman Begins*. Most acclaimed was the 1975 Academy Award winner *Chinatown* with Jack Nicholson and Faye Dunaway, involving a plot between a corrupt Los Angeles politician and land speculators to fabricate the 1937 drought in order to force farmers to sell their land at low prices. The plot was rooted in historical fact, reflecting battles between Owens Valley farmers and Los Angeles urbanites over water rights.

Today the water wars continue on a larger scale with new players. It's no longer just the farmers against the ranchers or the urbanites. It's the people against the new "water barons"—Goldman Sachs, JPMorgan Chase, Monsanto, the Bush family, and their ilk—who are buying up water all over the world at an unprecedented pace.

A Drought of Epic Proportions

At a news conference on March 19, 2015, California Senate President Pro Tem Kevin de Leon warned, "There is no greater crisis facing our state today than our lack of water."

Jay Famiglietti, a scientist with NASA's Jet Propulsion Laboratory in La Cañada Flintridge, California, wrote in the Los Angeles Times on March 12th: "Right now the state has only about one year of water supply left in its reservoirs, and our

strategic backup supply, groundwater, is rapidly disappearing. California has no contingency plan for a persistent drought like this one (let alone a 20-plus-year mega-drought), except, apparently, staying in emergency mode and praying for rain."

Maps indicate that the areas of California hardest hit by the mega-drought are those that grow a large percentage of America's food. California supplies 50% of the nation's food and more organic food than any other state. Western Growers estimates that last year, 500,000 acres of farmland were left unplanted, an amount that could increase by 40% this year. The trade group pegs farm job losses at 17,000 last year and more in 2015.

Farmers with contracts from the Central Valley Project, a large federal irrigation system, will receive no water for the second consecutive year, according to preliminary forecasts. Cities and industries will get 25% of their full contract allocation to ensure sufficient water for human health and safety. Besides shortages, there is the problem of toxic waste dumped into water supplies by oil company fracking. Economists estimate the cost of the drought in 2014 at \$2.2 billion.

No Contingency Plan

The massive Delta water tunnel project, designed to fix Southern California's water supply problems by siphoning water from the north, was delayed last August due to complaints from Delta residents and landowners. The project remains stalled, as the California Department of Water Resources reviews some 30,000 comments. When or if the project is finally implemented, it will take years to complete, at an estimated cost of about \$60 billion including financing costs.

Meanwhile, alternatives for increasing the water supply rather than fighting over limited groundwater resources are not being pursued. Why not? Skeptical observers note that water is being called the next commodity

boom. Christina Sarich, writing on NationOfChange.org, asserts: "Numerous companies are poised to take advantage of the water crisis. Instead of protecting existing water supplies, implementing stricter regulations, and coming up with novel ways to capture rainwater, or desalinating seawater, the corporate agenda is ready, like a snake coiled, to make trillions off your thirst."

These coiled snakes include Monsanto and other biotech companies, which are developing drought-resistant and aluminum-resistant seeds set to take over when the organic farmers throw in the towel. Organic dairy farmers and ranchers have been the hardest hit by the drought, since the certified organic pasture on which their cows must be fed is dwindling fast.

Some critics suggest that, as in Chinatown, the drought itself is man-made, triggered not only by unprecedented carbon emissions but by "geo-engineering"—spraying the skies with aluminum and other particulates, ostensibly to shield the earth from global warming (though there may be other motives). On February 15, 2015, noted climate scientist Ken Caldeira of the Carnegie Institute for Science at Stanford asserted that geo-engineering was the only way to rapidly cool the earth. He said: "A small fleet of airplanes could do what large volcanoes do—create a layer of small particles high in the atmosphere that scatters incoming sunlight back to space. Cooling the Earth this way, could be fast, cheap, and easy."

That technique also suppresses rainfall. According to U.S. patent #6315213, filed by the US military on November 13, 2002:

"The polymer is dispersed into the cloud and the wind of the storm agitates the mixture causing the polymer to absorb the rain. This reaction forms a gelatinous substance which precipitates to the surface below. Thus, diminishing the cloud's ability to rain."

Suspicious observers ask whether this is all part of a larger plan. Christina Sarich notes

that while the state thirsts for water, alternatives for increasing the water supply go untapped: "Chemical Engineers at MIT have indeed figured out how to desalinate water—electrodialysis having the potential to make seawater potable quickly and cheaply without removing other contaminants such as dirt and bacteria, and there are inexpensive nanotech filters that can clean hazardous microbes and chemicals from drinking water. Designer Arturo Vittori believes the solution to the water catastrophe lies not in high technology but in a giant basket that collects clean drinking water from condensation in the air."

Tapping Underground Seas

Another untapped resource is California's own "primary" water—water newly produced by chemical processes within the earth that has never been part of the surface hydrological cycle. Created when conditions are right to allow oxygen to combine with hydrogen, this water is continually being pushed up under great pressure from deep within the earth and finds its way toward the surface where there are fissures or faults. This water can be located everywhere on the planet. It is the water flowing in wells in oases in the desert, where there is neither rainfall nor mountain run-off to feed them.

A study reported in Scientific American in March 2014 documented the presence of vast quantities of water locked far beneath the earth's surface, generated not by surface rainfall but from pressures deep within. The study confirmed "that there is a very, very large amount of water that's trapped in a really distinct layer in the deep Earth... approaching the sort of mass of water that's present in all the world's oceans."

In December 2014, BBC News reported the results of a study presented at the fall meeting of the American Geophysical Union, in which researchers estimate there is more water locked deep in the earth's crust than in all its rivers, swamps and lakes together. Japanese researchers reported in

March 2002 that the earth's lower mantle may store about five times more water than its surface oceans.

Dramatic evidence that earthquakes can release water from deep within the earth was demonstrated last August, when Napa was hit with a 6.0 quake. Solano County suddenly enjoyed a massive new flow of water in local creeks, including a reported 200,000 gallons per day just from Wild Horse Creek. These increased flows are still ongoing, puzzling researchers who have visited the area.

Where did this enormous water-flow come from? If it were being released from a shallow aquifer, something would have to replace that volume of withdrawal, which was occurring at the rate of over 1,000 gallons per minute—over 10 times the pre-quake flow. Massive sinkholes or subsidence would be expected, but there were no such reports. Evidently these new waters were coming from much deeper sources, released through crevices created by the quake.

So states Pal Pauer of the Primary Water Institute, one of the world's leading experts in tapping primary water. After decades of primary water studies and successful drilling projects, Pauer has demonstrated that this abundant water source can be accessed to supplement our current water supply. Primary water may be tapped directly, or it may be found commingled with secondary water (e.g. aquifers) fed from atmospheric sources. New sophisticated techniques using airborne geophysical and satellite data allow groundwater and primary water to be located in rock through a process called "fracture trace mapping," in which large fractures are identified by thorough analysis of the airborne and satellite data for exploratory drilling.

Pauer maintains that a well sufficient to service an entire community could be dug and generating great volumes of water in a mere two or three days, at a cost of about \$100,000. The entire state of California could be serviced for about \$800 million—less than 2% of the cost of the very controversial

Delta water tunnels—and this feat could be accomplished without robbing the North to feed the South.

The Water Wars Continue

California officials have been unresponsive to such proposals. Instead, the state has undertaken to regulate underground water. In September, a trio of bills were signed establishing a framework for statewide regulation of California's underground water sources, marking the first time in the state's history that groundwater will be managed on a large scale. Water has until now been considered a property right. The Los Angeles Times reported:

[M]any agriculture interests remain staunchly opposed to the bill. Paul Wenger, president of the California Farm Bureau Federation, said the bills "may come to be seen as 'historic' for all the wrong reasons" by drastically harming food production.

"There's really going to be a wrestling match over who's going to get the water," Fresno Assemblyman Patterson said, predicting the regulation plans will bring a rash of lawsuits.

And so the saga of the water wars continues. The World Bank recently adopted a policy of water privatization and full-cost water pricing. One of its former directors, Ismail Serageldin, stated, "The wars of the 21st century will be fought over water."

In the movie *Chinatown*, the corrupt oligarchs won. The message seemed to be that right is no match against might. But armed with that powerful 21st century tool, the Internet, which can generate mass awareness and coordinated action, right may yet prevail.

Ellen Brown is an attorney, founder of the Public Banking Institute, and author of twelve books including the best-selling *Web of Debt*. Her latest book, *The Public Bank Solution*, explores successful public banking models historically and globally. Her 300+ blog articles are at EllenBrown.com. ★

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Lower dentures almost never fit properly. They are loose fitting due to less surface area which can't create a suction, shrinking gum tissue and bone loss, which can cause irritation in the mouth, sores and pain. The only relief is using sticky dental adhesive to help it, but it is very messy, hard to clean off and needs multiple applications throughout the day.

Upper dentures are better than lower dentures due to a suction in the upper palate that keeps the denture in place. However, having the palate covered reduces the tastes of foods and the ability to tell the temperature of foods.

Partial Dentures can be a source of discomfort due to lack of supporting teeth or an illfitting partial. Partials also use clasps to secure to existing teeth which can be noticeable and can put added pressure to the existing teeth.



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