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# Carmichael Times

Volume 35 • Issue 13

Serving Carmichael and Sacramento County since 1981

March 27, 2015

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*Benedict Cumberbatch in  
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## My Heart, My Life



The American Heart Association asks Sacramento to Take a Walk. Get out and spend some quality time with your friends.

**SACRAMENTO REGION, CA (MPG)** - Wednesday, April 1st is National Walking Day and the American Heart Association is encouraging Americans and Sacramento residents to lace up for their heart and get moving.

On National Walking Day, a day where hundreds of thousands across the nation take steps to improve their health, Americans are encouraged to spend at least 30 minutes of their day briskly walking.

"Statistics show that one in two men and one in three women are at risk for heart disease, and research shows that an active lifestyle can lead to a healthier, longer life," said Rob Lynch, President and CEO of VSP Global and Chair of the 2015 Sacramento Heart & Stroke Walk. "I encourage all

Sacramento residents to walk for their heart health and enjoy the benefits of a healthy lifestyle."

Lynch said that VSP Global encourages employees to make wellness a part of their everyday activities year round and has scheduled a campus wellness walk on the day.

Another local company lacing up for the cause will be Western Health Advantage. They've scheduled walks throughout the day that will circle around their complex and the surrounding area, totaling approximately one mile, and are planning to give sunglasses as a nice incentive for employees taking part. The walks are scheduled every hour on the hour and will be led by a

different member of senior staff who will be donning shiny blue capes.

"Americans are spending more time than ever sitting in front of screens—at work and at home—which means less time being active," said Garry Maisel, President and CEO of Western Health Advantage. "People spend a good deal of their time at work so we are thrilled to be a part of this as we have really made it our mission to bring wellness to the workplace and hope more local companies take part."

Physical inactivity has a detrimental effect on your health. Studies have shown that inactive people can double their risk of heart disease. Whether it's walking, running,

*Continued on page 3*

**Job Forecast  
Bright for  
Sacramento's  
HIREvent**

**SACRAMENTO REGION, CA (MPG)** - The region may not have a great forecast for rain, but experts predict a 100% chance of jobs at Sacramento's HIREvent on Tuesday, April 7th from noon to 4 p.m. at The Grand, 1215 J Street. This exceptional employment event will feature private organizations and public agencies from around the region, with a variety of immediate staffing needs ranging from entry-level to management positions.



Sacramento's HIREvent on Tuesday, April 7th from noon to 4 p.m. at The Grand, 1215 J Street, will feature private organizations and public agencies from around the region, and all the employers will be eager to hire.

First impressions will be very important, as all the employers will be eager to hire. Jobseekers should dress to impress and be prepared to pitch their qualifications to company recruiters. Attendees who want to polish their resumes can consult with employment experts offering free one-on-one evaluations.

For more information about this free event, visit [www.JobJournal.com](http://www.JobJournal.com) and click on "job fairs" or call 888-THE-JOBS (843-5627).

Source: Job Journal

**WE SUPPORT  
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## Clean and Sober Living Helps Addicts Find Hope

**Story and photo  
by Christie Spurlock**

**SACRAMENTO REGION, CA (MPG)** - Clean and Sober Living is a network of sober living homes for recovering addicts of drugs and alcohol, meant to help people in early to middle stages of recovery who wish to break the cycle of addiction.

Don Troutman is the founder of Clean and Sober Living. He knows all about addiction, having been there himself. Troutman began his journey to recovery after his employer made him attend rehab. Homeless and on the verge of losing his job, Troutman reluctantly went along with his employer's request. "My back was up against a wall. I got clean and sober because I didn't want to lose my job," said Troutman.

After becoming sober, he realized how much of his life he had been missing, and he tried to convince his brother to get sober, too. But before his brother was able to change his life, he died of a drug overdose. After his brother's death, Troutman wrote an essay expressing his grief, and it strengthened his resolve



Don Troutman, founder of Clean and Sober Living.

to remain sober and help others become sober as well.

With little money, Troutman took a chance and leased his first house with the option to buy. Within a few years, the property was his, and he was able to begin running Clean and Sober Living. He thought about what prevents people from recovering and formulated a plan to help.

"People generally have to hit some sort of rock bottom before they will engage [in recovery]. My mission is to find out: how do we get people engaged before

they hit rock bottom? Before they become a felon, before they lose their house, before they get a divorce? We do that by taking the stigma out of people being in recovery," said Troutman.

Troutman explained that three things need to change in people's lives before they can successfully become clean and sober. Those three things are biological, psychological, and social aspects of addiction. He describes the biological aspect as the physical addiction to substances. The psychological aspect is the mental obsession a person experiences with their addiction. And the social aspect is the environmental part of addiction, and how an addicted person surrounds themselves with people who make being addicted easier.

With his program, he aims to treat all of these things, which sets his clients up for long term recovery. For the patients who need it, a detox home is offered (run separately from the treatment program/Clean and Sober Living). Then, it is onto a recovery home, and phase one, which is sharing a room with one other person. After at least one month

of success in phase one, participants can move to phase two, where they can stay as long as they want. Many people choose to remain in houses for years at a time, since the houses are comfortable, affordable, and provide a supportive community.

While Fair Oaks provides a beautiful backdrop for recovery, with its many trees and peaceful country surroundings, it isn't where people expect a recovery program to be. Troutman chose Fair Oaks because it is important to him that the area residents live in is a better neighborhood, a place where it isn't as easy to slip back into old habits. "If you're going to get into recovery, it's got to be a step up, not a step down," said Troutman.

Initially, the community of Fair Oaks did not welcome the recovery program with open arms. "In the beginning, there was a lot of NIMBY-ism (not in my backyard). People believed that it would bring a bad element into the neighborhood and devalue their properties," said Troutman. "But my experience has proven to me that the people who are not engaged in addiction, who are engaged in

recovery, are solid, honest, trustworthy people. Over the years, I feel I have cleaned up the neighborhood, increased property values, and have become part of the solution for people suffering from addiction, also bringing relief and comfort to families who are facing an impossible situation. I have been blessed to be able to help thousands of people on their recovery journey, relieving the county and state of the expense to try other ways."

Troutman attributes part of the success of his program to the distribution of authority. Rather than simply reporting to him directly, residents of Clean and Sober Living also distribute the power amongst themselves in tiers, depending on how successful they are in the program. As they progress, they are given more responsibility. This means that socially, residents are accountable to each other and are more likely to want to follow the rules.

Currently, Clean and Sober Living has a waiting list for phase two. To find out more, visit [www.clean-and-sober-living.com](http://www.clean-and-sober-living.com).



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# Celebrate Easter with an Egg Hunt and Pancake Breakfast

**CARMICHAEL, CA (MPG)** - On Saturday, April 4th, the Carmichael Recreation and Park District (CRPD) is hosting an Easter event at Carmichael Park, 5750 Grant Avenue in Carmichael. This family-friendly event will feature a Pancake Breakfast, Egg Hunt, and even a Doggie Egg Hunt.

The Pancake Breakfast, hosted by the Carmichael Kiwanis Club, will be held from 7 a.m. to 11 a.m. Tickets for breakfast are \$5 for adults and \$3 for children 12 and under.

Gather up the kids and bring them to Carmichael Park to gather Easter eggs. The Egg Hunt will take place rain or shine and will start at 10 a.m. sharp. A firetruck horn will signal the start of the hunt (CRPD proudly offers a green event: all eggs are biodegradable). The hunt will be divided into age groups: two and under, three to four, five to six, and seven to eight. This Easter event will also offer arts and crafts, face painting, golden eggs, a variety of vendors, and more. The Easter Bunny might even make an appearance.

Your favorite pets can join in on the Easter fun with a Doggie Egg Hunt held at 11 a.m. at



Let your favorite pet celebrate Easter the canine way. Bring them to Carmichael Park to participate in a Doggie Egg Hunt. Photo courtesy of Carmichael Recreation and Park District

Canine Corral Dog park (at the back of Carmichael Park) Your dogs can hunt for eggs and maybe even sniff out the golden ticket to win the prize basket. All friendly dogs are welcome to attend; the cost is \$5 per dog.

For more information about this Easter event, please visit [www.carmichaelpark.com](http://www.carmichaelpark.com) or call (916) 485-5322.

Source: Carmichael Recreation and Park District ★

# Metro Fire's New Chief Speaks at Carmichael Luncheon

Story and photo by Shaunna Boyd

**CARMICHAEL, CA (MPG)** - The featured speaker at the Carmichael Chamber of Commerce March Luncheon was Mark Wells, the new Chief of Metro Fire. Wells was appointed as Chief in October 2014 after former-Chief Henke retired from the position.

Wells began his career in the Citrus Heights Fire District in 1987. He worked as a firefighter for 13 years and was then promoted to Captain. During his years of service, Wells rose through the ranks, serving as Battalion Chief, Assistant Chief, and Deputy Chief. Wells also worked as the coordinator for the Hazardous Materials Response Team and Technical Rescue Team in the Emergency Planning, Special Operations Division.

Wells has an Associate's Degree in Fire Technology from American River College; a Bachelor of Science Degree in Health and Safety Studies from California State University, Sacramento; and a Master's Degree in Security Affairs, Homeland Defense, and Security from the Naval Postgraduate School.

As Chief of Metro Fire, Wells will oversee service to the cities of Citrus Heights and Rancho Cordova as well as the communities of Antelope, Arden/Arcade, Carmichael, Elverta, Fair Oaks, Florin, Foothill Farms, Gold River, Mather, McClellan, North Highlands, Orangevale,



Metro Fire Chief Mark Wells (left) and Community Risk Specialist Michelle Cummings (right) attended the Carmichael Chamber of Commerce March Luncheon. Chief Wells addressed the Carmichael business community and discussed his qualifications and experience and his plans for the district.

Rancho Murietta, Rio Linda, and unincorporated areas of Sacramento County. Metro Fire serves 417 square miles of territory. They responded to 88,000 calls for service last year alone, many of which were medical emergencies.

Wells described the process of extensive training required for all Metro Fire employees, stating that the Department's goal is to build trust with the communities it serves. Wells said, "At your darkest hour, you deserve to have the best, most qualified people showing up to help you."

Community Risk Specialist Michelle Cummings explained that the Department is always looking to improve and make

beneficial changes, but sometimes the public can be resistant to change. "When trust is established, the public is more likely to accept changes," said Cummings. That is why another Department goal is to increase community outreach and education to engage the public in more fire prevention measures.

Moving forward, Wells plans to ensure that the Department remains innovative, adaptive, and responsive. And he will stay true to the mission statement of Metro Fire by providing professional and compassionate protection, education, and service to all communities served. ★

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**PALM SUNDAY** **March 29, 10 a.m.**  
Palm waving and joyous music to celebrate the triumphal entry of Jesus into Jerusalem.

**MAUNDY THURSDAY COMMUNION** **April 2, 7 p.m.**  
A service of quiet reflection, singing hymns and reading the scriptural accounts of the last hours of Jesus' life on earth. Included will be the "washing of hands" and the Sacrament of the Last Supper.

**GOOD FRIDAY** **April 3, 7 p.m.**  
A time of worship remembering the arrest, trial and crucifixion of Jesus. Special choir, handbell music and a short meditation by Pastor Jack help us to reflect on the events of this day.

**EASTER SUNDAY** **April 5**  
**8 a.m. Family Service**  
A joyous and fun celebration of the resurrection of Jesus Christ led by our youth. Come sing hymns and praise songs and hear an inspirational message by Pastor Jack.

**10 a.m. Traditional Service**  
A celebration of the resurrection of Jesus Christ featuring choirs, handbells, hymn singing and an uplifting message by Pastor Jack which call us to proclaim, "He Is Risen!"

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# Cherished Community Benefactor Passes



Sacramento business leader and philanthropist Nancy Emerson Davis died last week. The Carmichael resident and her husband founded the company now developing the Milagro Center in Carmichael.

Story and photo by Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** - A member of a Sacramento building dynasty, Nancy Emerson Davis died last week from a recently diagnosed illness. She was 70 years old.

A devoted wife, mother, and

grandmother, Davis was herself one of legendary builder Joe Benvenuti's four children. She grew up in the Arden area and graduated from Encina High School before attending American River College.

Nancy and husband Allan Davis sponsored many local causes and nurtured diverse business interests; their most ambitious project—the Milagro Center—is destined to breathe new life into Carmichael's main thoroughfare when it opens this summer. The couple's Milagro Properties will be named Business of the Year by the Carmichael Chamber of Commerce at a gala on Friday, March 27th.

A full tribute to this community leader will appear in the next edition of the Carmichael Times. Davis's funeral is planned for Sunday, March 29th at 2:30 p.m. at Capital Christian Center. The Church is located at 9470 Micron Avenue, Sacramento. For more information, call the Carmichael Chamber of Commerce at (916) 481-1002. ★

# Environmentalist Koobs' Memorial Nurtures Growth for the Future



Forget-me-not. Tributes to educator and naturalist Jack Koobs included flowers placed at the Vietnam monument in Carmichael.

Story and Photos by Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** - Future generations will enjoy new oaks planted in memory of beloved Carmichael naturalist Earl "Ranger Jack" Koobs.

At a recent memorial service, 100 friends recalled the La Sierra High School science teacher. Koobs, for whom the Earl J. Koobs Nature Area was named, died in February. He was 94 years old.

In the shade of trees he planted at the reserve, family, friends, former students, and Kiwanian buddies shared Ranger Jack tales. "He was a huge influence in my life," reflected Ashton Smith (21). "He taught me to love nature, and as a result, I'm working toward a career in the environmental field."

In the 1970s, Koobs spearheaded a campaign to save five undeveloped acres adjacent to La Sierra from development. For the rest of his life, the educator worked in the reserve and fostered plein-air nature study. He guided hundreds of Garfield Elementary pupils around paths and ponds. No insect, plant, or pebble was irrelevant to Koobs' understanding. He recounted Native American lore about animal inhabitants. An energetic Kiwanian, Ranger Jack involved his Carmichael club and local Scout troops in maintaining the Earl J. Koobs Nature Area.

Also on the site, the WWII veteran helped establish one of the nation's first monuments to the Vietnam War. Fifteen memorialized heroes were among his La Sierra students. "They were wonderful boys and I loved them all," he told commemorative gatherings. "Their sacrifice should never be forgotten."

Echoing the habit of a nonagenarian who religiously planted acorns in his 94th year, volunteers positioned new oak seedlings. "These will form the Jack Koobs grove," announced the naturalist's friend Rick Michaels. Another La Sierra teacher,

Michaels propounded Koobs' theory on education: "Education should make people less dependent on others. It should also make life less boring."

"That's what Jack said," repeated Michaels. "And that's exactly what his teaching achieved."

The Earl J. Koobs Nature Area hosts veteran observances on Memorial Day and Veterans Day. The reserve is located at 5325 Engle Road in Carmichael. For more information, call (916) 944-2393. ★

# My Heart, My Life

Continued from Page 1

biking, playing sports, or joining a group class, the goal is getting more active. The American Heart Association recommends at least 150 minutes of physical activity weekly for adults and 60 minutes a day for kids.

Western Health Advantage and VSP Global have also received recognition from the American Heart Association as a Fit-Friendly Worksite. Fit-Friendly Worksites reach gold- or platinum-level status by implementing various activities and programs to encourage physical activity, nutrition, and culture enhancements such as on-site walking routes,

healthy food choices in cafeterias and vending machines, annual employee health risk assessments, and online tracking tools. The deadline for companies to apply is April 1st. The application and additional criteria are available at <https://volunteer.heart.org/apps/fitfriendly/default.aspx>.

For more information on National Walking Day, visit [www.heart.org/nationalwalkingday](http://www.heart.org/nationalwalkingday).

National Walking Day is locally sponsored by VSP Global while Western Health Advantage is the local "My Heart. My Life." platform sponsor.

Source: American Heart Association ★



Family and friends planted oak seedlings that that will begin a new grove in the nature area named for Koobs. Sharing shovel duty were (left to right) Rick Michaels, Greg Shelton, Dave Shelton, and Ashton Smith.

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THE RICH LOWRY COLUMN  
By Rich Lowry

**The Return of the Clinton Scandals**

The grim forced march to a Hillary Clinton coronation just got a little grimmer. The Hillary email scandal — on top of the revelation of continuing foreign donations to the Clinton Foundation while she was secretary of state — is a nice reminder for Democrats about what they are signing up for. The Clinton Restoration will require routinely defending the indefensible. It will require recalibrating all legal and ethical standards to suit the personal and financial interests of the Clintons. It will require a willingness to use these phrases with a shameless abandon: “old news,” “everybody does it” and “not technically illegal.” Usually the advantage of having been around national politics forever is that there

are no surprises lurking in the background. But what should be the most vetted couple in the world always needs just a little more vetting.

The Clintons come from the Frank Underwood school of politics. What unites Bill’s roguish charm and Hillary’s relentless determination is an eye for the main chance, with adherence to the rules optional.

Hillary Clinton’s self-serving email arrangement is not the worst example, but it is textbook. Pretty much anyone in government knew that if you used your private account for official business, you had to copy your government account for record-keeping purposes. But Hillary didn’t even have a government account.

For this to have been an innocent oversight, we’d have to believe that Hillary — intimately familiar with the workings of government since at least 1979, when Bill became governor of Arkansas, and with the federal government since at least 1993 — didn’t know how government email worked.

And that she happened to set up her own private email account with a server in her own house, registered under a pseudonym, in a fit of technological absent-mindedness.

As The Associated Press notes, homemade servers are inferior to professional facilities that “provide monitoring for viruses or hacking attempts, regulated temperatures, off-site backups, generators in case of

power outages, fire-suppression systems and redundant communications lines.”

All of these were mere details compared with the one overwhelming advantage of her own server that clearly trumped every other consideration: “impressive control over limiting access to her message archives,” in the words of the AP.

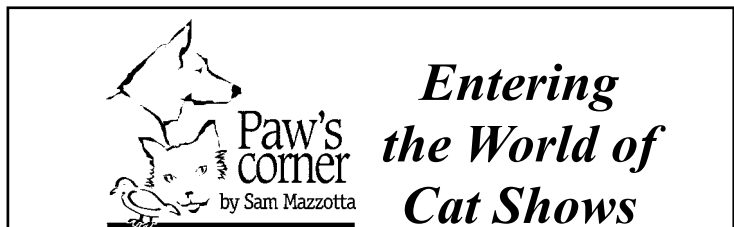
Recently, Clinton turned over to the State Department 55,000 pages of emails, and now she says she wants them released. But it is her flunkies who decided what to give the department. This is transparency Clinton-style.

The defense from Clinton world has been that everyone conducts official business on private email, so what’s the big deal? But her predecessor, Condoleezza Rice, and her successor, John Kerry, both managed to use government accounts.

The legal debate is now whether she merely violated the spirit of the law or actually broke it, the perpetual question with the Clintons.

If Democrats have liked what they’ve seen from Hillary the past couple of weeks, they should relish the prospect of the next two years, when any revelation can instantly put them back in Clinton scandal-defense mode. This is the future they are choosing, apparently without even bothering to consider an alternative with less baggage or higher standards.

Rich Lowry is editor of the National Review. (c) 2015 by King Features Synd., Inc.



**Entering the World of Cat Shows**

DEAR PAW'S CORNER: I think I have the most beautiful cat, and I'd like to enter him in a cat show to see if he'd win. How can I get "George" into a show? --Tracey B., via email

a list of upcoming events. The International Cat Association (<http://tica.org/>) is another good resource, with lots of information and a robust show calendar.

DEAR TRACEY: The first thing you should do is study: Read up on cat shows, how they're conducted, what breed groups are typically shown, what judges look for, and so on.

It's important to be sure that George is up to the stress of being shown. Is he a friendly, well-socialized cat who is OK with being petted and picked up by strangers? Can he stay relaxed in a strange, noisy environment near several other cats? Is he in good health? Are his vaccinations up to date?

Don't worry if you're not sure of George's breed: Many shows have a "Household Pet Class" that doesn't have a specific breed standard.

Finally, attend one or two cat shows near you, without George, to see how they are conducted and decide if you'd like to make your cat a competitor.

Where's the best place to start studying? The Cat Fanciers Association ([www.cfa.org](http://www.cfa.org)) has a website with lots of good information on the basics of cat shows, like how to enter, rules of competition, tips on caring for and grooming your cat, and

Send your questions or tips to [ask@pawscorner.com](mailto:ask@pawscorner.com). (c) 2015 King Features Synd., Inc.

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# Nature's Mountain Snowpack "Reservoir" Still Lacking

## Third Manual Survey Confirms Shrinking Water Content

**SACRAMENTO REGION, CA (MPG)** - The Sierra Nevada snowpack, which Californians rely on heavily during the dry summer months for their water needs, continues to disappoint this winter. Despite the recent snowfall in the Sierra Nevada Range that gladdened ski and snowboard enthusiasts, it was not enough to offset weeks with no snow at all.

A recent manual survey by the Department of Water Resources (DWR) at the Phillips snow course in the mountains 90 miles east of Sacramento found 0.9 inches of water content in the snow, just 5% of the March 3rd historical average for that site. Electronic readings by DWR indicate the water content of the northern Sierra snowpack is 4.4 inches, 16% of average for the date. The central and southern Sierra readings were 5.5 inches (20% of average) and 5 inches (22% of average), respectively.

Statewide, 103 electronic sensors found current snow water equivalent to be 5 inches, 19% of the March 3rd multi-decade average. When DWR conducted the season's first two manual surveys on December 30th, 2014, and January 29th, 2015, the statewide water content was 50% and 25%, respectively, of the historical averages for those dates.

The snowpack's water content this year is historically low for early March. Only in 1991 was the water content of the snowpack lower: 18% of that early-March average. Manual surveys of 180 snow courses this year reveal even less water content: just 13% of the early-March average, the lowest in DWR's records for this time of year. The difference between electronic and manual surveys is explained by the higher elevation of most electronic sensors, where they receive more snow than many of the lower-elevation snow courses.

After records for dryness were set in many parts of the state in January, two storms in early February delivered enough precipitation at eight northern Sierra weather stations to bring the month's total up to historical standards there. That short rainy interlude was followed by

three weeks of virtually no rainfall in the northern Sierra, and precipitation at the eight stations since Water Year 2015 began on October 1st, 2014, is now only 87% of average for that period. Further south, the five-station San Joaquin index is 48% of normal, and the six-station index in the Tulare Basin is similarly far below normal at 51%.

Weeks of spring-like weather have produced more rain than snow when storms did arrive during California's warmest winter on record. California's historically wettest winter months have already passed, and it's now almost certain that California will be in drought throughout 2015 for the fourth consecutive year.

Unless this month approximates the 1991 "Miracle March" with significantly more precipitation than normal, the traditional wet season will end on April 1st with an alarmingly low amount of water stored in the mountains as snow.

In normal years, the snowpack supplies about 30% of California's water needs as it melts in the spring and early summer. The greater the snowpack water content, the greater the likelihood California's reservoirs will receive ample runoff as the snowpack melts to meet the state's water demand in the summer and fall.

Results of the recent manual readings by DWR near Echo Summit off Highway 50 are as follows: Alpha's elevation is 7,600 feet, snow depth is 6 inches, and water content is 1 inch—4% of long-term average; Phillips Station's elevation is 6,800 feet, snow depth is 6.7 inches, and water content is 0.9 inches—5% of long-term average; Lyons Creek's elevation is 6,700 feet, snow depth is 6.5 inches, and water content is 1.5 inches—6% of long-term average; and Tamarack Flat's elevation is 6,500 feet, snow depth is 7.7 inches, and water content is 1.5 inches—6% of long-term average.

The major water supply reservoirs are storing more water this year than last but are still far below the historical average for early March. Lake Oroville

in Butte County, the State Water Project's (SWP) principal reservoir, now holds 49% of its 3.5 million acre-foot capacity (70% of its historical average for the date). Shasta Lake north of Redding, the federal Central Valley Project's (CVP) largest reservoir, is at 58% of its 4.5 million acre-foot capacity and 78% of its historical average. San Luis Reservoir, a critical south-of-Delta pool for both the SWP and CVP, is faring better due to recent water deliveries to the reservoir as a component of the agencies' drought management strategy. San Luis holds 64% of its 2 million acre-foot capacity (75% of normal for the date).

Governor Edmund G. Brown Jr. declared a drought State of Emergency on January 17th, 2014, and directed state officials to take all necessary actions to prepare for water shortages. He called on all Californians to voluntarily reduce their water usage by 20%. Conservation—the wise, sparing use of water—remains California's most reliable drought management tool. Each individual act of conservation, such as letting the lawn go brown or replacing a washer in a faucet to stop a leak, makes a difference over time.

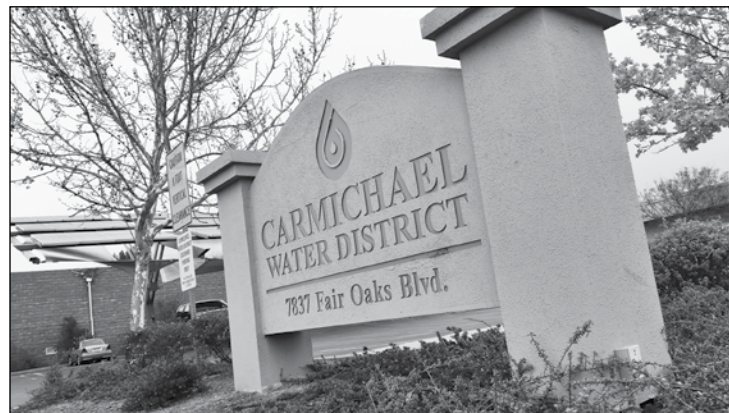
Californians can learn easy ways to save water every day by visiting [www.SaveOurWater.com](http://www.SaveOurWater.com). California's efforts to deal with the effects of the drought can be found at [www.drought.ca.gov](http://www.drought.ca.gov).

Electronic snowpack readings are available at [www.cdwr.ca.gov/snow/current/snow/index.html](http://www.cdwr.ca.gov/snow/current/snow/index.html). Reservoir conditions can be viewed at [www.cdwr.ca.gov/cgi-progs/reservoirs/RES](http://www.cdwr.ca.gov/cgi-progs/reservoirs/RES).

For a broader snapshot of current and historical weather conditions, see DWR's "Water Conditions" page at [www.water.ca.gov/waterconditions/waterconditions.cfm](http://www.water.ca.gov/waterconditions/waterconditions.cfm) and the "Drought" page at [www.water.ca.gov/waterconditions/index.cfm](http://www.water.ca.gov/waterconditions/index.cfm). Everyday water conservation tips may be found by clicking on "Save Our Water" at [www.saveourwater.com](http://www.saveourwater.com).

Source: Department of Water Resources ★

# Water District Mulls 14% Rate Increase by July



Severe water shortages have placed Carmichael Water District between a rock and a hard place, between decreasing revenues and increasing costs.

Story and photo by John-Michael Kibrick

**CARMICHAEL, CA (MPG)** - Sacramento's nicknames, the "City of Trees" and "River City," describe a lush region dominated by a metropolis but kept in check with the life-giving fresh water that feeds natural greenery. It's an image that the region has struggled to maintain over the last four years of severe drought, and now Carmichael residents are going to feel the pinch more than ever.

At a March 16th presentation at a Carmichael Water District workshop, the board received unwelcome though not wholly unexpected news: Water rates in Carmichael will have to be raised as much as 14% in July 2015 just to continue operations and avoid defaulting on substantial debt.

The minimum July increase advised by Bob Reed of The Reed Group, Inc., a consulting firm that specializes in water districts' financial management, was 12%. But the new business plan also called for 5-6% yearly increases in the cost of water from January 2017 to January 2025, which would result in a substantial hit to the consumer's wallet.

In his presentation, Reed cited California's persistent drought as the reason for falling revenue. In fact, said Reed, the district would have earned 8% more in water sales during the 2014/2015 fiscal

year if rainfall was at traditional levels.

While consumers unwittingly damaged district revenues through good practices leading to a 20% reduced water usage last year, the lack of water has also driven up the price of maintenance and any additional water that the district has had to purchase from outside.

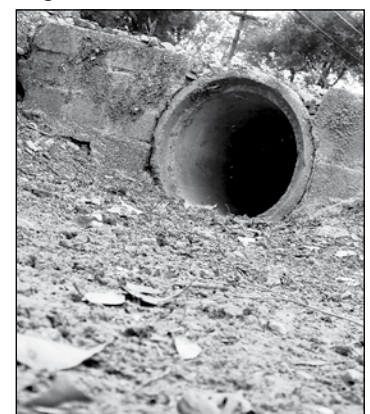
But what will the new money go toward? Well, over the last fiscal year, the district maintained the status quo by digging into their reserve funds, leaving little if anything left for next year.

Like every water district, Carmichael has significant maintenance and repair projects that must continue in order to provide the community with safe, clean running water. Reed said that \$29.2 million in revenue would be required by 2025 for what is known as the "Capital Improvement Plan." This plan would include upkeep and required improvements on reservoirs, groundwater wells, pipelines, and more.

Additionally, new revenue would rebuild the district's reserves, even raising them to higher levels in order to strengthen the board's ability to handle another water crisis like the current drought. Even more new revenue is expected to aid the Capital Improvement Plan through an impending deal with

Golden State Water Company. One chart displayed during the district workshop showed the steadily increasing costs of debt service and operation and maintenance, putting the planned revenue increases just above required expenditures. Even with the alarming increases in price, Carmichael Water District is seemingly going to be rung dry.

According to the new business plan, the rate structure would also change entirely, in an effort to make payments more equal according to water usage. The current system often incurs much higher cost on customers with larger meters.



The new business plan was created under the assumption that Carmichael's ditches will remain dry for years to come and water usage will return to previous levels at a slow pace.

So what does this mean for Carmichael residents? With the impending 12-14% increases coming in July, residents using less than 100 cubic feet of water may see a \$5 dollar increase on their bi-monthly bill, amounting to 8% of the current \$62 charged. Users of more than 100,000 cubic feet could see a bill of \$211, a 20.4% increase on the current charge.

According to the principles outlined in Proposition 218, Carmichael residents will have a chance to vote yay or nay for the proposed increases at a public hearing scheduled for May 18th at Carmichael Water District at 7837 Fair Oaks Boulevard. ★

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## Clean Out Your Closets for the CRPD Clothing Drive

**CARMICHAEL, CA (MPG)** - It's time for spring cleaning! Clean out those closets and donate all your items to the Carmichael Recreation and Park District (CRPD) Clothing Drive. For every pound of clothing the CRPD receives, 15 cents will be donated to the Sacramento Area Creeks Council to support Creek Week.

Items are needed for

men, women, and children. Acceptable items for donation include clothing, shoes, purses, belts, bed and bath linens, and stuffed animals. (Please bring clothes in plastic bags.) All donated clothes will be donated by California Clothing Recyclers to families in need and third world countries.

Donations can be dropped off until April 18th at the CRPD

Office, 5750 Grant Avenue, Carmichael, CA. The CRPD Office is open Monday through Friday from 8:30 a.m. to 5:00 p.m.

Source: Carmichael Recreation and Park District ★

## Union Gospel Mission Sacramento



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# END of the BENCH

by Gerry Scholl

## The Games and Life Go On and On

Ferris Bueller once said, "Life moves pretty fast. If you don't stop and look around once in a while, you could miss it."

Busy dealing with fast-moving, real life lately, there hasn't been much time to stop and look around — at the NCAA Division I Men's Basketball Tournament that is.

Didn't even get around to the annual tradition of filling out a bracket. Looking at it and catching up after some of the results have come in, and filling in the teams that would have been our actual picks, of course, we are doing really good.

With the weekend booked up with real-life events and necessities, we were together enough to plan ahead and DVR most of the NCAA schedule of games. Looking at it now — OMG!! The list of games goes on and on... There are 21 games recorded (plus two NIT games; "Why?" you ask). What's a basketball fan to do?

There will never be enough time to watch them all, certainly not before the next round is upon us. The option must be to pick and choose. From the radio and television reports and highlights, and the results in the newspapers, we can target particular games that would be worth the while to check out, and skip through them commercial-free and eventually delete the rest to make room for more.

But all of that really defuses the vibe. Much of the excitement of the tournament comes from the anticipation of the win-or-go-home format and watching it unfold before your eyes. Jumping around from game to game destroys the feel. Knowing the end results kills it.

Did get a chance to watch most of one game alone late at night — Wichita State (our dark-horse pick) d. Indiana, 81-76. That was a good one, and taking a look at the Shockers' following 78-65 upset of Kansas is a must. WS senior point guard Fred VanVleet looks like a player at the next level.

Caught another one in its entirety staying up late one night with a friend, mutually agreeing that the Ohio State-Arizona matchup seemed promising, and it was. The Buckeyes, after upsetting VCU in their opener in overtime, were strong early on against the Wildcats and appeared to have the momentum working toward a second upset. But Arizona, 33-3, methodically took over the game and pulled away to win, 73-58, and may be a worthy challenger to Kentucky's dominance. Tried to stay up alone again to watch a second game, but quickly passed out on the couch.

Kentucky, now 36-0 after two easy victories, is trying to run the table and become the first Division I team to complete an undefeated season since Bobby Knight's Indiana Hoosiers went 32-0 in 1976. But KU's Wildcats have been something to see because of how good they are, yet hard to stay with for the duration of a game because of how few close games they have had. Haven't even had the time, or made the time, to watch any of Gonzaga, Michigan State or Wisconsin, three programs deemed fun to follow.

What has happened to college basketball? Why can't the games hold interest? Why don't people talk about it as much as they used to, if at all? Why are there all of those empty seats at the Regionals?

Around here in Northern California the answers are easy — because none of our teams are in the tournament mix. Stanford was too inconsistent; Cal had one good stretch, but overall was not very good; Saint Mary's had a weak supporting cast around star big man Brad Waldow; USF and Santa Clara were USF and Santa Clara. Surprising UC Davis and Sacramento State created a stir by both challenging to reach the tournament for the first time, but both teams faded in the final weeks and

missed the ride to The Dance.

In the big picture though, there are a number of factors that are producing an overall sense that interest is waning.

The "one-and-done" phenomenon (a specialty of coach John Calipari and Kentucky) and the early departure of the premier players to chase after their professional dreams has had an undeniable effect on the college game. Fans attain such limited familiarity with the players; they are gone before you come to appreciate their "game," and there is not a lot of continuity on team rosters from year to year. That also has an effect on the quality of play. There is plenty of poor shooting and sloppy play, an a lot of uninspiring, low-scoring games.

Add in a wide-ranging variety of misconduct, misdeeds and violations over many years on the parts of coaches, players, teams — the pressure to win is so great, it can make people do some terrible things.

We've had NCAA rules-breaking galore, point-shaving, recruiting violations, payments to players, ineligible players, physical abuses, academic fraud, sex scandals, and even the murder of a teammate (at Baylor). The cumulative effect of it all over the years has been that the fans may never again believe the game is genuine, that things operate on the up-and-up.

Many top programs have been tainted through the decades, such as Boston College, Arizona State, Georgia, Tennessee, Memphis, Michigan, Tulane, Cal (remember coach Bozeman?), Louisville, Indiana, UConn, Cincinnati, North Carolina, and most recently Syracuse, which has been hit with a loss of scholarships, vacated wins and a post-season ban over an array of issues (coach Boheim, don't wait the three years to retire, you should have done it long ago because we never liked you anyway).

That list would make for quite an interesting bracket.★

# Sacramento County DA Reports

Recent cases of interest



**CASE: Jasmine Maria Velasquez & Jose Maria Perez (03/19/15)**

**PROSECUTOR: Deputy District Attorney Samuel Alexander, Career Criminal Prosecution Unit**

District Attorney Anne Marie Schubert announced that Jasmine Maria Velasquez was convicted by jury of four counts of armed carjacking, seven counts of armed robbery and one count of illegal possession of a firearm. The jury also found true that she committed these crimes in association with the Sureño criminal street gang. Jose Maria Perez was convicted by jury of one count of armed robbery in association with the Sureño gang. Perez also has a prior 2012 felony assault conviction.

Between April 16, 2013 and May 22, 2013, Velasquez organized and participated in a series of carjackings and robberies. At the time of her arrest, items used in all of the crimes were found in her car and the handgun used in the crimes was found in her bedroom. Velasquez was also connected to the crimes through text messages, cell tower locations and DNA evidence. The proceeds of these crimes were funneled to a Sureño gang member, who was an inmate at Folsom Prison. In one of the robberies, Perez took a Wells Fargo deposit bag and purse from a fast food employee at gunpoint.

Velasquez faces a maximum potential sentence of 86 years, 8 months plus 120 years to life in state prison. Perez faces a maximum potential sentence of 25 years in state prison. Both defendants are scheduled to be sentenced on April 17, 2015 at 9:00 a.m. in Department 41 before the Honorable Helena Gweon.

**CASE: Terence Bowman (03/13/15)**

**PROSECUTOR: Deputy District Attorney Quirina Orozco, Adult Sexual Assault Prosecution Unit**

District Attorney Anne Marie Schubert announced today that the Honorable Russell Hom sentenced Terence Bowman to 22 years in state prison. On February 24, 2015, a jury convicted Bowman of forcible rape.

On January 3, 2014, Bowman forcibly raped the victim in her Oak Park home. Following the sexual assault, the victim immediately walked to UC Davis Medical Center to obtain medical treatment.

Bowman previously suffered felony convictions of robbery and resisting an executive officer.

**CASE: Michael Diaz (03/13/15)**

**PROSECUTOR: Deputy District Attorney Tate Davis, Elder Abuse Unit**

District Attorney Anne Marie Schubert announced today that the Honorable Lawrence Brown sentenced Michael Diaz to 17 years in state prison. On January 12, 2015, a jury convicted Diaz of felony elder abuse and felony assault with a deadly weapon.

On July 28, 2014, Diaz attacked his 70-year-old relative, who was partially paralyzed from a stroke. He grabbed her out of her wheelchair, threw her onto the ground, pulled her hair and smashed her head on the ground. Diaz's disabled adult brother attempted to come to the victim's rescue. Diaz then assaulted his brother with a deadly weapon.

Diaz has numerous prior felony convictions including false imprisonment, unlawful sexual intercourse, assault with a firearm, possession of a deadly weapon, and multiple vehicle thefts. He also has several misdemeanor convictions including multiple domestic violence batteries, corporal injury to a dating partner, possession of stolen property and possession of a controlled substance.

## Free Weekend Activities at the Nature Center

**CARMICHAEL, CA (MPG)** - Spring is just around the corner and you can get your fill of 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 March. 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.

**Spring Surprises:** On Saturday, March 28th at 10:30 a.m., discover the surprises spring has in store for you and find out what's new in the Nature Area.

**Abalone Necklace Making:** On Sunday, March 29th at 1:30 a.m., join a naturalist in the replica Nisenan Maidu village to polish an abalone shell piece for your own unique necklace.

All ages are welcome; children will need assistance from an adult.

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

Source: Effie Yeaw Nature Center ★



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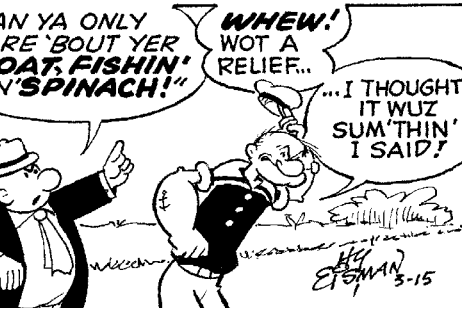
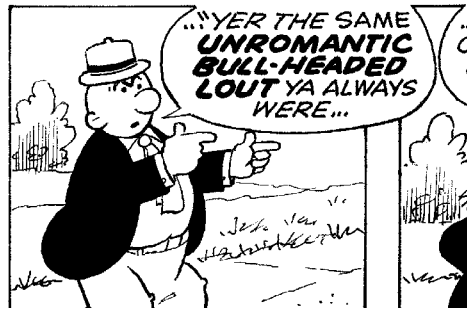
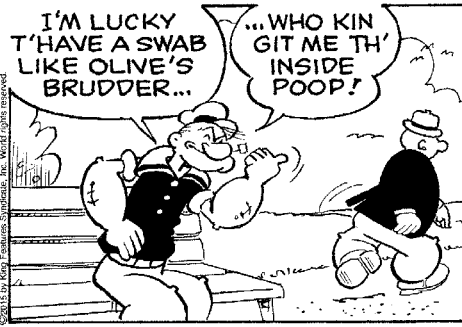
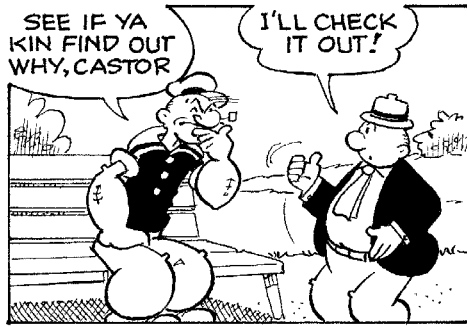
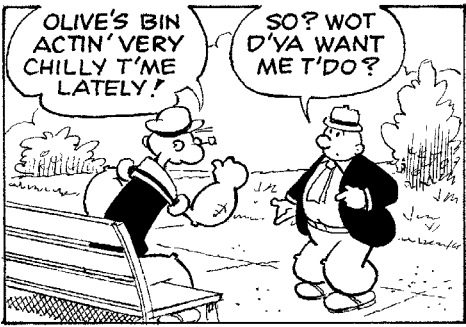
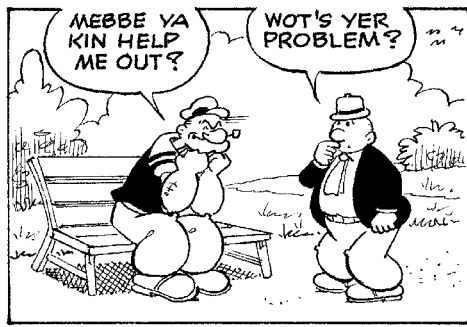
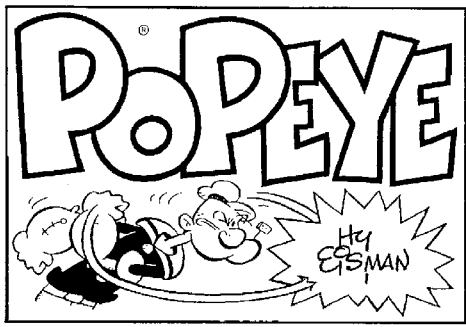
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**ARIES (March 21 to April 19)**

An unexpected problem should be handled as quickly as possible so that it doesn't cause too much of a delay. Someone who knows what you're facing could provide needed advice.

**TAURUS (April 20 to May 20)** An unsettling situation seems to be taking forever to be resolved. Fortunately, your Bovine aptitude for patience is strong this week, so you'll be more than able to wait it out.

**GEMINI (May 21 to June 20)** Taking a stand against an uncalled-for situation involving a friend or co-worker isn't easy, but somehow you'll rise to the challenge and do it. Rely on advice from someone you trust.

**CANCER (June 21 to July 22)** There are still some questions on all sides that need to be dealt with in order to allow hurt feelings to heal. Get your workplace tasks done early so that you can devote more time to loved ones.

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**LEO (July 23 to August 22)**

Consider a new spring makeover that will show all you Leos and Leonas in your best light. A new hairdo and some fashionable new clothes can help put a fresh glow on your image.

**VIRGO (August 23 to September 22)** Some stormy, emotional weather can blow up in the workplace when an irate co-worker has strong words for you. But if you believe right is on your side, you'll be able to ride it out.

**LIBRA (September 23 to October 22)** Creating more balance in your life is especially important now so that you're not distracted when you get into projects that will make demands on both your physical and mental energies.

**SCORPIO (October 23 to November 21)** As much as you enjoy being right when others are not, show your generous side by offering to use what you know to everyone's benefit. This way, you gain admirers and avoid resentment.

**SAGITTARIUS (November 22 to December 21)** This is a good week for the Archer to aim at healing relationships. Whether it's at home, at work or among your friends, get everyone to set things straight and make a fresh start.

**CAPRICORN (December 22 to January 19)**

Although you like things done your way, this is a good time to listen to ideas from others. You might even find yourself agreeing with one or more of their suggestions.

**AQUARIUS (January 20 to February 18)** Aspects favor positive action to reclaim your ideas from someone who might want the glory without doing any of the work. Expect to find many people rallying to support you.

**PISCES (February 19 to March 20)** You might feel uneasy about taking that step forward at work or in your private life. But who knows better than you that while treading water keeps you afloat, it doesn't get you anywhere.

**BORN THIS WEEK:** You have a way of creating positive attitudes and making people feel good about themselves.

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**Now here's a tip!** by Ann Peterson

"To remove residue left over from price tags, use hairspray. Remove as much paper as possible, then give it a good squirt. Use a plastic scraper to lightly scrape off the adhesive." -- L.P. in Ohio

Need a quick measure? A dollar bill (or other U.S. paper currency) is exactly 6 inches long.

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COUCH THEATER -- DVD PREVIEW  
 By Sam Struckhoff

**EDITOR'S NOTE:** DVDs reviewed in this column will be available in stores the week of March 30, 2015.

**PICKS OF THE WEEK**



Benedict Cumberbatch in "The Imitation Game"

**"The Imitation Game" (PG-13)** -- Alan Turing was a renowned genius, roboticist, code-breaker, Nazi-confounder and all-around British treasure. In the 1940s he led a team of geniuses who broke the Germans' "unbreakable" code and laid the foundation for modern computers. In the '50s, Turing (Benedict Cumberbatch) was arrested, tried and convicted for the crime of homosexuality. This biopic goes in-depth with a brilliant man's struggles against persecution.

The film won the Oscar for best adapted screenplay, on top of a pile of nominations. Cumberbatch should have taken the Best Actor, but that of course went to Eddie Redmayne, who was in a different biopic about a different British genius struggling against non-scientific challenges. Still, Cumberbatch's performances -- and Keira Knightly playing opposite -- stand strong.

**"Interstellar" (PG-13)** -- In the not-too-distant future, crops are failing, populations are dwindling and the earth is enshrouded in a new Dust Bowl. Matthew McConaughey stars as Cooper, a brilliant engineer --

forced into farming for the past few years, like everyone else -- who takes on a last-ditch space mission to find a new home for mankind, somewhere among the stars. Cooper and scientist Dr. Brand (Anne Hathaway) must travel through a wormhole from which no one has ever returned. Directed by Christopher Nolan ("Inception," "The Dark Knight" trilogy), this space adventure has some cool ideas covered up by stretches of boredom and cheesy dialog. I couldn't contain laughter when Hathaway ardently declares that love is a quantifiable entity. It's a long ride with some cool twists, but the movie plows through most of the emotional rest stops along the way.

**"Wild" (R)** -- Reese Witherspoon plays a woman who takes a solo walk for more than 1,100 miles of the Pacific Crest Trail -- for reasons that aren't easy to spell out, even for her. There a sense that she has no control over her life. She seems caught between destructive behavior when she's alone, and toxic relationships when she tries to connect. Based on the memoir by Cheryl Strayed, this is doubtlessly Witherspoon's best performance since "Walk the Line," perhaps her best on film.

**"The Rewrite" (PG-13)** -- Hugh Grant has a way of stumbling over his words, fidgeting, looking around and then saying something understatedly clever or disarmingly earnest. It's his modus operandi. If he were a pro wrestler, stammering through a sheepish grin would be his signature move. In this way-too-old-for-coming-of-age dramedy, Grant plays a washed-up Hollywood screenwriter who reluctantly accepts a gig teaching screenwriting at a little college in upstate New York. First he's a jerk, but then he must learn some lessons and repair relationships with the various stereotypical characters he's offended with his offbeat charm.

**TV RELEASES**  
 "VEEP: The Complete Third Season"  
 "Miss Marple: Volume Two"  
 "Case Histories: The Complete Collection"  
 "Silicon Valley: Season 1"  
 "Nature: Owl Power"  
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**Strange BUT TRUE**  
 By Samantha Weaver

- It was Nobel Peace Prize-winning philosopher Albert Schweitzer who made the following sage observation: "The great secret of success is to go through life as a man who never gets used up. That is possible for him who never argues and strives with men and facts, but in all experience relies upon himself, and looks for the ultimate cause of things in himself."
- In the United Kingdom it is illegal to deface paper money, but it's perfectly legal to burn it.
- Gene Cernan was the 12th -- and last -- human to walk on the moon, in December 1972. While he was there, he scratched his daughter's initials onto the lunar surface. Those initials, "TDC," are likely to remain there for tens of thousands of years.
- According to the folklore of Wales, fairies prefer traveling on the backs of corgis to any other mode of transport.
- You may be surprised to learn that most Greek and Roman statuary and architecture weren't originally the pristine white we see today. Archaeologists have found evidence that these structures and sculptures were brightly painted in ancient times; the paint has just worn off in the intervening centuries.
- Most muppeteers are right-handed and use their dominant hand to operate their puppets' heads; therefore, most muppets are left-handed.

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**Birding BITS** BY Cindy Brook

**Nest Building**  
 Birds are gathering material for their nests, and you can help. Put out soft things like string, yarn and (clean) dog hair (NO dryer lint!). These items can be hung from tree branches or scattered on the ground. They'll be easy to spot and will provide extra cushioning for new hatchlings.

E-mail: birdingbits@cfl.rr.com  
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1 1/4 cups water  
 1/2 cup reduced calorie whipped topping  
 2 tablespoons mini chocolate chips

1. Reserve 8 mandarin orange slices for garnish. Evenly arrange remaining slices in piecrust.  
 2. In large bowl, combine dry pudding mix, dry milk powder and water. Mix well using wire whisk. Blend in whipped topping.

3. Spread pudding mixture evenly over mandarin oranges. Sprinkle chocolate chips evenly over top and garnish with reserved mandarin orange slices. Refrigerate at least 2 hours. Makes 8 servings.

◆ Each serving equals: 182 calories, 6g fat, 4g protein, 28g carb., 303mg sodium, 1g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 Fat, 1/2 Fruit.

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  15. On the rocks
  16. \*\*"Fear of Flying" author, given name
  17. \*\*"\_\_\_ My Children"
  18. Gossipmonger's information
  19. \*iPod predecessor, debuted in Japan in '79
  21. \*Its fall ushered the end of Vietnam War
  23. Snakelike reef dweller
  24. You can't have this and eat it too?
  25. Business school reward
  28. Tibetan teacher
  30. #20 Down, to Shakespeare
  35. Miner's bounty, pl.
  37. Measles symptom
  39. Dictation taker
  40. Signal receiver
  41. \*Punk rock, e.g.
  43. "I'm \_\_\_ you!"
  44. Kindle content
  46. \_\_\_ lamp
  47. \*Travolta and Newton-John, e.g.
  48. Historically, they were sent to colonies
  50. Sacred Hindu writings
  52. \*Martial artist
  53. Ambience
  55. Genetic initials
  57. Like a bikini?
  60. \*Type of men's suit
  64. The present
  65. Calendar square
  67. Forty-niner, e.g.
  68. Arabian chieftain
  69. "But I heard him exclaim, \_\_\_ he drove out of sight..."
  70. Plug-in
  71. Something necessary but lacking
  72. Hi-\_\_\_
  73. Film director Sergio
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  3. Seed coat
  4. English philosopher John
  5. Canine's coat
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  7. \*Subject of 1970s crisis
  8. Model-building wood
  9. Like a bug in a rug
  10. Stretched ride
  11. Clickable picture
  12. For every
  15. Bay windows
  20. Eye opener
  22. \*Arthur Herbert Fonzearelli, \_\_\_ "The Fonz"
  24. Source of tapioca and a staple in the tropics
  25. \*Cheryl Tiegs or Beverly Johnson, e.g.
  26. Palm grease
  27. Famous fabulist
  29. Sledgehammer
  31. At the summit of
  32. Of the kidneys
  33. Undo laces
  34. \*She had a hit TV sitcom
  36. Old Woman's home
  38. Bee home
  42. Military group
  45. \*Kramer's opponent
  49. Small amount of liquid food
  51. \*\*"\_\_\_ House"
  54. Actress Winona
  56. Out of the way
  57. Not all
  58. Capped joint
  59. Like a decorated cake
  60. Cleaning cabinet supplies
  61. Backward arrow command
  62. Seabiscuit control
  63. European sea eagle
  64. A Bobbsey twin
  66. Present plural of "be"

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For Solutions See Page 11

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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-01404 Malia Hyundai, a California Corporation, 2500 Auburn Boulevard, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Malia Subaru" at 2400 Auburn Boulevard, Sacramento, CA 95821. Filed with the Clerk of Sacramento County on February 20, 2015. Publish: March 6, 13, 20 and 27, 2015. MAITA SUBARU 150220 3-27-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-01646 Chris DuPont, 2728 Elyra Way #76, Sacramento, CA 95821 and Stoyan Katsuev, 19 Progress Street, Plovdiv 4002, Bulgaria are doing business under the Fictitious Business Name(s) "KD Lakro Co" at 3550 Watt Avenue, Suite 140, Sacramento, CA 95821. Filed with the Clerk of Sacramento County on March 2, 2015. Publish: March 13, 20, 27 and April 3, 2015. KDLAKRO 150304 4-3-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-01676 Heather D. Miller, 4900 Lovoti Avenue, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Jump Media Services" at 4900 Lovoti Avenue, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County March 3, 2015. Publish: March 20, 27, April 3 and 10, 2015. JUMP 150309 4-10-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-02017 Deyan Kostadinov, 1905 Broadford Drive, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "El Dorado Express" at 1905 Broadford Drive, Folsom, CA 95630. Filed with the Clerk of Sacramento County March 12, 2015. Publish: March 20, 27, April 3 and 10, 2015. ELDORADO 150312 4-10-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-01983 Pasha Hughes, 1280 Meredith Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "BodyLab California" at 4219 Arden Way, Carmichael, CA 95864. Filed with the Clerk of Sacramento County March 11, 2015. Publish: March 27, April 3, 10 and 17, 2015. BODYLAB 150319 4-17-15

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00175578 WHEREAS, Beatrice Jaime Chavez & Augustine Chavez Jr. have filed a petition with this court for a decree changing the name(s) of Natalie Guadalupe Jaime to Natalie Guadalupe Chavez. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 22, 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: February 25, 2015 Raymond M. Cadei, Judge of the Superior Court Publish: March 13, 20, 27 and April 3, 2015 CHAVEZ 150225 4-3-15

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-01643 Mohababpal Singh Mohar, 4616 Golden Aspen Drive, Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Tur Trans" at 4616 Golden Aspen Drive, Sacramento, CA 95842. Filed with the Clerk of Sacramento County on March 2, 2015. Publish: March 13, 20, 27 and April 3, 2015. TURTRANS 150303 4-3-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-01775 Deborah J. Bustamante, 3525 Grantwood Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Sac Kids Dental, Sacramento Kids Dental" at 103 Scripps Drive, Suite 15, Sacramento, CA 95825. Filed with the Clerk of Sacramento County March 12, 2015. Publish: March 20, 27, April 3 and 10, 2015. SACKIDS 150312 4-10-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-01974 Karen Goodwin, 7531 Hardy Street, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Plummer Business Center" at 7531 Hardy Street, Orangevale, CA 95662. Filed with the Clerk of Sacramento County March 11, 2015. Publish: March 20, 27, April 3 and 10, 2015. PLUMMER 150312 4-10-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-02027 Daniel Stepanyan, 10188 Countryside Way, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "California Car Ports" at 10188 Countryside Way, Sacramento, CA 95827. Filed with the Clerk of Sacramento County March 12, 2015. Publish: March 27, April 3, 10 and 17, 2015. CALIFORNIA 150319 4-17-15

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00175588 WHEREAS, FNU Hamed has filed a petition with this court for a decree changing the name(s) of FNU Hamed to Amri Hamed. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 23, 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: February 25, 2015 David I. Brown, Judge of the Superior Court Publish: March 6, 13, 20 and 27, 2015 HAMED 150225 3-27-15

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00175584 WHEREAS, Jennifer Lynnaree Chrysler has filed a petition with this court for a decree changing the name(s) of Jennifer Lynnaree Chrysler to Jay Lynnaree Chrysler. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 13, 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: February 11, 2015 Raymond M. Cadei, Judge of the Superior Court Publish: March 13, 20, 27 and April 3, 2015 CHRYSLER 150302 4-3-15

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# Women's Empowerment Seeks Donations of Formal Gowns

*Formerly Homeless Women to Attend Women's Empowerment's Annual Gala*

**SACRAMENTO REGION, CA (MPG)** - Formerly homeless women have described the moment as "feeling like Cinderella" when they walk into Women's Empowerment's annual fundraising gala wearing formal gowns donated by the community. The local nonprofit job training and empowerment program for women who are homeless is seeking donations of formal gowns in sizes 14 and up, dress shoes in sizes 9-12, shapewear, strapless bras, purses, and jewelry for the May 14th event. Graduates of the program will be invited to Women's Empowerment throughout April to choose a dress and accessories with the help of a volunteer.

All items are needed by April 10th and can be dropped off at Women's Empowerment, 1590 North A Street in Sacramento, Monday through Friday between 11 a.m. and 3 p.m. "Many of the women never attended prom or had a wedding, so when they see themselves in a formal gown, they start crying with joy," said Lisa Culp, executive director of Women's Empowerment. "They leave our program empowered on the inside, and this is their chance to feel empowered on the outside too through their physical appearance."

Community members are invited to Women's Empowerment's 14th Annual Celebration of

Independence Gala. The event, which raises funds for the organization and honors the group's 1,201 graduates, will take place from 5:30 p.m. to 8:30 p.m. on May 14th at the Red Lion Woodlake Hotel, 500 Leisure Lane, Sacramento. Guests will mingle with graduates from the program and enjoy a formal dinner, live and silent auctions, live music, and presentations from the graduates.

Tickets to the Gala are \$100. For tickets or sponsorship opportunities, call (916) 669-2307 or visit [www.womens-empowerment.org](http://www.womens-empowerment.org).

Women's Empowerment offers the most comprehensive job-readiness program in the Sacramento area designed specifically for women who are homeless and their children. The 2014 Organization of the Year has graduated 1,201 homeless women and their 2,600 children. Last year, 89% of graduates found homes and 88% found jobs or enrolled in school or training. The program combines self-esteem courses, job training, health classes, and support services to help homeless women across diverse ages, races, and cultures. Women's Empowerment is funded solely through private donations from the community. To donate online, visit [www.womens-empowerment.org](http://www.womens-empowerment.org).

Source: Kristin Thébaud Communications ★

# I CARE in Action: Making a Difference for Homeless Veterans



The members of the Sacramento Homeless Patient Aligned Care team are (left to right) Stephanie Makis, LCSW; Terry Keller, clerk; Michael Yanuck, MD; Oksana Teleten, RN; and Michelle Tyler, LVN, WCC. Photo Courtesy of Jon-Nolan Pareasa

**SACRAMENTO REGION, CA (MPG)**

- Every day, VA healthcare workers on the front lines help some of the most vulnerable American citizens—homeless veterans. Dr. Michael Yanuck, MD, PhD, of Sacramento H-PACT, is part of a team of health care workers who treat homeless patients. He recently wrote in to the I CARE in Action website to share some of his observations about how VA makes a difference.

Dr. Yanuck recounted the story of one homeless veteran that he and his team assisted in their mobile clinic. He said, "A concerned homeless veteran (with no medical issues) ran out and pleaded for us to help a fellow veteran who was 'wasting away.' The ill veteran told us that he couldn't swallow and over the past three months had lost nearly 50 pounds. Upon hospitalizing the patient, it was found that he had not one but two forms of cancer (throat and lung). He is now receiving assistance in feeding and re-conditioning, and working with specialists in

cancer and palliative care."

Another homeless veteran was on the brink of committing suicide when he first came. Dr. Yanuck recalled, "A few weeks before he'd [the veteran] been assaulted and beaten so severely that there were fractures to his facial bones that could not be set. After assisting to admit the veteran to the hospital, we found that he had liver cancer. We assisted in placing him in a nursing home close to family, where he could spend his final days near his son, as were his wishes. The team's efforts at helping with housing and his medical care were met with overflowing expressions of gratitude from the veteran....When next he came to the clinic, he was carrying a dream catcher he'd bought at the gift kiosk. 'It's just perfect to fill an empty space on the wall,' he said. A large image of an eagle filled the center of the dream catcher. 'It's big so I can see it,' he said, alluding to the facial fractures which had irreversibly affected his eyesight and blurred

his vision. Then, he smiled. 'The world is too beautiful to just give up on it,' he said."

Dr. Yanuck said that he and his team have seen VA's homeless program make a difference. He said, "On a daily basis these veterans (who have sacrificed so much) leave me and the members of my team humbled with their expressions of appreciation for even the smallest acts of assistance."

He and his team embody the values of I CARE: Integrity, Commitment, Advocacy, Respect, and Excellence. He went on to say, "There are few patient interactions more rewarding than making a difference in the lives of homeless veterans. They continue to inspire, even as many of them face the greatest of challenges—rising to their mortality and terminal disease. The VA is making a difference in caring for homeless veterans. Over the past months it has been a privilege to play a small part in assisting in their care."

Source: Dr. Michael Yanuck ★



Graduates of Women's Empowerment celebrate at the annual gala benefiting the nonprofit job-readiness program for homeless women in 2013. Empowerment's 14th Annual Celebration of Independence Gala. The event, which raises funds for the organization and honors the group's 1,201 graduates, will take place on May 14th at the Red Lion Woodlake Hotel in Sacramento. Photo Courtesy of Diana Miller Photography

# FBI Arrests Ten, Thousands of Counterfeit and Pirated Disks Seized

**SACRAMENTO REGION, CA (MPG)**

- Multiple search warrants and a local probation search were executed on Friday March 13th, 2015, in San Jose, CA. Approximately 75,000 counterfeit music compact discs, 60,000 pirated movie digital video discs, and materials and equipment to duplicate, produce, and distribute more than 10,000 additional discs were among the items seized during the searches.

Nine subjects were detained and subsequently arrested as a result of the warrant activity and searches on March 13th: Victor Flores Fuentes (38), Edgar Hipatl Rodriguez (25), Angel Gomez (34), Ramiro Mendes

(34), Efrain Lozada Rosas (33), Antonio Morales (31), Enrique Aguilar (25), Eric Ivanez (21), and Jesus Cuevas Lopez (24). The individuals were arrested for allegedly trafficking in counterfeit labels, criminal copyright infringement, and conspiracy (18 USC 2318, 2319, and 371). The 10th subject, Cornelio Rojas (50), was arrested in Atwater, CA, on Monday, March 16th for the same alleged crimes.

According to court documents, the men allegedly conspired to duplicate and reproduce copyrighted music CDs and counterfeit movie DVDs. The counterfeit materials were then distributed to resellers

in California cities including Atwater, Modesto, Stockton, and Sacramento. The counterfeit materials included movie titles that were in theatrical release and not yet available for legitimate sale on DVD.

The arrests and seizures were a product of an investigation conducted by the Sacramento Intellectual Property Rights Task Force comprised of the Federal Bureau of Investigation and Sacramento County Sheriff's Department and assisted by the San Jose REACT Task Force, TRACE Task Force, and the California Highway Patrol.

Source: Federal Bureau of Investigation ★

# Suspect Arrested for Child Annoyance/ Sexual Battery in Carmichael

**CARMICHAEL, CA (MPG)** - At approximately 8:30 p.m.

on March 16th, Sacramento Sheriff Patrol Deputies responded to a call at a multi-housing complex on Mary Lynn Lane in Carmichael regarding a residential burglary. The caller reported encountering an unknown male at a nearby park who was currently standing inside of the residence, having gained entry by unknown means.

The caller took the minor children from the residence and waited outside until Deputies arrived. Deputies determined the suspect made inappropriate contact with the victim at the park and later entered the residence by climbing over a porch enclosure and gaining access through an unlocked sliding glass door.

Deputies searched the area and found a suspect matching the description the victim provided walking within a nearby neighborhood. The suspect was positively identified by the victim as the person she encountered at the park and later inside of the residence.

The suspect, a 16-year-old male juvenile and Carmichael resident, was arrested and booked into the Sacramento County Juvenile Hall for felony charges of burglary, child annoyance, and sexual battery. His name and booking photo will not be released due to his juvenile status.

Source: Sacramento County Sheriff's Department ★

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


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

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



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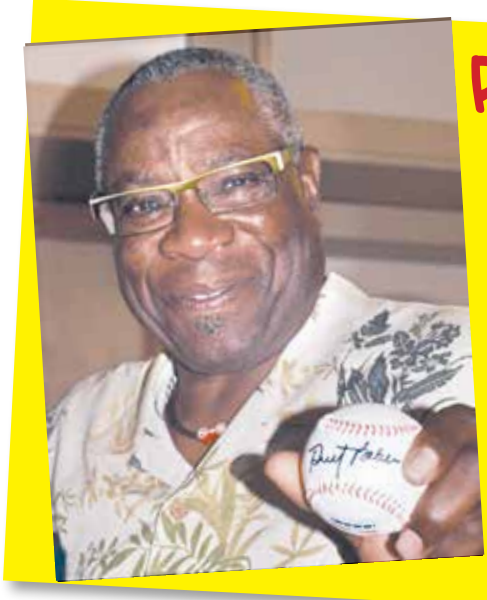
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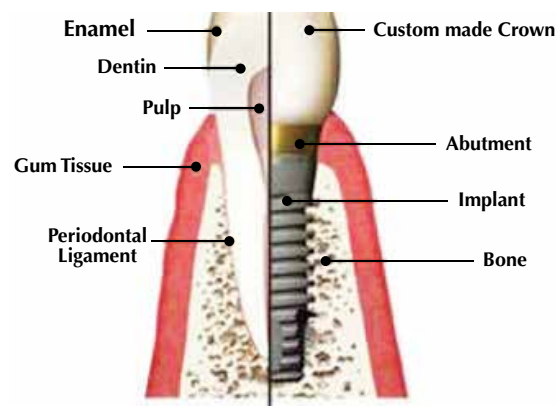
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