



Tree Lighting Festival a Holiday Hit
Page 2



PLUS: Abracadabra, Holiday Magic!
Page 3

Carmichael Times

Volume 34 • Issue 50

Serving Carmichael and Sacramento County since 1981

December 11, 2014

Don't Let the Holidays Stress Your Pets



Page 9

Pop Up Art Sale to Benefit Sacramento Fine Arts Center



Page 4

How Can We Make California CA-Boom! Again?



Page 7

Carmichael Café Serves Up Slices of History

Area's First Family Views Vintage Photographs



Scion of Carmichael Colony's oldest clan Russ Deterding (front center) celebrates his birthday with family and restaurant owner Bernie Lenau (center, back). Relatives (from lower left) include Becca and Carrie Deterding, DeAnna Rabbitt, Donna Deterding, and Grace Bunting. The photographs are among vintage photos in the Carmichael Café and Deli. Photo by Susan Maxwell Skinner. Inset: Russ Deterding's grandmother Mary Deterding was a Carmichael pioneer. She is pictured with the old Deterding barn at San Juan Meadows (now Ancil Hoffman Park). Photo courtesy of the Deterding family

By Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Marking his 85th birthday, Russell Deterding was among the first customers at the new Carmichael Café and Deli last week. His celebration included several generations of Carmichael's oldest clan. Present in effigy were ancestors Mary and Charles Deterding, who farmed San Juan Meadows (now Ancil Hoffman Park) before Daniel Carmichael established his Carmichael Colony.

Russell Deterding, a U.S. Marine and retired businessman, calls being Mary Deterding's grandson "one of the great honors of my life. Woman's lib would have come as a complete shock to grandmother," he laughed. "When she had a tough time, she fended for herself and just got on with things."

Deterding is father to eight sons and daughters. He has 28 grand and great-grand kids, many of whom still inhabit Carmichael. Sixteen family members kept the party going



at Carmichael Café.

The restaurant features Deterding ancestors and other area legends as part of a "Carmichaelabilia" décor. Carmichael Café owner Burnie Lenau commissioned many large reproductions of historic Carmichael photographs to offer an educational experience as customers enjoy his down-home

Continued on Page 2

CHP Combats Aggressive Driving

SACRAMENTO REGION, CA (MPG) - The California Highway Patrol (CHP) announced that it is implementing a yearlong, federally funded traffic safety campaign to reduce the number of collisions associated with aggressive driving.

"Every year, speed and aggressive driving plays a role in the death or injury of thousands of people in California," said CHP Commissioner Joe Farrow. "Through this enforcement and education campaign, we seek to curb the number of fatal and injury collisions linked to speeding and other dangerous driving."

With the support of a federal traffic safety grant titled "Reduce Aggressive Driving Incidents and Tactically Enforce Speed (RADIATES) III," the CHP will educate motorists about the dangers of aggressive driving and will take appropriate enforcement action. The primary goal of this grant is to reduce, by 5%, the number of fatal and injury traffic collisions where speed, improper turning, and driving on the wrong side of the road are primary collision factors. To achieve this goal by September 30th, 2015, the CHP will combine enhanced enforcement with an active public awareness campaign, which includes at least 400 radar trailer deployments and a minimum of 300 traffic safety presentations throughout the state.

Speed, coupled with aggressive driving, consistently contributes to the vast majority of serious collisions in California. According to data from the Statewide Integrated Traffic Records System, in federal fiscal year 2011-2012, speed was a factor in approximately 42% of all fatal and injury collisions in the state. That year, more than 26,000 speed-related collisions resulted in the death of 264 people and the injury of more than 38,000 others.

Funding for this program was provided by a grant from the California Office of Traffic

Continued on Page 6

Women's Empowerment Receives \$25,000 From Save Mart C.A.R.E.S. Grant Will Help Sacramento Women Break the Cycle of Homelessness

SACRAMENTO, CA (MPG) - Save Mart C.A.R.E.S. has donated \$25,000 to help homeless women in Sacramento find homes and jobs to support their families through Women's Empowerment's comprehensive job-readiness program. The mission of Women's Empowerment aligns closely with the mission of Save Mart C.A.R.E.S., which supports programs that have a record of results and contribute to the advancement of community, arts, recreation, education, and/or sports.

"Women who experience homelessness have greater barriers in their job search, so our program addresses all of their basic needs including nutrition, so they can get healthy and focus on job readiness skills," said Lisa Culp, executive director, Women's Empowerment. "We are grateful to Save Mart C.A.R.E.S. for its steadfast support that ensures more women leave our program healthy, employed, and living in their own homes."

Women's Empowerment's initial eight-week program for women who are homeless addresses their basic needs such as health, mental health, and housing while preparing

them to become work-ready. The job-readiness component is mostly taught by volunteers from the community and includes computer literacy training, resume writing, communication skills, mock interviews, dressing for success, and more. The women also meet with an onsite employment specialist to search for jobs. Once women graduate from Women's Empowerment, they can join the advanced job-readiness program, which includes paid job training programs, certifications, financial literacy, and other resources.

Women's Empowerment offers the most comprehensive

Continued on Page 7



Nicole Pesco of Save Mart gives Lisa Culp of Women's Empowerment a check for \$25,000 to empower women who are homeless to find homes and jobs.



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Tree Lighting Festival a Holiday Hit

Carmichael Café Serves Slices of History



Carmichael siblings (from left) Jonah, Rebecca, and Lucas Lindauer met Santa Claus last week in Carmichael Park. The merry visitor was guest of honor at the annual Holiday Lights Festival. Inset: County Supervisor Susan Peters accessorized her holiday attire with schnauzer Ernie and a magic wand.

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Following days of storms, a full moon and clear skies blessed the annual tree lighting ceremony in Carmichael Park last week.

With a wave of her magic wand, Supervisor Susan Peters ignited more than 7,000 fairy lights on the 50-foot park Christmas tree and its surrounding illuminations. Peters' date was faithful

schnauzer Ernie—the County's First Dog—who dressed to impress with a plaid bowtie.

Accompanied by big band carols and a food truck fleet, the event was the community's 11th annual Holiday Lights Festival. A 1,500-strong crowd attended. On his Christmas throne, Santa Claus was soon mobbed.

The Christmas tree may be viewed on the park's Fair Oaks Boulevard frontage every night until the end of December. ★

Carmichael Man Competes on Let's Make a Deal

CARMICHAEL, CA (MPG) - Carmichael resident Steven Kennedy will be a contestant on CBS' Let's Make a Deal on Friday, December 12th (check local listings). The entire community is invited to tune in and cheer Steven on as he faces Deals and Zonks.

Source: BWR Public Relations ★



Continued from Page 1

cuisine. Images range from the early colonists and their makeshift dwellings to aerial shots of vintage and contemporary Carmichael. Daniel Carmichael is also portrayed in old photos with a thumbnail history of the founder's extraordinary career.

"I'm learning about Carmichael from the pictures," enthused third-generation Clark Avenue resident Lenau (56). "My grandfather, Judge Walter Rice, came here in the 1940s. I've always loved the area's history and traditions." A former Chamber of Commerce president and owner of the Lawnman landscaping company, Lenau is also an experienced caterer. "It was my dream to someday open a café," he said. "Providing the kind of food you'd serve a family—in an environment that makes you think of home—was part of that. I wanted my

customers to be proud of the unique place Carmichael has in Sacramento history."

Lenau said having 16 members of the Deterding family chowing down for their patriarch's birthday was the crowning event of his first week in business. "Seeing the Deterdings here reminds me of the example pioneers provided for Carmichael," he said. "They were hard workers committed to family and community. That's the legacy people like the Deterdings gave us."

Lenau's food is as reminiscent of vintage America as the pictures on the walls. Seated at the Daniel Carmichael, Van Alstine, or Carmichael Presbyterian tables, guests can munch on Angus beef burgers from \$7.99. From the sandwich menu, managing chef Simon Mantell recommends the New York Rueben for \$10.99. Breakfast is served all day and daily dinner

specials include prime rib, pork chops, or corned beef and cabbage. For history buffs, Lenau has written information explaining each old Carmichael picture. Credits note the Deterding, Graves, and Gibbons families assisted with the old photographs.

"It's an honor for Deterdings to be included here," said Russ Deterding's daughter, former Carmichael Mayor Donna Deterding. "Seeing my grandmother and her barn reminds me of what a small and brave woman she was. It's a wonderful idea for a café to remind people of Carmichael's foundations."

The Carmichael Café and Deli (4314 Marconi Avenue) is open seven days a week for breakfast, lunch, and dinner. This week's Christmas celebration includes a visit from Santa Claus at 6 p.m. on Thursday, December 11th. For more information, visit www.carmcafedeli.com. ★




Announcements & Events

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Abracadabra, Holiday Magic!



Magical mysteries are on the menu for magician Dale Lorzo's La Sierra Community Center show.

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Magic will be in the air on Saturday, December 13th at the La Sierra Community Center. The Carmichael Park District will present illusionist Dale Lorzo and his faithful assistant Elaine in a family Holiday Magic show. The performance will include the great toy escape, magically appearing flowers, floating Christmas baubles, and Lorzo's famous disappearing-assistant trick. The event promises laughs and

opportunities for volunteers to get in on the act. Carmichael-based Lorzo is a popular star of shows in Arden Arcade, Fair Oaks, Roseville, Orangevale, Citrus Heights, and Rancho Cordova. Admission for the holiday show is \$10 at the door. Families get a \$25 rate for four people. The curtain will go up at 1 p.m. The La Sierra Center is located at 5325 Engle Road. Show sponsors include the Baratta Holistic Center and Carmichael Recreation and Park District. For more information, visit www.carmichaelpark.com. ★



The free daily learning planner has fun activities to try every day in December.

Free Daily Learning Planner for Families

SACRAMENTO REGION (MPG) - Looking for ideas to help your child do well in school? Download a free daily learning planner with fun activities to try every day in December. Visit www.sanjuan.edu/LearningAtHome to download customized planners for elementary,

middle and high school students. You can also read December's "Helping Children Learn" newsletter featuring more ways to support learning at home as well as daily tips. *Source: San Juan Unified School District* ★



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California International Marathon Cruises Through Carmichael



Runners in the California International Marathon hit the halfway mark in Carmichael.

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Fair Oaks Boulevard was one of many routes between Folsom and Sacramento that witnessed the California International Marathon's passage on Sunday, December 7th.

Cheered by thousands, runners panted the 26.2 miles from Folsom Dam through Citrus Heights, Fair Oaks, Carmichael, Arcade, and Sacramento before hitting the killer home stretch to the Capitol. Fine weather blessed the event, and spectators were blessed with the spectacle of many physiques, male and female, honed to the maximum. Carmichael's "Great Wall" was

the approximate halfway mark of the marathon. In halted traffic, a lithe bunch of African runners reached this point just after 8 a.m. Within 15 minutes, Fair Oaks Boulevard hosted a pageant of thumping feet as the bulk of the 9,000-strong assemblage passed along the main thoroughfare.

The symbolism of Carmichael's wall was not lost on many runners. The "wall"—the painful point of simply not wanting to continue—occurred for many marathoners at this Carmichael landmark. "I reached my own wall before I got there," said Susan Powers (58). "Seeing my husband and friends at the end of Landis Avenue made up for the pain. I felt I

could finish for them."

Though the 2014 race was won in two hours and 12 minutes by Kenyan Jacob Chemtai, many resolute athletes were still slogging the weary path, in restored traffic, some hours later.

"I finished in over five hours," said Susan Powers. "Driving home later, there were still some poor stragglers half running and limping along Fair Oaks Boulevard in the traffic. They were determined to finish. People were cheering them from their cars. The support of strangers is what keeps you going. I remember a sign that said, 'Pain Now—Bragging Rights Forever.' That helped me finish." ★

Reading Tutors Wanted

SACRAMENTO COUNTY, CA (MPG) - Can you share a few minutes of your time each week with an elementary school student who is struggling to read? If so, please consider becoming a Reading Partner!

Reading Partners is a literacy non-profit organization that teams up with elementary schools in

under-served communities to provide one-on-one literacy tutoring to struggling students. Thomas Edison Elementary located at 2950 Hurley Way in Arden Manor is need of tutors and here is a wonderful opportunity to help change the life of a youngster. The school is located at 2950 Hurley Way and the tutoring program

runs Monday through Wednesday. For more information on how you can help a child to learn to enjoy the pleasure of reading, please contact Volunteer Coordinator Rachael Valler at volunteersac@readingpartners.org.

Source: Supervisor Susan Peters ★

Celebrate the Holidays with the Carmichael Emblem Club

CARMICHAEL, CA (MPG) - The holidays are coming, and the calendar of activities for the Carmichael Emblem Club #355 is full. The Emblem ladies will be assisting at the Elks' annual children's Christmas party, to be held on Dec. 14th at the Carmichael Elks Lodge #2103, 5631 Cypress Avenue. Scheduled party hours are 1 p.m. to 3:30 p.m. There will be refreshments—most notably homemade cookies—as well as games for the young and the young at heart. Members of both the Elks and Emblem organizations are invited to bring their

children, grandchildren and great grandchildren to the festivities. The Elks also extend a warm invitation to neighboring children to join the fun.

Because no Christmas party is complete without Santa, "Jolly Ol' Saint Nick" will be at the party with bells ringing and a bagful of gifts for all participating children.

Also on the calendar for both organizations is the Elks' annual preparation of Christmas food baskets for those less fortunate. The Elks are collecting canned goods and monetary donations to fill Christmas baskets with

holiday foods. Members of the Elks and Emblem organizations will assemble the baskets, which will be delivered by Elk members. Last year, 114 baskets were distributed, providing food to 496 adults and children. The public is invited to participate by leaving canned goods in the barrels on display in the Elks Lodge lobby or by leaving monetary contributions at the office, also located in the lodge lobby. For further information, contact the Carmichael Elk Lodge #2103 at 916-489-2103.

Source: Norma Pippig ★

Pop Up Art Sale

Sacramento Fine Arts Center Fundraiser



Carmichael, CA (MPG) - Regional artists will be offering fine art for sale Saturday, December 13th from 5:30 to 8:30 p.m. at the Sacramento Fine Arts Center, 5330B Gibbons Drive, Carmichael. This one-night Second Saturday fundraiser will include food, refreshments, and live piano music by Larry. Proceeds from the sale of art will be split 50/50 between artists and the Art Center. For more information, contact program director David Peterson at 916-716-5951. Photo courtesy Sacramento Fine Arts Center Source: Sacramento Fine Arts Center



Basic Home Modifications Allow "Ageing In Place"

By Mark J. Cimino, CEO CiminoCare

The stroke abruptly turned Anna's world upside down. Here in the twilight of her life, you'd think she should be set comfortable. In an instant, however she was faced with the stark reality of having to move from her home of so many years, so many memories, so many happy times. Why? Well, despite recovering well through receiving Occupational and Physical Therapy, she now needed a walker for balance, stability and distance. Suddenly, what she had taken for granted all these years became obstacles: the five steps to her front porch; the narrow door to her bathroom which her walker could not fit through; the sliding doors into her tub shower with no grab bars for support; her raised bed that she now could not climb into.

Depressed, Anna was faced with moving. However, some-

one had referred her to my good friend James, a Certified Aging-in-Place Consultant and Occupational Therapist. James was able to visit Anna at her home and doing what he loves to do, he gave Anna some real hope of staying at home by conducting a Home Safety Assessment. Looking at all the obstacles mentioned above, he came up with several inexpensive recommendations and ideas that made it practical to live at home longer, comfortably and safely.

Her family had a ramp built so she could get into her house safely. She could not afford to remodel her entire bathroom, but was able to remove the shower doors in order to access the tub easier and put up a shower curtain. Anna had grab bars installed and James helped her get a customized tub transfer bench so she could slide into the tub. Anna also widened the bathroom door so she could fit her walker through. James recommended an inexpensive way to lower her bed and added a small handle so she could get into her bed safely. Anna can now stay in her home and live a full life without moving.

We love the work James does so much we wanted to give him an opportunity to help some of you family caregivers

out there this holiday season. The first three readers who can use a free Home Safety Assessment (generally a few hundred dollars) for their home or the home of a friend or loved one in the greater Sacramento area, email me, first come first served, at mark@cimino.com and I will arrange to have James come visit you. There is no cost or obligation, just friendly help for the needs of family caregivers.

As I mentioned, my good friend James Stacey has been in the Occupational Therapy line of work for over 20 years, including serving in the role of a Certified Aging-in-Place Specialist (CAPS). If anyone can figure out how someone can make simple modifications to their homes so they age in place better, it would be James.

Mark J. Cimino, is the Chief Executive Caregiver of CiminoCare, a Sacramento-based assisted living provider. Mark started in his caregiving profession at age six when he and his siblings would tag along as their mother visited her in home care clients. In addition to his job, Mark is actively involved in Rotary International. His interests include hiking and doing fun things with his three boys. Mark can be reached at mark@cimino.com



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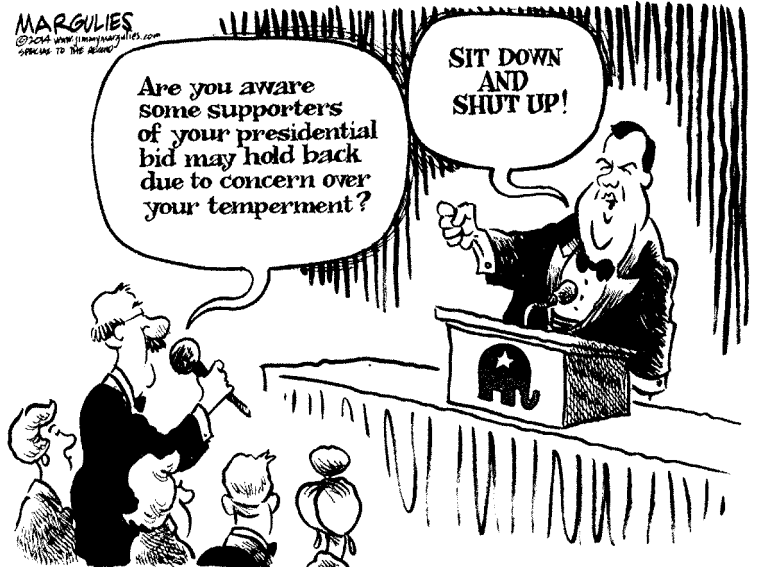
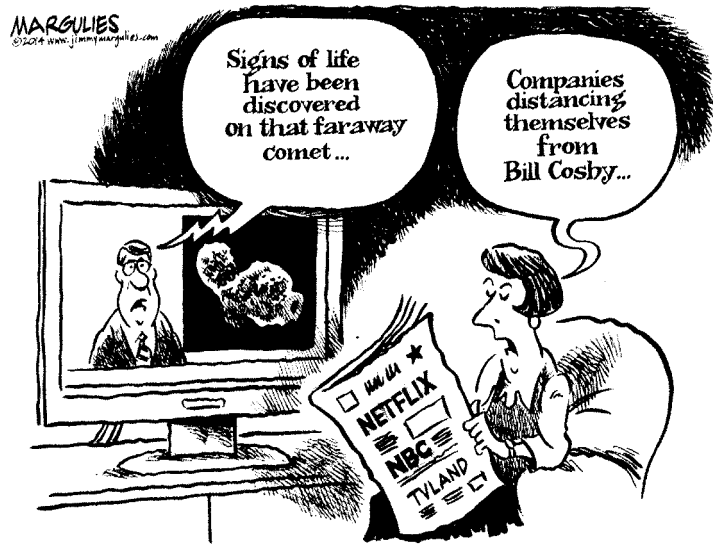
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THE RICH LOWRY COLUMN
By Rich Lowry

Lincoln Wants His Bible Back

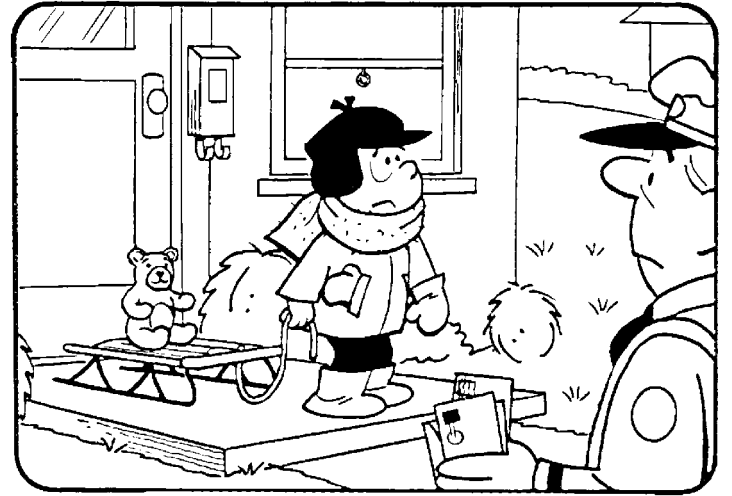
To think that President Barack Obama has taken the oath of office four times (through accidents of circumstance, twice each time he was elected). Taking the oath must have become such old hat that he stopped paying attention. The president is issuing an executive amnesty for illegal immigrants based on blatant contempt for the constitutional order that he is sworn to uphold. Where does Abraham Lincoln go to get his Bible back? There are many opponents of the president's unilateral action, but few as eloquent as the president himself through the years. In one of his many disavowals of having the power he is now wielding, the president said at a Univision town-hall meeting in 2011 that "Congress passes the law. The

executive branch's job is to enforce and implement those laws. And then the judiciary has to interpret the laws." Thank you for the civics lesson, Mr. President. His new theory is that the president huffily demands that laws pass, and if Congress refuses, he can create a new legal dispensation to his liking. The president and his supporters pretend that the Immigration and Nationality Act contains a gigantic asterisk that says, notwithstanding the elaborate legal infrastructure set out in the law and the distinctions among different categories of immigrants, the president can do whatever he wants. No Congress would ever write the law this way. The Congressional Research Service did a report on prosecutorial discretion and immigration that, for the most part, emphasizes its piddling reach. It says, for instance, that immigration officers may use discretion to decide whom to stop, question and arrest, or whether to issue or cancel a Notice to Appear. No one heretofore has thought this leeway could be used to eviscerate an entire statutory scheme. Under the Obama precedent, future presidents can use the pretense of prosecutorial discretion to dispense with swaths of the federal code and come up with alternatives. Can't prosecute all pot dealers? Ignore the

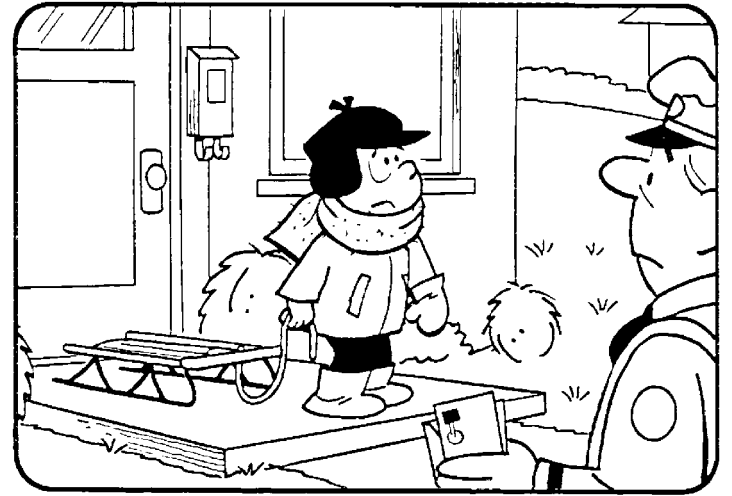
drug laws. Can't find every tax scofflaw in the country? Rewrite the tax code. Other presidents have, in keeping with the law, provided temporary relief to foreign nationals whose native countries have been torn by civil strife or natural disasters. In 1990, Bill Clinton granted safe harbor for Central Americans here after hurricanes hit the region in 1998. George H.W. Bush did the same after Tiananmen Square. The numbers were typically in the hundreds or thousands. All this makes for a sound basis in precedent and the law for President Obama's decision to give Syrians safe harbor in 2012. It doesn't come close to justifying his executive amnesty. The gotcha example of George H.W. Bush granting amnesty to some spouses and children of recently legalized immigrants in 1990 isn't apt either, since the scale was much smaller, and Congress voted to codify it within months. No matter how much the president's defenders stretch for a legal justification and a precedent, the conclusion is unavoidable that no one has done this before. President Obama is said to want to build his legacy, and he is -- as a man who is shamefully careless of his oaths and constitutional obligations. Rich Lowry is editor of the National Review. (c) 2014 by King Features Synd., Inc.

HOCUS-FOCUS

BY HENRY BOLTIKOFF



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FEMA Corps Members Graduate After Ten Months of Disaster Service



After completing 10 months of intensive service to disaster survivors, 110 FEMA Corps members were honored at a graduation ceremony on December 5th. The graduates responded to the Oso Mudslide and the Napa Earthquake, assisted disaster survivors at their greatest time of need, helped pioneer new methods of disaster preparedness, and developed leadership and problem-solving skills to last a lifetime.

SACRAMENTO REGION, CA (MPG) - After completing 10 months of intensive service to disaster survivors, 110 FEMA Corps members based at the Sacramento AmeriCorps National Civilian Community Corps (NCCC) campus in McClellan Park were honored at a graduation ceremony on December 5th. This is the second graduating class from the Pacific Region AmeriCorps NCCC campus based in California.

Established as a unit within the existing AmeriCorps NCCC, FEMA Corps engages young adults ages 18 to 24 to provide 10 months of full-time service on disaster preparedness, response, and recovery projects.

On hand to thank them for their service were speakers José Phillips, National Director of AmeriCorps NCCC; Patrick Hernandez, Director of the FEMA's Incident Workforce Management Division; and

After completing training in March 2014, FEMA Corps members deployed across the United States to provide services in emergency management preparedness, immediate response, and long-term recovery support. When not assigned to immediate disaster response, the teams served FEMA in locations across the country by assisting with longer-term recovery operations.

The joint partnership between FEMA and CNCS is a five-year program that will engage thousands of FEMA Corps members in all aspects of emergency management by responding to disasters across the country. Their service has contributed to delivering disaster assistance in a more expedited way by combining their resources and technology to help register disaster survivors in person.

As part of their service, FEMA Corps graduates will receive a Segal AmeriCorps Education Award to help them pay for college or pursue other learning opportunities in and out of emergency management.

FEMA Corps members are based out of all five AmeriCorps NCCC regional hubs across the country: Sacramento, CA; Denver, CO; Vinton, IA; Vicksburg, MS; and Perry Point, MD.

FEMA's mission is to support citizens and first responders to ensure that we work together as a nation to build, sustain, and improve our capability to prepare for, protect against, respond to, recover from, and mitigate all hazards. For more information, visit FEMA.gov.

Source: AmeriCorps National Civilian Community Corps ★

California State Assemblyman Ken Cooley.

"Graduation is the culmination of all that we have achieved and the difference we have made," said Ronan Dalcross, Team Leader with FEMA Corps. His team traveled the country to help with logistics for Hurricane Sandy's long-term recovery in Colts Neck, NJ; to work on Geographic Information Systems (GIS) in Philadelphia; and to assist the American Red Cross throughout northern Texas. "We had to really examine ourselves as leaders and to develop into the people we wanted to be at the finale of the program."

The graduates responded to the Oso Mudslide and the Napa Earthquake, assisted disaster survivors at their greatest time of need, helped pioneer new methods of disaster preparedness, and developed leadership and problem-solving skills to last a lifetime.

FEMA Corps is an innovative partnership between the Federal Emergency Management Agency (FEMA) and the Corporation for National and Community Service (CNCS) to enhance the nation's disaster response and recovery capacity while expanding career opportunities for young people.



On hand to thank them for their service were speakers José Phillips, National Director of AmeriCorps NCCC; Patrick Hernandez, Director of the FEMA's Incident Workforce Management Division; and California State Assemblyman Ken Cooley.

Groundwater Resources Depleted By Drought

SACRAMENTO REGION, CA (MPG) - Following one of the driest years on record, when groundwater resources have provided an increasing percentage of California's water supply, the Department of Water Resources (DWR) has released an updated report on groundwater basins that details groundwater level changes, potential water shortages, land subsidence, farmland fallowing, and gaps in groundwater monitoring.

Drought conditions typically result in an increase in groundwater well activity and pumping to compensate for surface water supply shortages. Collectively, groundwater basins are the state's largest reservoir, 10 times the size of all its surface reservoirs combined. More than 80 percent of Californians rely, in part, on groundwater for their drinking water. The new report shows groundwater basins in most areas of the state at historically low levels.

In September, Governor Brown signed a package of three bills which together create a framework for sustainable, local groundwater management for the first time in state history. The legislation, known as the Sustainable Groundwater Management Act (SGMA), allows local agencies to tailor groundwater sustainability plans to their regional economic and environmental needs. For more information about the legislation, visit www.groundwater.ca.gov.

"If we fail to manage our groundwater basins sustainably, we risk losing the water supply savings account that can help cities, farms, and businesses survive drought with minimal disruption," said DWR Director

Mark Cowin. "The Sustainable Groundwater Management Act will help us head off problems such as subsidence and overdraft, which may damage aquifers permanently, and allow local agencies to establish groundwater pumping levels that yield reliable supplies for generations to come."

State and local agencies will be working together over the next several years to craft local sustainability plans in regions where groundwater basins are vulnerable to overdraft. Groundwater accounts for approximately 40 percent of the state's total annual water supply, and in some regions of the state, as much as 60 percent of the supply during dry or drought years.

In the meantime, as documented in the DWR report, California's three-year-long drought is taking a heavy toll on many groundwater basins. Basins with notable decreases in groundwater levels are in the Sacramento River, San Joaquin River, Tulare Lake, San Francisco Bay, Central Coast, and South Coast hydrologic regions.

To review the report, visit www.water.ca.gov/water-conditions/index.cfm.

DWR is developing strategies for implementation of the various components of the legislation and will work with local agencies throughout the process. Geographic, geologic, and hydrologic differences exist across the state and the SGMA allows for flexibility in groundwater stewardship. DWR will seek input from local agencies and the public to develop regulations that ensure groundwater management plans result in sustainable groundwater management statewide.

Groundwater management is a critical element of the governor's California Water Action Plan. Developed by the Natural Resources Agency, California Environmental Protection Agency, and Department of Food and Agriculture and released in January 2014, the plan recognizes that all of California's water resources are interconnected. Besides sustainable groundwater management, the plan's five-year goals include making conservation a way of life, expanding water storage capacity, and protecting and restoring important ecosystems. The plan can be accessed at http://resources.ca.gov/california_water_action_plan/. Additional groundwater information is available at www.water.ca.gov/groundwater/. To learn more about the state's efforts to improve groundwater management, visit Groundwater.CA.Gov.

Source: Department of Water Resources
Governor Brown has called on all Californians to reduce their water use by 20 percent. Visit SaveOurH2O.com to find out how everyone can do their part, and visit Drought.CA.Gov to learn more about how California is dealing with the effects of the drought. ★

CHP Combats Aggressive Driving

Continued from Page 1
Safety through the National Highway Traffic Safety Administration.

Source: Chad Hertzell, Public Information Officer, California Highway Patrol ★

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How Can We Make California CA-Boom! Again?



By Senator Ted Gaines

Ebola, landslide elections, immigration and Ferguson have dominated the holiday season news, and those massive stories have obscured a host of other events that augur poorly for the future of California unless we act to change the way we govern this state. It's the problems related in these stories that inspired me to write CA-Boom! California's Amazing Past, Troubled Present and Unlimited Future.

These stories lost among the mega-events are not new – they are continuations of troubling California trends – and I tackle them all in my book and address how they can make or break our state moving forward. Here's a sampling:

Social Security Disability Insurance (SSDI) will become insolvent in 2016 unless the federal government slashes benefits, raises taxes, changes eligibility, or takes all three of those steps. In my book I discuss the staggering growth of disability payments and how expanding entitlements affect the workforce. But most importantly to our long-term future, I

ask the question: If jobs are getting physically less demanding, and medical care is getting better, then why are fewer and fewer people able to work? What does that mean for California in the decades to come? If you've ever had a sense of unease about SSDI, check out CA-Boom! to see some numbers that will validate every fear you've ever had. Here's a hint – it's worse than you think.

The free-market Cato Institute recently issued a "fiscal report card" of all 50 governors. Governor Brown was dead last and it wasn't close. Despite his claims of austerity and a beneficial action here and there, Brown's spending increases over the past three years are more than double the national average. That's unsustainable. And because spending equals future taxes, Brown's expansion will put pressure on government to wring more out of every taxpayer. CA-Boom! looks at our tax burden and shows why increasing taxes, at least in this state, could be a disaster.

Proposition 47, recently passed by the California voters, will dump thousands of criminals onto the streets, supposedly non-violent and low-risk offenders who shouldn't be in prison at all. In CA-Boom! I take a look at some data and conclude one thing: It's hard to end up in prison. In 2011 there were nearly 400,000 felony arrests in California. How many of those people saw the inside of a prison cell? CA-Boom! tells you, and I bet the number is much, much smaller than you think.

I also examine innovation and its role in the California economy; our crumbling infrastructure; and why our schools cost so much and return so little. There are charts in the book about education spending and educational achievement that will make you rethink every call for more money in our schools. I look at how our energy policy could supercharge our economy but instead drags it down and other issues critical to the health of the Golden State.

It's obvious that California has enough problems for ten states, but what defines us is hope, hope that we can recapture our glorious economic past. Everything in the book is discussed in the context of our state's rich Gold Rush history. In it I ask: "What would happen if John Marshall dipped his hand into the American River today and pulled out that same brilliant sparkle? Nothing. No Gold Rush. No mass migration. No inventions. No progress. Nothing. California's current government would kill off a new Gold Rush before it started."

We've fallen a long way from the freewheeling, risk-taking spirit that fueled the most amazing economic spectacle the world has ever seen. But that is the government's fault, not the people's. However, with the right policies, we can unlock the potential in today's California and turn the state back into the Gold Rush dream that pulled people from around the world to our shores.

Available on Amazon.com ★

Women's Empowerment Receives \$25,000 From Save Mart C.A.R.E.S.

Continued from Page 1

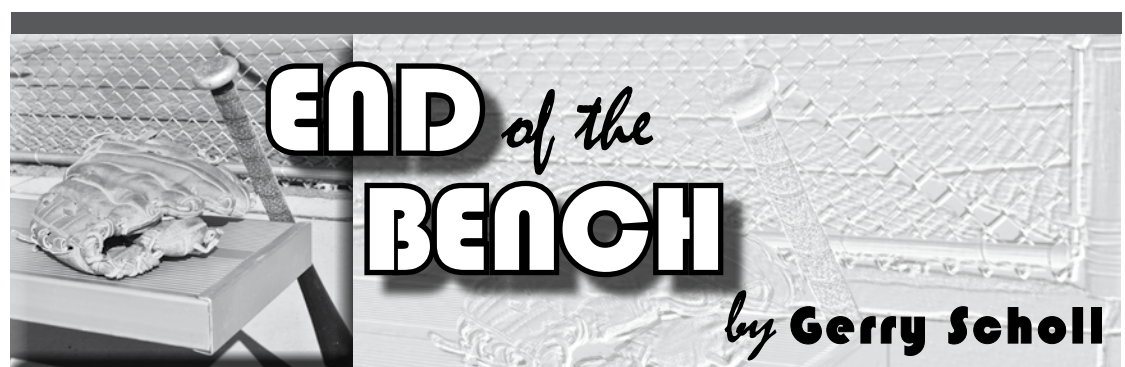
job-readiness program in the Sacramento area designed specifically for women who are homeless, as well as their children. The 2014 Organization of the Year has graduated 1,177 homeless women and their 2,552 children. Last year, 81 percent of graduates found homes and 90 percent found jobs or enrolled 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.

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community, arts, recreation, education, and sports. It was founded by Save Mart Supermarkets and operates with a separate board of directors maintaining a separate focus on supporting the company's principle of giving back to the communities it serves. Visit <http://www.savemart.com/save-mart-cares-129> to learn more.

Source: Kristin Thèbaud Communications ★



Who Needs the New York Times?

It was promising to be quite a grim day of ugly football Sunday for fans of the New York teams. The 3-9 Giants were at the 2-10 Tennessee Titans and the 2-10 Jets were in Minnesota to face the 5-7 Vikings. There was not one iota of playoff implications involved in those two dreadful matchups.

The Sunday New York Times posed the question, "Who Needs Football?" to a number of staff reporters, seeking reasonable alternatives to curling up on a couch to watch either or both games. Among the options were: engaging in some form of self-improvement; taking a nature-walk; going to the opera; exploring the city; watching Christmas movies; work on your karaoke talents, or go ice skating; play street hockey; eat out; and others.

Several good ideas were formulated there, but wouldn't you know, the two contests in question turned out to be pretty entertaining ball games for New York fans. The Giants pounded the Titans, 36-7, while the Jets rallied from a 21-12 deficit and sent that game to overtime by kicking a long field goal with just 23 seconds remaining in regulation, only to lose, 30-24, on an 87-yard catch and run by Jarius Wright. Hopefully, those fans that ventured forth out into The Big Apple enjoyed their day and remembered to record the games for late-night viewing with a few slices of pizza.

But who out west needs The New York Times? San Francisco Forty Niners and Oakland Raiders football fans have problems of their own. After the Raiders (2-11) all but destroyed the very slim playoff hopes of the compliant-in-defeat 49ers (7-6) with an unexpected 24-13 victory in Oakland, 49ers fans can now join in the fun Raiders fans have been having all season of seeking out other avenues around the Bay Area for their amusement, such as: take an unguided tour of San Quentin; go for a solitary, late-night stroll in West Oakland or East Palo Alto; take a dip at Ocean Beach when the tide is rolling in; swim to Alcatraz; go jogging across the Golden Gate Bridge (don't jump!); or take a long walk down a short pier.

Of course, those are not all the choices that are fit to print. But forlorn fans of the two Northern California teams might be willing to consider almost anything other than watching three more weeks of relatively meaningless football.

It is as if the Four Horsemen of the Apocalypse --- Conquest, War, Famine, Death --- have sent advance scouts to pay a visit to the Bay Area football world. The teams can't conquer the finer parts of the game and are losing the battles. Despite having a varied menu of stadium food from which to choose, fans of the teams are starved for success on the field (combined, just 5-8 in home games). The Raiders, seemingly, have had one foot in the grave for over a decade, while the 49ers just recently have slipped into a coma and have the Devil of Dysfunction whispering constantly in their ears.

Forty Niners head coach Jim Harbaugh said the team is going through "a rough patch...it's sometimes darkest before the dawn."

Sports journalist Ray Ratto referred to the 49ers' plight as a "crisis of confidence" and their performance of late as "the essence of mediocrity." That's pretty dark.

Football fans may want to divert their attention to the (Emerald; Kraft Fight Hunger) Foster Farms Bowl, Dec. 30, at Levi's Stadium. Stanford, which had a somewhat disappointing regular season going 7-5, 5-4 in the Pac-12, did close it out with a pair of blowout victories over Cal and UCLA. The Cardinal will be hoping to make turtle soup or chicken salad out of the Maryland Terrapins (7-5, 4-4 in The Big Ten; no longer in the ACC? --- who can keep track anymore?).

As for Cal, the Bears improved greatly on last season's 1-11 record, finishing 5-7 after a surprising 4-1 start this year. The Bears suffered narrow defeats to Pac-12 powers Arizona (by 4 points), UCLA (2) and USC (8), before ending with a late 42-35 loss to BYU to come up just short of being bowl-eligible. Next season could show more improvement under coach Sonny Dykes, whose passing offense

ranked fifth nationally and total offense ranked 15th. Most of the big producers on offense will return, but the porous defense, ranked 121st, still needs a lot of work.

For the time being, Cal fans can revel in an exciting basketball team, off to a 7-1 start through Tuesday, with consecutive close wins over Fresno State, Montana (2 OT) and Nevada, even without star Jabari Bird (11.7 ppg) for the last two. Tyrone Wallace has been the breakout star, averaging 19.3 ppg, 8.9 rpg, and leading the team in assists.

But for the ultimate cure for whatever might be ailing area sports fans, look to the revitalized Golden State Warriors. After just two winning seasons over an 18-year span, the Warriors won 47 and 51 games, respectively, and reached the playoffs the last two years under coach Mark Jackson, but exited in the early rounds.

Jackson was replaced by the well-sought-after Steve Kerr, who has the Warriors leading the NBA at 17-2 going into Monday's game at Minnesota, and on a current, team-record twelve-game winning streak.

The dynamic backcourt tandem of Steph Curry and Klay Thompson has been all the rage around the league, along with the multidimensional Draymond Green, who has more than adequately filled the void in the starting lineup left by missing, injured all-star forward David Lee. Early-season chants of "MVP" are already ringing around Oracle Arena for Curry, sixth in the league in scoring (23.2 avg.), sixth in assists (7.7), first in 3-pt. field goals made (58, six ahead of Thompson), while adding over five rebounds and nearly two steals per game, and shooting over 92 percent from the foul line.

Up the freeway, even the Sacramento Kings are providing some excitement, at 10-10 and on the edge of playoff contention, for a change. Off to a good start, the Kings are trying to stay in the mix until sick (meningitis) superstar center, DeMarcus Cousins returns. The Kings have gone only 1-15 over the last two seasons without Cousins in the lineup. ★

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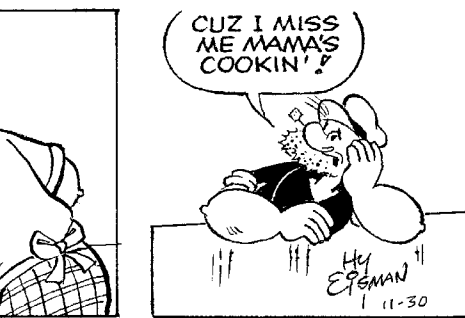
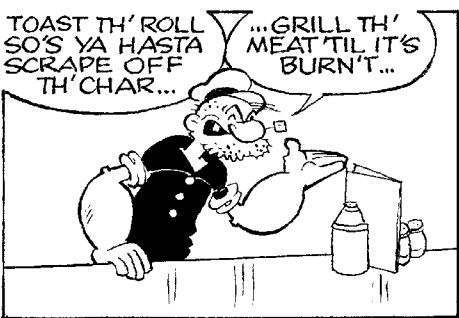
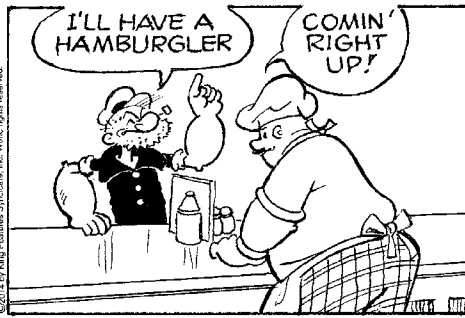
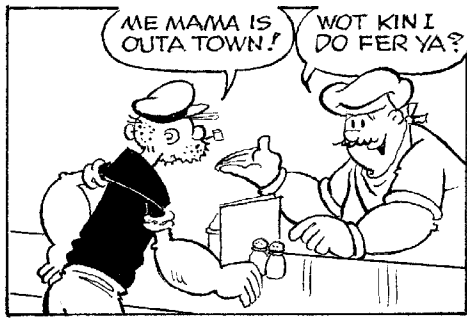
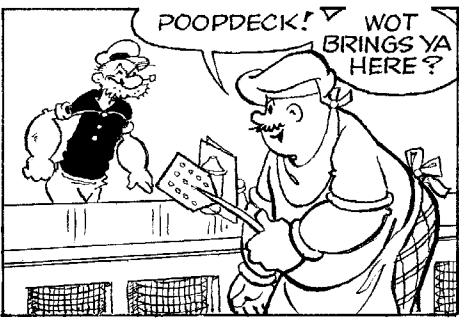
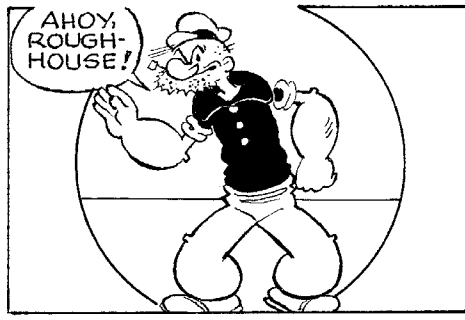
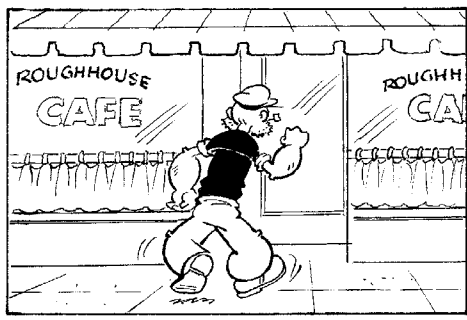
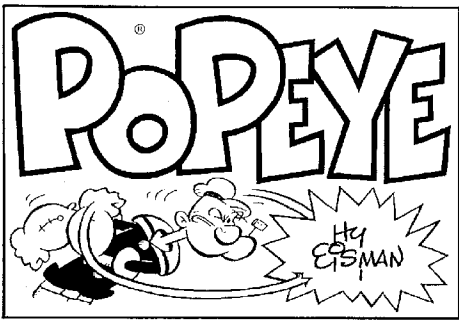
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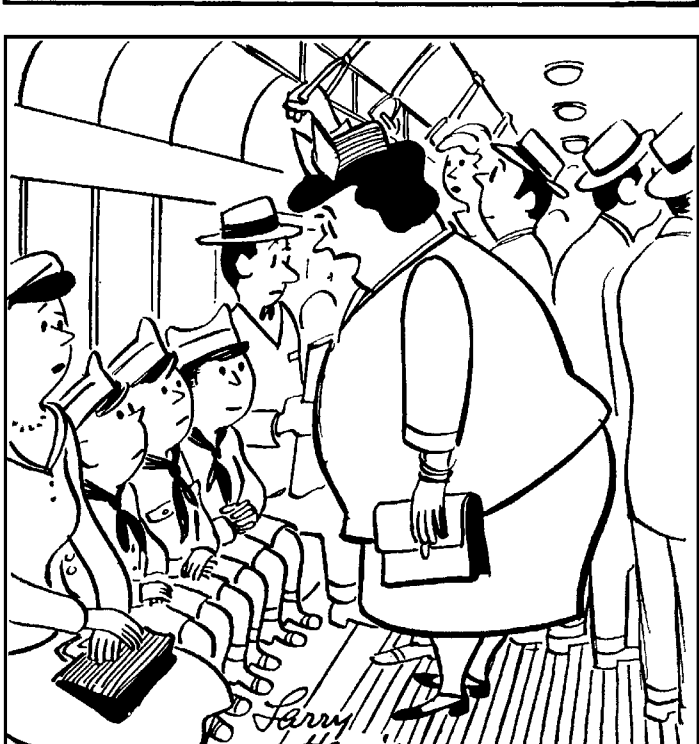
"No, it's not good for any of those things. What else have you got?"

MISTER BREGER By Dave Breger



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Salome's Stars

ARIES (March 21 to April 19) (March 21 to April 19) Make your holiday preparations one step at a time in order to avoid being overwhelmed and leaving things undone. That confusing family situation continues to work itself out.

TAURUS (April 20 to May 20) Ease this year's holiday money pressures by letting your thrifty side guide you as you look for those perfect gifts that typically reflect your good taste and love of beauty.

GEMINI (May 21 to June 20) You'll have a good handle on potential holiday problems if you delegate tasks to family members, friends or co-workers -- most of whom will be more than happy to help out.

CANCER (June 21 to July 22) Right now you are especially vulnerable to holiday scams that seek to take advantage of your generosity. Best advice: Check them out before you send out your checks.

LEO (July 23 to August 22) The upcoming holiday season gives the Big Cat much to purr about. Relationships grow stronger, and new opportunities loom on the horizon, just waiting to be pounced on.

VIRGO (August 23 to September 22) A changing situation brings conflicting advice about how to go forward with your holiday plans. Your best bet: Make the decision you feel most comfortable with.

LIBRA (September 23 to October 22) Holiday plans get back on track after some confusion about the direction you expected to take. A potentially troublesome money matter needs your immediate attention.

SCORPIO (October 23 to November 21) Your holiday preparations are on track. But you need to confront a personal situation while you can still keep it from overwhelming everything else.

SAGITTARIUS (November 22 to December 21) Tight financial matters ease a bit during this holiday season. But the sagacious Sagittarian is well-advised to keep a tight hold on the reins while shopping for gifts.

CAPRICORN (December 22 to January 19) Don't put off making decisions about this year's holiday celebrations, despite the negative comments you've been getting from several quarters. Do it NOW!

AQUARIUS (January 20 to February 18) The holidays will bring new friends and new opportunities. Meanwhile, be careful to use your energy wisely as you go about making holiday preparations.

PISCES (February 19 to March 20) There's good news coming from a most unlikely source. And it could turn out to be one of the best holiday gifts you have had in years. Remember to stay positive.

BORN THIS WEEK: You are respected for your honesty and loyalty. You make friends slowly -- but with rare exceptions, they're in your life forever.

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"This time-tested tip will keep your houseplants in the green while you're away from home."

Set plants in the bathtub in an inch or less of water. If your flowerpot does not have drain holes, get a short length of cotton rope and feed it from the topsoil to the tub. This will keep plants alive and thriving for a week or more.

— D.R. in Florida

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COUCH THEATER DVD PREVIEW

BY SAM STRUCKHOFF

COUCH THEATER -- DVD PREVIEW
By Sam Struckhoff

EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of December 15, 2014.

PICKS OF THE WEEK



Leonardo in "Teenage Mutant Ninja Turtles"

"Teenage Mutant Ninja Turtles" (PG-13) -- With the city under the heel of the ruthless Foot Clan, our best hope lies in four grotesque heroes rising from the sewers of 1980s and '90s pop culture. The team of turtles -- that's Leonardo, Donatello, Michaelangelo and Raphael -- spew groan-worthy one-liners while leaping from explosions and fighting various thugs. The series' supervillain, Shredder, gets a sharp robo-suit instead of the usual metal-plated outfit.

While this reviewer will never forget the role The Turtles played in his younger years, this is sadly one of the most forgettable flicks of the summer. Even big-budget action flicks cashing in on highly marketable nostalgic action franchises need to have a little charm, a pinch of originality. While the action flashes continually on screen, the genuine thrills are brief and far between.

"Maze Runner" (PG-13) -- In another adaptation of a young-adult novel, we find familiar issues handled in a slightly new way. Thomas (Dylan O'Brien) wakes up in an unfamiliar place, apparently dropped off with a colony of other stranded teenage boys inhabiting what they call The Glades. Thomas

falls in with a group of boys who run through a nearby mechanized maze -- a huge complex that's full of traps and nasty critters. Thomas and the others struggle to stay alive, reclaim their lost memories and to make sense what has happened to them.

There is a fun aspect to watching the characters strive against the contrived challenges of their world. With a steady trickle of tantalizing plot development, you might get hooked -- like TV's "Lost" -- into watching how this dark fictional world unfolds.

"This is Where I Leave You" (R) -- With an awesome A-list cast, this family drama-comedy is a bit of a let down. Jason Bateman and Tina Fey (both Emmy-winners with great histories of down-to-earth comedy) headline as siblings in a fraught family that just lost their father. Dad's last wish is to have the whole family -- four adult siblings and Mom (Jane Fonda) -- sit shiva and mourn together for seven days. The twist is that, of course, these people can barely stand each other under the weight of so much baggage. With all of this emotion and cast to carry it, the film relies too much on slapstick and low-end gags.

"Skeleton Twins" (R) -- In a different dramedy about adult siblings forced into a reluctant reunion, two different comedic actors make a much better effort. Former "SNL" campaigners Bill Hader and Kristen Wiig play a pair of fraternal twins who were close throughout childhood, but have separated to different sides of the country in adulthood. Pulled together by forces outside of their control, together the twins must face all the ways their lives have not gone to plan. Among many troubles, Milo (Hader) is not the A-list actor he'd dreamed of being, and Maggie (Wiig) is facing disillusionment in her marriage.

TV RELEASES

- "Cowboy Bebop: The Complete Series"
- "Extant: Season 1"
- "Makers: Women Who Make America 2"
- "Finding Your Roots: Season 2"
- "Nova: Emperor's Ghost Army"

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Don't Let Holidays Stress Your Pets



Many owners want to include their pets in traditional holiday celebrations. After all, one-third of small-animal owners in the United States consider their pets to be a part of the family. So, how do you keep both humans and animals happy during the hectic season while sticking to time-honored rituals?

- Relax.** With a house full of people, both you and your pet are under more strain than usual. Take time out away from the crowd in the front room, and sit quietly with your pet for a while.
- Make time for fun.** Take your dog for his walk at the same time as always to assure him or her of a normal routine. But add some outdoor (or indoor) playtime with a game of fetch. Help your cat work off energy by dangling a favorite toy in front of him. Extra activity an hour or two before a big party will keep pets from getting too excited or anxious among the crowd.
- Limit visits to the party.** Keep pets in a quiet, secure room away from celebrations, with lots of toys, treats, food and water. Bring them out only once an hour (or less) to meet guests, and supervise them the entire time so they don't eat the hors d'oeuvres or the decorations.
- Safety first.** It may be the last item on this list, but it should be foremost in your mind. Make certain that electrical cords and glass decorations are out of kitty's reach, and keep candy (especially chocolate) away from all pets. On Christmas morning, pick up wrapping paper and trimmings immediately, as well as small objects.

Take precautions and give your pet plenty of TLC, and you'll have a fun holiday!

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Homemade Cookies Are Irresistible



By Philomena Corradano

You don't have to bake your own Christmas cookies, do you? You can buy holiday cookies from the neighborhood baker or through a catalog or online. They may be delicious, yes, but an important

ingredient will be missing -- the tantalizing aromas that waft through the house when you bake your own, the scents of butter and vanilla, chocolate and spice that taunt you long after the cookies have cooled. Just be sure your spices are fresh so they'll do their job.

Following is a basic butter cookie that you can flavor any way you like: add lemon or almond extract, or a bit of spice. Use cookie cutters appropriate to the season. Or shape into bars.

BASIC BUTTER COOKIE

- 1 cup (2 sticks) unsalted butter, softened
- 1/2 cup sugar
- 1 teaspoon pure vanilla extract
- 1/2 teaspoon salt
- 1 large egg yolk
- 2 1/4 cups all-purpose flour

Red and green decorator sugar Confectioners' sugar

- With electric mixer, cream butter, sugar, vanilla, salt and egg yolk until smooth. Gradually beat in flour. Wrap dough in plastic wrap and refrigerate 1 hour or up to 2 days.
- Preheat oven to 350 F.
- Roll cut dough on lightly floured surface to 1/8-inch thickness. Cut into desired shapes with cookie cutters. Place on lightly greased cookie sheets. Sprinkle with decorator sugar. Bake 12 to 15 minutes. (Or sprinkle some with decorator sugar and bake, and sprinkle some with confectioners' sugar after cookies have cooled.) Makes about 3 1/2 dozen cookies.

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 21. *State know for its coffee beans
 23. Affirmative action
 24. Give one and they take a mile
 25. More, in Madrid
 28. Covered by a fig leaf?
 30. Lao Tzu follower
 35. Desert-like
 37. *Virginians make this not war?
 39. "_____ not, want not"
 40. Capri, e.g.
 41. Bunch of bees, e.g.
 43. Linseed
 44. Writer's opus
 46. Aquarium dweller
 47. Actress _____ Gilbert
 48. Tooth covering
 50. They denote a belief or principle
 52. "____ Robinson" by Simon & Garfunkel
 53. Email button
 55. Ghostly sound
 57. *Purchased from Russia
 60. *It means mountain in Spanish
 64. Schroeder's musical instrument
 65. Modern form of "ye"
 67. True self in Hindu philosophy
 68. Celestial hunter
 69. Cloth
 70. "Don't _____ me!"
 71. *North Dakota governor, recalled in 1921, _____ Frazier
 72. Da or oui
 73. What phoenix did
- DOWN**
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 2. Container weight without its contents
 3. "Cogito _____ sum"
 4. It falls in the fall
 5. Golden Horde member
 6. *12th Governor of Nebraska, _____ P. Savage
 7. Myrna of Hollywood
 8. Warm down-slope wind
 9. Lady in Spain
 10. Not in favor
 11. _____ Spelling
 12. "We _____ Family" by Sister Sledge
 15. Sounds like donkey laugh
 20. Kelly Clarkson and Phillip Phillips, e.g.
 22. Pre-college challenge
 24. Handicapped person
 25. *This state name has one syllable
 26. Illegal firing
 27. Lucius Flavius _____ Nonius Bassus, Masada conqueror
 29. *"Field of Dreams" state
 31. Stumblebums
 32. A predominant religion of Middle East
 33. Bart or Ringo
 34. *Former independent nation
 36. Regard
 38. Units of work
 42. Cuban dance
 45. It's taught but not always learned
 49. Albanian money
 51. Beethoven's "Moonlight _____"
 54. Dapper
 56. Weasel's aquatic cousin
 57. Ethereal
 58. Past participle of "lie"
 59. Happening soon, old fashioned
 60. Fictional Griffin and actual Ryan
 61. Magazine shells
 62. Siestas
 63. Pot contribution
 64. Campaigner, for short
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SHELTER 141112 12-11-14

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FBNF2014-08923. NorCal Art Resource, 1820 Tribute Road, Suite F, Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Dream Enrichment Foundation" at 1820 Tribute Road, Suite F, Sacramento, CA 95815. Filed with the Clerk of Sacramento County on November 12, 2014. Publish: November 20, 27, December 4 and 11, 2014

DREAM 141112 12-11-14

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ROADRUNNER 141112 12-11-14

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APPRAISALS 141117 12-18-14

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ASIN1 141117 12-18-14

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MEL 141117 12-18-14

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SOUL 141117 12-18-14

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PETNANNY 141117 12-18-14

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ASEPOOL 141118 12-18-14

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GINSUM 141119 12-18-14

FICTITIOUS BUSINESS NAME STATEMENT
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FESTIVAL 141119 12-18-14

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FBNF2014-09097. Biyue Wu, 1337 Howe Avenue, Suite 108, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Qienbo Tian Ma Xun Da" at 6840 65th Street #100, Sacramento, CA 95823. Filed with the Clerk of Sacramento County on November 12, 2014. Publish: November 27, December 4, 11 and 18, 2014

QIENBO 141119 12-18-14

FICTITIOUS BUSINESS NAME STATEMENT
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SACRAMENTO 141119 12-18-14

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GSDIST 141119 12-18-14

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BEDROOM 141118 12-18-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-09156. Regia L. Schauer, 5569 Turnbull Circle, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "This Little Genius" at 5569 Turnbull Circle, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on November 19, 2014. Publish: December 4, 11, 18 and 25, 2014

GENIUS 141120 12-25-14

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FBNF2014-09062. Gerald Michael Finnigan, 8088 Hazel Avenue, Orangevale, CA 95660 is doing business under the Fictitious Business Name(s) "GMF Construction" at 2620 U Street, Sacramento, CA 95818. Filed with the Clerk of Sacramento County on November 14, 2014. Publish: December 4, 11, 18 and 25, 2014

GMF 141121 12-25-14

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BENTLINE 141124 12-25-14

FICTITIOUS BUSINESS NAME STATEMENT
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TRUEBLUE 141125 12-25-14

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WESTERN 141125 12-25-14

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HEDERBELL 141126 1-1-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-09328. Wei-Ming (Andrew) Tan, 2521 Rock Dove Way, Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "SmartSoftwareDev" at 2521 Rock Dove Way, Elk Grove, CA 95757. Filed with the Clerk of Sacramento County on November 26, 2014. Publish: December 11, 18, 25, 2014 and January 1, 2015

SMART 141201 1-1-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-09081. Donald Ricardo McNair, 8106 Ingleside Way, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Earie Core" at 8106 Ingleside Way, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on November 17, 2014. Publish: December 11, 18, 25, 2014 and January 1, 2015

EARIE 141129 1-1-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-08524. Greenback Coin & Jewelry, 7662 Greenback Lane, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Manzanita Coin & Jewelry" at 5801 Manzanita Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on October 24, 2014. Publish: December 11, 18, 25, 2014 and January 1, 2015

MANZANITA 141128 1-1-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-09340. Mesa Mercado LLC, 601 Cummins Way, West Sacramento, CA 95605 is doing business under the Fictitious Business Name(s) "Mesa Mercado" at 6241 Fair Oaks Boulevard, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on November 26, 2014. Publish: December 11, 18, 25, 2014 and January 1, 2015

MESA 141201 1-1-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-08998. Mark Leacox, 3925 Milmar Way, Sacramento, CA 95821 and George Ban, 7004 Springmont Drive, Sacramento, CA 95758 is doing business under the Fictitious Business Name(s) "Sacramento Baseball Academy" at 7004 Springmont Drive, Sacramento, CA 95758. Filed with the Clerk of Sacramento County on November 13, 2014. Publish: December 11, 18, 25, 2014 and January 1, 2015

SACBASEBALL 141202 1-1-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-09339. Natthinee Sujatham, 1000 Creekside Drive #1914, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Krua Thai Cuisine" at 1750 Prairie City Road #150, Folsom, CA 95630. Filed with the Clerk of Sacramento County on November 26, 2014. Publish: December 11, 18, 25, 2014 and January 1, 2015

KRUA 141202 1-1-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-09390. Ryan Nelson, 4020 Hillwood Drive, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "RND Engineering" at 4020 Hillwood Drive, Sacramento, CA 95821. Filed with the Clerk of Sacramento County on December 2, 2014. Publish: December 11, 18, 25, 2014 and January 1, 2015

RNDENG 141202 1-1-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-09392. Benjamin Antone Jr., 4009 43rd Avenue, Sacramento, CA 95824 is doing business under the Fictitious Business Name(s) "Kingdom Care Group, KCG" at 4009 43rd Avenue, Sacramento, CA 95824. Filed with the Clerk of Sacramento County on December 3, 2014. Publish: December 11, 18, 25, 2014 and January 1, 2015

KINGDOM 141203 1-1-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-08977. William H. Battles, 6310 Appian Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Customtronics Sound, Customtronics" at 6310 Appian Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on November 13, 2014. Publish: December 11, 18, 25, 2014 and January 1, 2015

CUSTOMTRONICS 141204 1-1-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-09407. Sharmit Kaur, 3520 Mission Avenue #1, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "S and S Trucking" at 3520 Mission Avenue #1, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on December 3, 2014. Publish: December 11, 18, 25, 2014 and January 1, 2015

SANDSTRUCKING 141204 1-1-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-09163. Poonam Gujral, 4019 Eastwood Village Lane, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Promo Specialities, APJ Promotions" at 4019 Eastwood Village Lane, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on November 19, 2014. Publish: December 11, 18, 25, 2014 and January 1, 2015

APJPROMO 141204 1-1-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-09424. Harinder Singh Rattia, 8258 Pinefield Drive, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Tera Tera Auto Sales" at 5401 Warehouse Way, Suite 104, Sacramento, CA 95826. Filed with the Clerk of Sacramento County on December 4, 2014. Publish: December 11, 18, 25, 2014 and January 1, 2015

TERATERA 141204 1-1-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-08833. Joseph Michael and Lisa Sawrelle Ruma, 4261 Eagle Ridge Way, Antelope, CA 95843 are doing business under the Fictitious Business Name(s) "American Guitar Supply" at 4261 Eagle Ridge Way, Antelope, CA 95843. Filed with the Clerk of Sacramento County on November 6, 2014. Publish: December 11, 18, 25, 2014 and January 1, 2015

AMERICAN 141205 1-1-15

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
FBNF2014-09064

The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Tera Tera Auto Sales", located at 5401 Warehouse Way, Suite 104, Sacramento, CA 95826. Harinder Singh Rattia and Gurpreet Kaur Rattia, 8258 Pinefield Drive, Antelope, CA 95843. The Fictitious Business Name Statement referred to above was filed on November 17, 2014 in the County of Sacramento. Publish: December 11, 18, 25, 2014 and January 1, 2015

TERATERA 141204 1-1-15

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ORDER TO SHOW CAUSE CHANGE OF NAME

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00170449

WHEREAS, Ro'Mel Smith and Tabeca Smith have filed a petition with this court for a decree changing the name(s) of Hezekiah Ky'Amorion La'Trel Harris to Hezekiah Ky'Amorion La'Trel Smith.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on January 22, 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: October 22, 2014

David I. Brown, Judge of the Superior Court
Publish: November 20, 27, December 4 and 11, 2014

SMITH 141110 12-11-14

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00171458

WHEREAS, Harry William Soper has filed a petition with this court for a decree changing the name(s) of Harry William Soper to William H. Soper.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on February 2, 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: November 12, 2014

Raymond M. Cadei, Judge of the Superior Court
Publish: November 20, 27, December 4 and 11, 2014

SOPER 141112 12-11-14

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00171465

WHEREAS, FNU Baryalay and FNU Saída have filed a petition with this court for a decree changing the name(s) of FNU Baryalay to Baryalay Baryal and FNU Saída to Saída Baryal.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on February 2, 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: November 12, 2014

David I. Brown, Judge of the Superior Court
Publish: November 20, 27, December 4 and 11, 2014

BARYAL 141112 12-11-14

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00171477

WHEREAS, FNU Wais has filed a petition with this court for a decree changing the name(s) of FNU Wais to Wais Sahil.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on February 3, 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: November 12, 2014

David I. Brown, Judge of the Superior Court
Publish: November 27, December 4, 11 and 18, 2014

WAIS 141118 12-18-14

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00168754

WHEREAS, Angelica De La Fuente has filed a petition with this court for a decree changing the name(s) of Jose-Luis Sanchez Castaneda Jr. to Jose-Demetrio Sanchez De La Fuente.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 23, 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: November 19, 2014

Raymond M. Cadei, Judge of the Superior Court
Publish: November 27, December 4, 11 and 18, 2014

FUENTE 141119 12-18-14

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00170883

WHEREAS, Leslie Dawn Lopez-Martinez has filed a petition with this court for a decree changing the name(s) of Leslie Dawn Lopez-Martinez to Leslie Dawn Lopez.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on January 22, 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: October 29, 2014

David I. Brown, Judge of the Superior Court
Publish: December 4, 11, 18 and 25, 2014

MARTINEZ 141121 12-25-14

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00166325

WHEREAS, Joseph Davarte Deo has filed a petition with this court for a decree changing the name(s) of Joseph Davarte Deo to Joseph Davarte Deo Maharaj.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on February 10, 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: November 24, 2014

Raymond M. Cadei, Judge of the Superior Court
Publish: December 4, 11, 18 and 25, 2014

DEO 141124 12-25-14

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00166322

WHEREAS, Vimal Rajesh Deo has filed a petition with this court for a decree changing the name(s) of Vimal Rajesh Deo to Vimal Rajesh Deo Maharaj, Andrew Nathan Deo to Andrew Nathan Deo Maharaj and Jacob Rajesh Deo to Jacob Rajesh Deo Maharaj.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on February 10, 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: November 24, 2014

Raymond M. Cadei, Judge of the Superior Court
Publish: December 4, 11, 18 and 25, 2014

DEO#2 141124 12-25-14

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00170131

WHEREAS, FNU Zakirullah has filed a petition with this court for a decree changing the name(s) of FNU Zakirullah to Zakirullah Shinwari.

IT IS ORDERED that

San Juan District Seeks "You Light the Way" Nominations

SACRAMENTO REGION (MPG) - The Community Advisory Committee (CAC) of the San Juan Unified School District, a Board-appointed committee of parents and community members who advise the District on special education issues, is seeking nominations for "You Light the Way" recognition awards.

The "You Light the Way" Award recognizes parents, teachers, administrators, students, classified workers, volunteers and community members who have made or are currently making an outstanding contribution to the special education program in the District.

Nomination forms are available online at www.sanjuan.edu. Completed nomination forms are due by Wednesday, January 21, 2015. They can be mailed to Kathy Olcese, Special Education, 4825 Kenneth Ave., Carmichael, CA 95608, or faxed to 916-979-8921.

The CAC will evaluate the nominations and inform the person(s) nominating the individual of those chosen to be The "You Light the Way" Award recognizes parents, teachers, administrators, students, classified workers, volunteers and community members who have



The "You Light the Way" Award recognizes parents, teachers, administrators, students, classified workers, volunteers and community members who have made or are currently making an outstanding contribution to the special education program in the District.

made or are currently making an outstanding contribution to the special education program in the District. honored. A special recognition dessert is planned for Thursday, March 19, 2015, at 7 p.m., at the San Juan High School Auditorium.

Source: San Juan Unified School District

San Juan Open Enrollment Ends January 16th

SACRAMENTO REGION, CA (MPG) - The open enrollment period for San Juan Unified School District families wishing to enroll students in a school other than their neighborhood school will end at 5 p.m. on Friday, January 16th.

The district's open enrollment lottery program allows these placements provided that space is available in the appropriate program and that families are willing to provide transportation. Students are accepted for their choice school based on a computerized random selection - not on a first-come, first-served basis - and could be placed on a waiting list.

Families will be notified of their open enrollment results in February. If enrollment at a student's choice school is granted, that school becomes the child's "residence school" and action is not needed in future years.

Families must submit an open enrollment application for each child. Applications may be submitted



The district's open enrollment lottery program allows placements provided that space is available in the appropriate program and that families are willing to provide transportation.

online, by mail or in person at San Juan Central, 3700 Garfield Ave., Carmichael. For more information about the open enrollment process, call 916-SAN-JUAN.

Source: San Juan Unified School District

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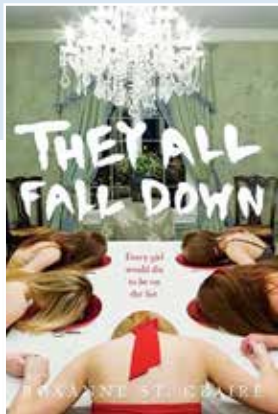
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For the Love of Books

Book Review by Amy Shane
amy-shane@att.net



THEY ALL FALL DOWN by Roxanne St. Claire

◆ Publisher: Delacorte Press
◆ Release date: October 14, 2014 ◆ Hardcover, 339 pages
◆ Intended audience: Young adult ◆ Rating: ♥♥♥♥♥

On the Book Jacket: Every year, the lives of ten girls at Vienna High are transformed. All because of the list. Kenzie Summerall can't imagine how she's been voted onto a list of the hottest girls in school, but when she lands at number five, her average life becomes dazzling. Doors open to the best parties, new friends surround her, the cutest jock in school is after her. This is the power of the list. If you're on it, your life changes. If you're on it this year? Your life ends. The girls on the list have started to die, one by one. Is it a coincidence? A curse? Or is the list in the hands of a killer? Time is running out for Kenzie, but she's determined to uncover the deadly secret of the list... before her number's up.

Amy's Review: Life hasn't been the same for Kenzie Summerall, since the death of her brother, two years ago. With her parents separated, her brother's room left untouched and an overprotective mother constantly in fear of dangerous scenarios, Kenzie's only solace is that of her best friend Molly and the Latin club. Kenzie tries to do everything she can just to get by and forget the day she got her brother killed.

However, things drastically change when Kenzie discovers that she made the Vienna High Hottie top ten list, not as number ten but as number five. A ridiculous list, according to Kenzie, which instantly propels ten girls into the Vienna High social scene, complete with parties, instant friends and a sisterhood of girls on the list.

As a Latin geek, not concerned with the popularity, Kenzie wants anything but to be on the list, as she is instantly thrust into the dangerous life of popularity by her own peers. Throwing her into new situations, Kenzie must decide between the affections of the popular good looking jock, Josh or new student Levi, a rumored bad boy.

With the power to change lives, the list comes with new responsibilities and nothing is as she expected it, freak accidents seem to follow Kenzie, while the other girls on the list start dying one by one. Kenzie must quickly decide who her true friends are, which boy she can really trust and if this list is truly a curse of murderous proportions.

Roxanne St. Claire, thrills her reading audience with a quick, fast paced page turner filled with a cleaver use of Latin, fine arts and secret societies. Carefully highlighting the pitfalls of popularity and the cost some girls will pay to make it on the list, not only adds to the story but serves as a gentle reminder.

With a *Goonies* style adventure, that meets *Pretty Little Liars*, *They All Fall Down*, takes readers on a high speed, cat and mouse chase, riveting you through murderous plots and popularity, with many twists and turns. The overall story of this book, however adventurous, is a little farfetched in its believability, especially in its ending however, it is a quick entertaining read that is bound to capture readers.

SPOTLIGHT ON BUSINESS

HOW TO CHOOSE A MARTIAL ARTS PROGRAM FOR YOUR CHILD



After 20 years of training and teaching children in the martial arts, my advice to families successfully choosing a martial arts program for their child can be as simple as:

- Always choose the instructor over the art
- Find a nearby, convenient location
- Understand all costs and fees

It isn't necessary to know much about the different styles of martial arts. They are all beneficial. Most arts teach blocks, punches and kicks as self defense. At **Nemuri Kuma Jujitsu** we teach a method of defense that doesn't necessarily require your child to punch or kick. Joint manipulation, escape and throwing are taught as a way of ending a fight by not exchanging blows.

There are many studios and many more arts, but not every black belt makes for a good instructor. Among good instructors, not all are adept at teaching children. Trust your judgement when choosing your child's teacher. Ask questions. Are all the classes taught by the same instructor? How much experience does the instructor have teaching children? Does the instructor smile at and seem to be having a good time with the children in the class? Is the instructor fair, firm and consistent when discipline is needed? Would you like to have this teacher teach you?

No studio should have problems with questions and you sitting in on classes before making a decision.

At **Nemuri Kuma Jujitsu**, the first class is complimentary.

Choose a martial arts studio that doesn't have a long commute or an inconvenient location. Location is a crucial factor in any martial arts experience as it tends to dictate just how often your child will attend. Inconsistent attendance is the quickest way for your child to lose interest. All children thrive on consistency.

Nemuri Kuma Jujitsu

Be aware of all costs involved. Watch for hidden fees or contracts that lock you in for a long time. Most studios operate on the same business model as a gym where you buy a membership and you are on the hook for a year or more. Should your child lose interest in attending, you may be left paying a bill for the remainder of the contract.

Hidden fees are sometimes attached to the martial arts experience. Belt testing, contest, and special equipment fees are another way studios hide the true cost of attending. **There are no hidden fees and never any contracts at Nemuri Kuma Jujitsu.**

Special belt packages are also common. Be leery of the coveted "black belt". Ask yourself, "Just what am I buying?" Families are often sold these deals and children are often awarded black belts but these ranks are rarely applicable to the adult. Young black belts who stop training at 12, and return in their 20's, often find their skills fit a 12 year-old body and not their adult frame. **At Nemuri Kuma Jujitsu**, when your child earns a rank promotion, it is never tied to a belt testing fee. Rank is merit based and determined by your child's abilities.

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Jim Miller
Answers
Your
Senior
Questions



Check Out This
Week's Topic!

Savvy SENIOR

Personal Tech Products Designed Specifically for Seniors

Dear Savvy Senior,

Can you recommend any tablets, smartphones or computers that are specifically designed for seniors? I would like to buy a device for my technology-challenged grandmother so she can get online and keep up with her grandkids better, but it needs to be super simplified so she can use it. - Holiday Shopper

Dear Shopper,

There are actually several new tech products on the market today that are designed specifically for older boomers and seniors that are unfamiliar or uncomfortable with technology.

These devices come equipped with simplified software, big, vivid features, less clutter and better customer support packages, which makes them more appealing and much easier to use than mainstream devices. Here are several top senior-friendly options to look into.

Smartphone

If you're thinking about a smartphone for your grandmother, check out the new GreatCall Touch3. Made by Samsung, this Android smartphone has a 4-inch touchscreen with an organized large icon menu list on the home screen that provides users simple access to often-used features like the phone, text messages, camera, pictures, email and Internet, along with your contacts and apps.

It also has a 5-megapixel camera, a full-size onscreen

keyboard, and offers a variety of health and safety features like the 5Star app that lets you immediately speak to a certified agent 24/7 who can identify your location and get you the help you need. Urgent Care, which provides access to registered nurses and doctors for advice and diagnoses. And MedCoach, which sends medication reminders.

Available at greatcall.com or 800-918-8543, the Touch3 sells for \$170 with a \$20 introductory discount, plus a one-time activation fee of \$35, and no-contract is required. Monthly service plans that include unlimited 5Star and Urgent Care service start at \$25. And their data plans start at \$2.50 per month for 20MB.

Tablet Computer

If you're considering a tablet, a top senior-friendly option is AARP's new RealPad, which costs \$189 at aarprealpad.org, walmart.com/realpad or Walmart stores.

Produced in partnership with Intel, the RealPad is an Android tablet with a 7.85-inch touchscreen. It provides a clutter-free simplified home page with large text icons to frequently used functions like email, social networks, weather, news, games, camera and pictures, Google, the Web, apps and more.

It also has a 2-megapixel front camera and 5-megapixel rear camera, and comes with 24/7 phone support, a bunch of tutorial videos, and a "Real QuickFix" tool that connects users to

technology support agents over the Internet who can access the tablet and fix problems.

Desktop Computer

If you think your grandmother would like a desktop computer, the Telikin (telikin.com, 800-717-7640), which has been around for three years now, is an excellent choice.

Ready to go right out of the box, this all-in-one touch-screen computer displays a big button menu on the screen at all times, providing simple access to most functions like the Internet, email, games, video chat, photo sharing, news and weather, and more.

Available in two sizes – the 18.6-inch "Telikin Touch" that costs \$699, and the 22-inch "Telikin Elite II" for \$1,079 – these computers come with built-in speakers, a Web camera, microphone, wired keyboard and mouse. They also offer a "tech buddy" feature so you can access your grandma's Telikin computer remotely from your computer to help her when she needs it.

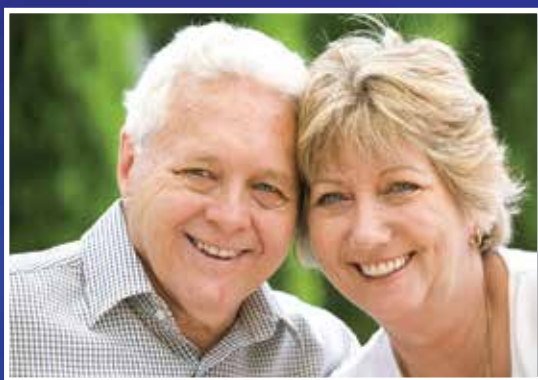
Running on Linux software instead of the standard Windows or Mac OS, the Telikin is also virus-resistant, comes with a 60-day trial period, a one-year warranty and free tech support.

It's also worth noting that Telikin has a partnership with firstSTREET – a senior product direct marketing company – that is also selling the 22-inch Telikin for \$1,079, but have rebranded it as the "WOW! Computer for Seniors." ★

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit www.savvysenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

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Sacramento Midtown Farmers Market
20th St. between J and K, Sacramento.
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SATURDAY
Historic Folsom Farmers Market
915 Sutter St, Folsom (Historic Folsom Public Plaza).
Every Saturday 8 am – 1 pm. Open year round.

SUNDAY
Carmichael Park Farmers Market
5750 Grant Ave, Carmichael (corner of Grant and Fair Oaks Blvd).
Every Sunday 9 am – 2 pm. Open year round.

SUNDAY
Unity of Sacramento Farmers Market
9249 Folsom Blvd, Sacramento (in front of the Unity of Sacramento Church).
Every Sunday 9 am – 2 pm. Open year round.

WEDNESDAY
VA Mather Farmers Market
10535 Hospital Wy, Mather (VA Hospital).
Open year round (Closed for holidays: Closes December 17. Opens January 7)

WEDNESDAY
Fair Oaks Sunset Farmers Market
8101 Sunset Ave, Fair Oaks (New Life Church parking lot).
Every Wednesday 3 pm – 7 pm. Seasonal, closes 11/26.

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UC Davis Health System Farmers Market
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For more information: www.bemoneysmartusa.org

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