



**Back to School Night
at All American
Speedway**

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The Carmichael
Health and
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Carmichael Times

Volume 34 • Issue 35

Serving Carmichael and Sacramento County since 1981

August 28, 2014

Couch Theater

Amy Poehler in
They Came Together



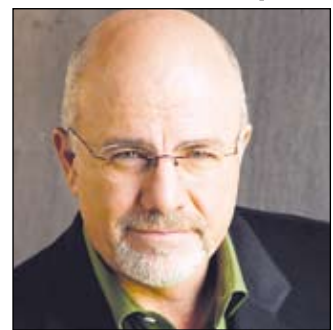
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Dave Says: Sound Financial Advice from Dave Ramsey



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Legends Come Alive at the Circus

SACRAMENTO REGION, CA (MPG) - Behold the living legends! Children of All Ages will believe in the unbelievable with the all-new circus spectacular. Ringling Bros. and Barnum & Bailey Present LEGENDS, coming to the Sacramento Sleep Train Arena September 12-15 and Stockton Arena September 19-21, 2014.

This all-new edition unites iconic circus stars with living mythological creatures in a celebration of the legends that have captured imaginations for centuries. Ringmaster Johnathan Lee Iverson guides Paulo, the Legend Seeker, on his quest to discover real living legends from around the world and presents Paulo's fantastic discoveries to circus fans everywhere.

"Ringling Bros. and Barnum & Bailey is where legends live, and we constantly ask our audiences to believe in the unbelievable. For this edition we've combined a number of mythical themes and stories into a lavish production of sight and sound unlike any show we have ever created," says Producer Nicole Feld.



Featuring over 100 performers spanning 25 countries, plus more than 85 animals from nearly every continent around the world, the Ringling Bros. 144th Edition features several unique acts.

Mythology meets reality as Paulo encounters the wondrous Pegasus and the amazing Unicorn. Circus legends such as big cat presenter Alexander

"We searched the world for the best of the best and put them together in an unforgettable show," says Producer Alana Feld.

Lacey, the Riders of the Wind Cossack horsemen; and motorcycle daredevils, the Torres Family, all come together along with a cast spanning 25 countries in a spectacular production. Experience magnificent Asian elephants, a twenty-acrobat troupe perched atop only a pair

Continued on Page 2



Welcome to My Studio Art Tour has Palettes for all Palates

Story and photo
by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Six Carmichael and Fair Oaks artists will open their studios for an art crawl on September 20th and 21st.

"The Insiders" Art Tour is staged in association with the Capitol Arts Studio Tour (CAST). In this annual event, more than 150 Sacramento artists host studio tours. The first weekend, September 13th and 14th, showcases artists from the Downtown, Midtown, Land Park, and West Sacramento areas. From September 20th to 21st, studios in the East Sacramento, Tahoe Park, Carmichael, Fair Oaks, and Arden areas will welcome visitors.

On the Carmichael/Fair Oaks leg, hosts include watercolorist Linda Akers; glass designer Dianne Van de Carr; mixed media artists Rachel Lyman, Carrie Tackett, and Michelle Andres; and animal portraitist Linda Miller. These presenters have studios within minutes of each other. Visitors can view work in progress and purchase finished pieces. Refreshments

will be served and maps of other tour locations will be shared.

From September 11th to October 1st, preview of CAST participating artists' work will be exhibited at the Verge Center for the Arts at 625 S Street, Sacramento.

To learn more about the Capitol Arts Studio Tours, visit www.sacopenstudios.com. For information on "The Insider's" tour, e-mail michelle@pathways-associates.com. ★

(At right): Glass artist Dianne Van de Carr (left) displays a sculptural piece that will be among work offered during "The Insiders" studio tour. Sharing studio space is fellow Carmichael artist, animal portraitist Linda Miller.



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Legends Come Alive at the Circus

Continued From Page 1

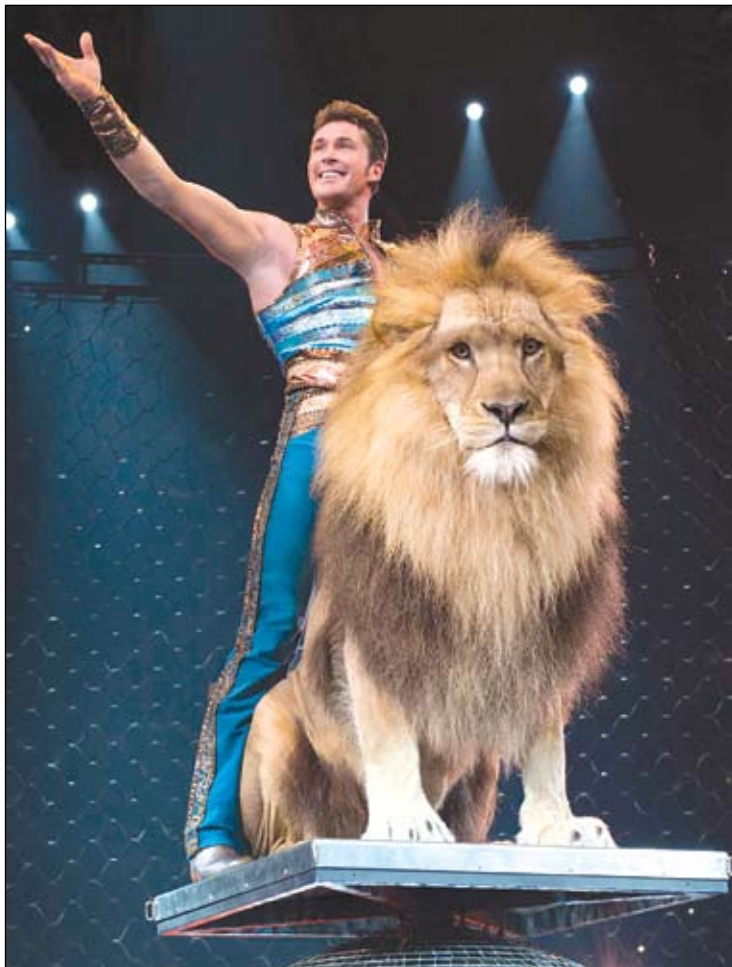
of bicycles, and a never-before-seen double-wide, high-flying trapeze act.

"A legend is something so magical and larger than life that once you see it, you never forget it. The talent in this show is unprecedented and embodies the name Legends," says Producer Alana Feld. "We searched the world for the best of the best and put them together in an unforgettable show."

The extraordinary talent that can only be seen at Ringling Bros. Presents LEGENDS

includes: Alexander Lacey's legendary mixed cat display; The Riders of the Wind, speeding daredevil Cossack riders; The fearless Torres Family on speeding motorcycles inside the Globe of Steel; An elite super-group of high-flying trapeze artists from the U.S., Brazil, Venezuela and Mexico, The Solar Hawks; The Chinese National Acrobatic Troupe from Beijing; and The elegant choreography of the Jade Statues.

There is also a heartwarming presentation of showmanship with an animal menagerie ranging from ten to 10,000 pounds:



An hour before show time, families can come to the arena floor and participate in interactive, up-close circus experiences, the All-Access Pre-Show and the brand new Ringmaster Zone. Free to all ticketholders, the All Access Pre-show allows circus fans to learn juggling and balancing skills, meet the performers of The Greatest Show on Earth, get autographs, take photos, and enter to win a one-of-a-kind Pachyderm Painting.



An hour before show time, families can come to the arena floor and participate in interactive, up-close circus experiences, the All-Access Pre-Show and the brand new Ringmaster Zone.

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Europe, pigs from Asia, llamas from South America, kangaroos from Australia, and a special surprise... Woolly the Mammoth.

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For the national tour schedule and to find out more about Ringling Bros. and Barnum & Bailey Presents Legends, visit www.Ringling.com and follow us on Twitter @RinglingBros and @NicoleFeld.



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El Camino High School Football Kicks Off

Story and photo by Ben Barber

SACRAMENTO REGION, CA (MPG) - The El Camino Eagles had their first game of the season Saturday, August 23rd against the Oakmont Vikings, and while the schedule might have had "scrimmage" in parenthesis, the athletes were running at full speed. The first game of the year is always a scrimmage, allowing coaches, athletes, and referees to get back into gear and familiarize themselves with any new rules.

With no official score being kept and a running clock of two 30 minute halves, the Eagles started the game off right with a quarterback sack on the second play. On offense, the Eagles ended the day with three touchdowns and an optimistic look to



Quarterback Ben Haynes scans his receiver progressions as the Oakmont defense closes in!

the season ahead.

Visit the El Camino Football website at www.ecfootball.org

to find times and dates for the upcoming season. ★

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CARMICHAEL, CA (MPG) - Join the Carmichael Chamber of Commerce for an action-packed, fun-filled educational FREE event, where health and safety are the priority. You can earn a Health Fair bracelet for just visiting some of our booths!

There will be vendors, raffle prizes, and autographs from world class pro skier Brian Detrick. Gabe Gardner, a 2008 men's volleyball Olympic gold medalist, will also sign autographs and hand out health related information.

Health and safety events include: taking an ambulance tour with AlphaOne Ambulance Services, learning one-hand CPR from Safety Quest Training, having your health insurance questions answered by Western Health Advantage, learning how to take and make an emergency call from a 911 operator, and having your blood pressure checked by the Sacramento County Fire Department.

There will be demonstrations of Tai Chi and martial arts. CrossFit Kids and a senior women's rhythm and tap group will perform. While you're here, be sure to



visit Farmers Market vendors sponsored by Money Smart USA.

Kids can get fingerprinted by the Sacramento County Sheriff's Dept. and see bicycle safety videos from Snell foundation. Assemblyman Ken Cooley's office will hand out coloring books and flyers. You

can also find out about rebates from SMUD.

Come join us on Sunday, September 6th, 10 a.m.-2 p.m. at La Sierra Community Center. Be sure to tell your friends and neighbors! ★

Source: Carmichael Chamber of Commerce



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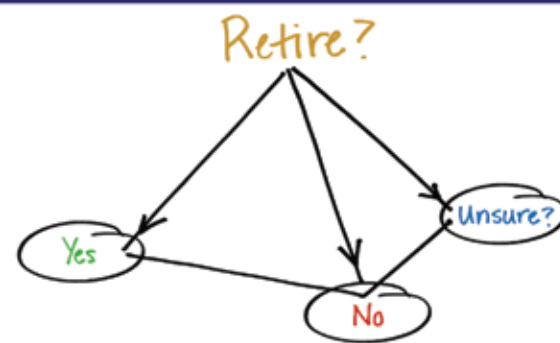
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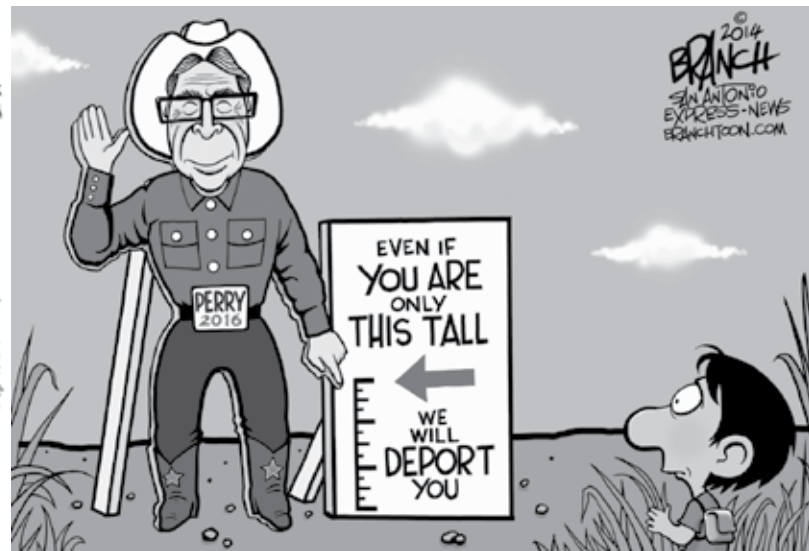
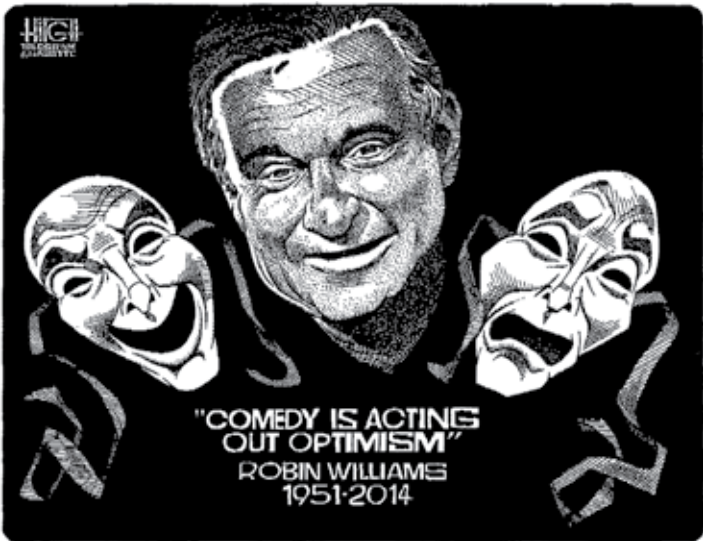
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THE RICH LOWRY COLUMN
By Rich Lowry

The Callow President

“Stop just hatin’ all the time.” If you haven’t been following the news, you might not know whether this bon mot was uttered by a character on the ABC Family show “Pretty Little Liars” or by the president of the United States. Of course, it was the leader of the free world at a recent Kansas City, Missouri, rally, imploring congressional Republicans to start cooperating with him. The line struck a characteristically -- and tellingly -- juvenile and plaintive note. How many books and articles have been written by conservatives seeking to divine the philosophical beliefs and psychological motivations lurking beneath the president’s smooth exterior? It’s certainly true that the president is much further left than he’d ever admit, but the deepest truth about

Obama is that there is no depth. He’s smart without being wise. He’s glib without being eloquent. He’s a celebrity without being interesting. He’s callow. It’s a trope on the right to say that Obama has quit, that he’s not interested in the job anymore. It isn’t true. If you are smug and unwilling to bend from your (erroneous) presumptions of how the world works, this is what presidential leadership looks like. Obama evidently has no conception of the national interest larger than his ideology or immediate political interests. In terms of his sensibility, he’s about what you’d get if you took the average writer for The New Yorker and made him president of the United States. The notion that Obama might be a grand historical figure was always an illusion. Once the magic wore off, it became clear he’s not really an orator. His greatest rhetorical skill turns out to be mockery. The man who once promised to transcend political divisions is an expert at the stinging partisan jab. What Winston Churchill was to thundering statements of resolve, Obama is to snotty put-downs. During the 2012 campaign, he hit Republican nominee Mitt Romney with relish over his promise to cut funding for public television: “Elmo, you better make a run for it.” He has called the Ryan budget a “meanwich.”

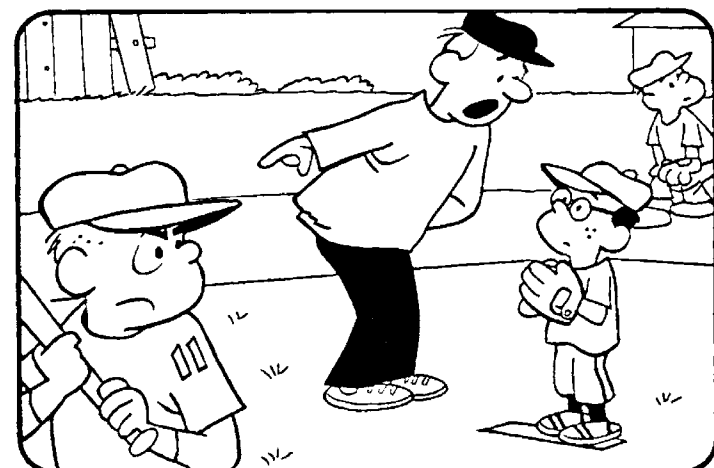
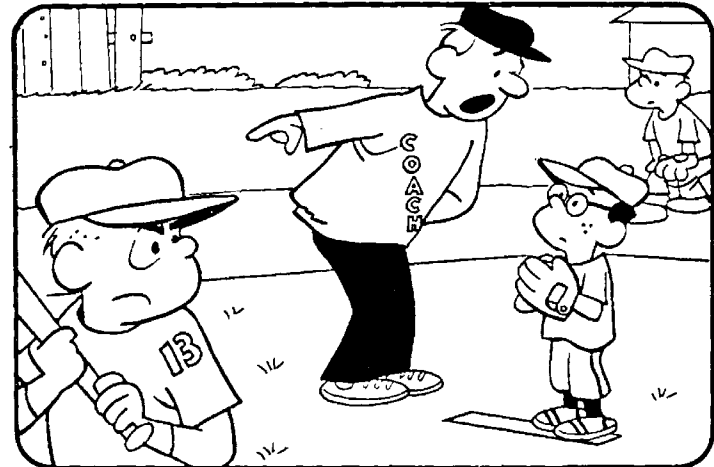
He has made the Republican reaction to his lawlessness an ongoing joke. The president’s constant complaints about everyone else in Washington playing politics while he high-mindedly devotes himself to substance have all the maturity of Holden Caulfield’s complaints about “phonies.” Please, grow up. Ever since he lost the House in 2010 and could no longer operate on the basis of sheer brute force, the president has relied almost entirely on tactical cleverness. It has been impressive on its own terms, whether it involves the invention of the “war on women” in 2012 or the double-dog dare to Republicans to impeach him now. But this is basically all he’s got -- besides his infamous “pen and phone.” He has already expanded the powers of the office beyond their legitimate bounds and may well take another quantum leap with an executive amnesty. But rarely has the presidency felt so small, at the same time discontents at home and chaos abroad loom so large. It’s not “hatin’” to expect something better -- or at the very least a little less pettiness.

Rich Lowry is editor of the National Review.

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HOCUS-FOCUS

BY HENRY BOLTINOFF



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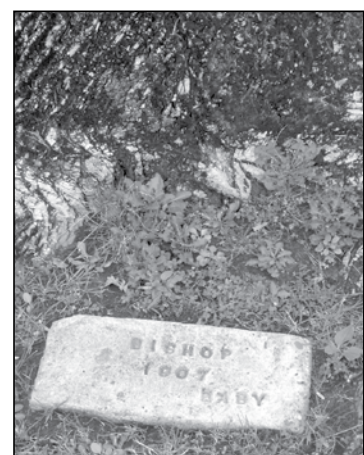
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Yesteryear Rests Peacefully in Fair Oaks Cemetery

Story and photos by Richard Perez

FAIR OAKS, CA (MPG) - Picturesque Fair Oaks cemetery was founded on October 21, 1902 on a half-acre of land. Ornate headstones commemorating patriarchs lie in close proximity to simple, unnamed grave markers. The list of interments is unique; the first official resident of the grounds was Sarah Vail, a Folsom native who died in a fire and was buried in 1903. There are two other women who were buried in 1898, but Miss Vail is the first authenticated burial at Fair Oaks Cemetery.



Other gravesites include a dozen Civil War veterans from both the Union and Confederate Armies who now share a common ground. Another notable resident is Myrna Opsahl, a 42 year old mother of four who died in 1975 during an early morning bank robbery in Carmichael. She was shot by the infamous Symbionese Liberation Army. (The radical group also kidnapped and brainwashed heiress Patty Hearst during their reign of terror.)

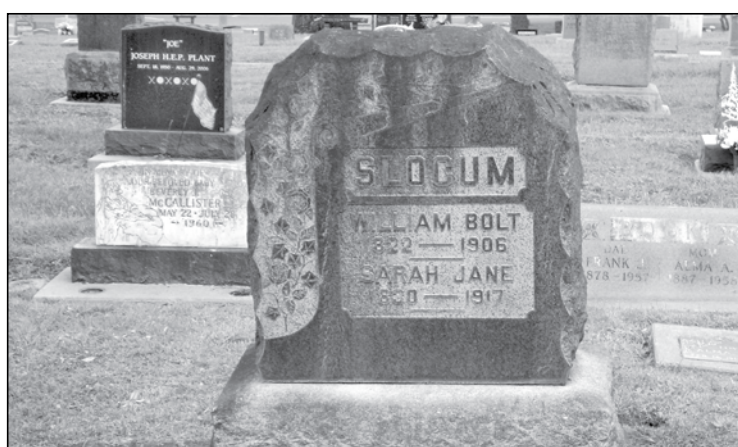
kidnapped and brainwashed heiress Patty Hearst during their reign of terror.) Alongside these graves are the plots of early 20th century people who are memorialized with small stone markers listing only last name and year of death. One in particular is a tiny headstone cradled amongst the roots of a large oak tree bearing the inscription: Bishop Baby - 1907. One hundred and seven years later, this little monument still brings on a melancholic sense.

Fair Oaks Cemetery manager of 17 years, Ray Young, takes great pride in the many years of service the cemetery has provided to the community. "We are one of the oldest cemeteries in the region." His staff includes office manager Terri Perrin, clerk Theresa Day, and lead groundskeeper Guillermo Barron; they help Young maintain the tradition of honoring loved ones in

a placid and serene setting. The cemetery facilities now cover 12 acres and over 100 years of local history.

Fair Oaks The Way it Was (1976) recounts: "In the early 1890s, a man, a representative of the Howard & Wilson Publishing Co., which was seeking land for a colony, rode up a trail along the American River and was greatly impressed with the beauty of the land, especially a stand of moss-draped oaks along the north shore of the river. He had found his site. It was known as 'Sunset Colony' and was later named Fair Oaks, Virginia." The publishing company purchased 9,000 acres and helped settle the area known today as Fair Oaks, California.

Pioneers from the Midwest and East with names such as Slocum, Straith, and McClatchy were families that helped



Notable Fair Oaks Cemetery resident Myrna Opsahl, a 42 year old mother of four, died in 1975 during an early morning bank robbery in Carmichael. She was shot by the infamous Symbionese Liberation Army. (The radical group also kidnapped and brainwashed heiress Patty Hearst during their reign of terror.)



The Fair Oaks Cemetery District (FODC) oversees the day to day operations of the facility and serves Fair Oaks, and parts of Carmichael and Rancho Cordova. Various community organizations, such as the Fair Oaks and Carmichael Chambers of Commerce, the Fair Oaks Rotary, and the Orangevale Grange, partner with the FODC and help to maintain this resting place.

establish Fair Oaks and the surrounding expanse. The Fair Oaks Bridge and the arrival of the railroad spurred growth, and Fair Oaks became known as the crown of the Sacramento Valley in the heart of California. A local publication of the period, The Tattler quipped: "Now that we have two M.D.s, the people have concluded that we need a cemetery." Two and one half acres at Olive Street and New York Avenue were purchased for the sum of \$250.00 from S.E. Keifer for use as a cemetery. Bylaws were drawn up and lots were apportioned to the stockholders. Fair Oaks Cemetery Association President C. H. Slocum allocated the remaining plots for future sale.

The Fair Oaks Cemetery District (FODC) oversees the day to day operations of the facility and serves Fair Oaks, and parts of Carmichael and Rancho Cordova. Various community organizations, such as the Fair Oaks and Carmichael Chambers of Commerce, the Fair Oaks Rotary, and the Orangevale Grange, partner with the FODC and help to maintain this resting place.

Fair Oaks Cemetery is an all-inclusive memorial park serving the various regional communities. Interments include an array of plans ranging from the

moderately priced Oak Knoll Niches to specially placed and designated plots available throughout the grounds. Cost can vary based upon district residence, taxing status and product selection. For further

information, call (916) 966-1613 or visit www.fairoakscemetery.com.

Sources: www.fairoakscemetery.com, Fair Oaks the Way it was (1976)



Dare to Live Without Limits

Every Day is a Great Day



by Bryan Golden

work? Have you tried it and been disappointed? Do you find your thoughts drifting to the negative even though you try to make them positive?

Positive thinking is extremely powerful. It is essential to goal achievement. Positive thinking begins the process of attracting the circumstances and people you need in order to get where you want to go. Positive thinking is a crucial component of problem solving.

If you haven't had great success with positive thinking, you are likely discouraged. Even if you may not have realized the results you had hoped for, what's the alternative? Negative thinking?

Although you may be skeptical about positive thinking, no one can claim negative thinking is preferable.

Since negative thinking will certainly exacerbate any problems, you have nothing to lose by thinking positively. Positive thinking has benefits without any negative side effects.

Negative thoughts are displaced with positive ones. Many people have far more negative thoughts than they realize. Start by monitoring what you think about. Supplant each negative thought with a positive one. For example, replace I can't with I can, it won't work with I'll find a way to pull it off, I don't know how with I'll find a way, and I don't want to fail with I'll be successful.

Changing your thoughts is a continuous process. Even the most positive people have negative thoughts. However, they catch themselves and immediately engage in positive replacement.

With practice, your positive thoughts will far outnumber any negative ones and the negative ones will be more readily displaced.

Although positive thinking is great, two additional components are required in order to realize its full, unlimited potential. Your positive thoughts must be accompanied by a positive plan and positive action. Your positive thoughts will facilitate plan formulation and motivate you to take action.

Your plan is the roadmap that delineates the steps required to attain your goal. A goal can be something you want to accomplish, a problem that needs to be solved, or an obstacle to be overcome.

A common pitfall is to make each step in your plan too large. It's hard getting started on a big step. Make sure you divide each big step into smaller, more manageable segments. By so doing, you reduce the likelihood of becoming overwhelmed.

If you have problems formulating a workable plan, tap into your positive thinking. Direct your mind to discover a workable plan. Leave your mind open to all possibilities. Be patient. An idea or inspiration can come at anytime, from anywhere.

A plan is dynamic. It can be modified as needed at any time. You can add, change, or eliminate steps. Your positive thoughts keep your mind receptive to any alterations you'll need to make.

Once your plan is in place, you must take action. Without action nothing happens. Start with the first step in your plan. It doesn't

matter how small the step might be, getting started is what's imperative. Procrastination is particularly debilitating when you want to get started. The longer you delay taking action, the longer it will take before you see results.

After the first step, take the next one. Continue taking action until your goal is accomplished. If you get side tracked, stumble, or suffer a setback, just get back on course. As long as you keep moving forward, you will ultimately be successful.

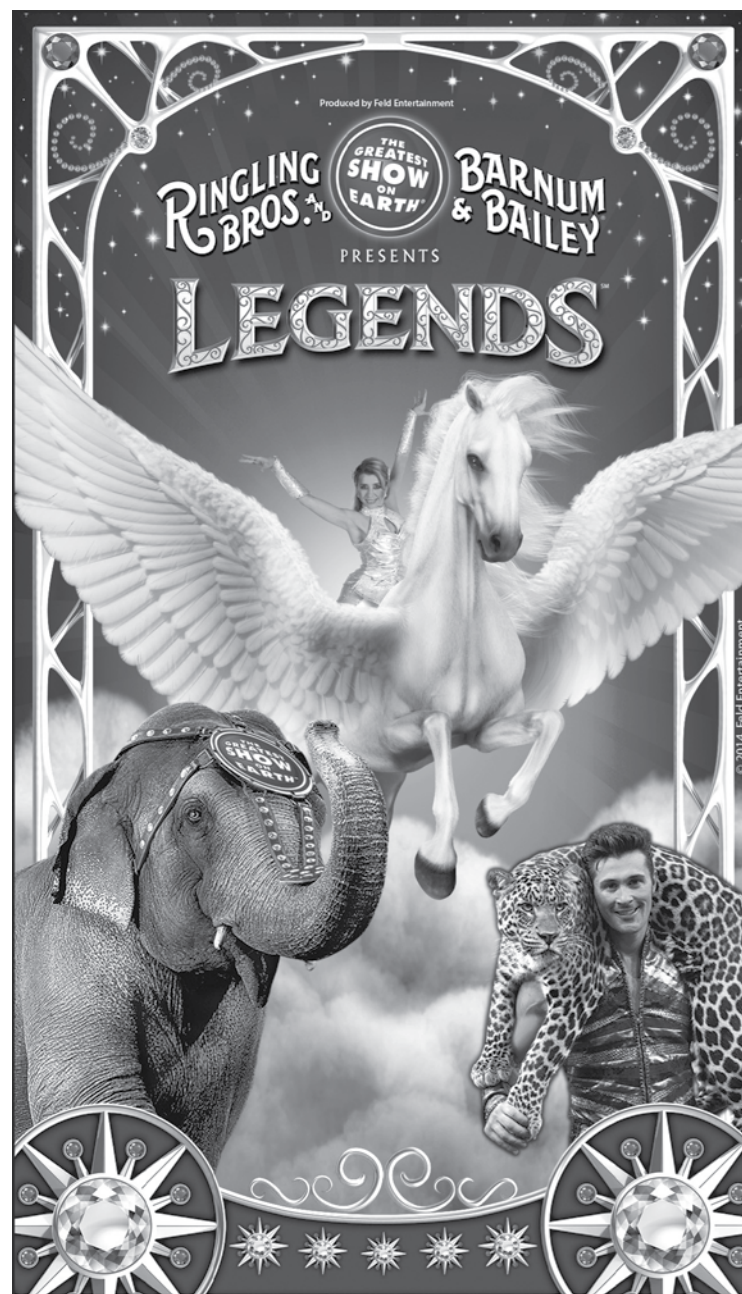
Begin with positive thoughts. Next create a positive plan. Then take action. Utilizing this combination strategy enables you to accomplish more than you previously thought possible.

This is exactly the same method used by all great achievers. ★ **NOW AVAILABLE:** "Dare to Live Without Limits," the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@colum-nist.com or write him c/o this paper. © 2009 Bryan Golden.

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SEPT. 12	SEPT. 13	SEPT. 14	SEPT. 15	
7:00 PM*	11:30 AM 3:30 PM	1:00 PM 5:00 PM	7:00 PM	

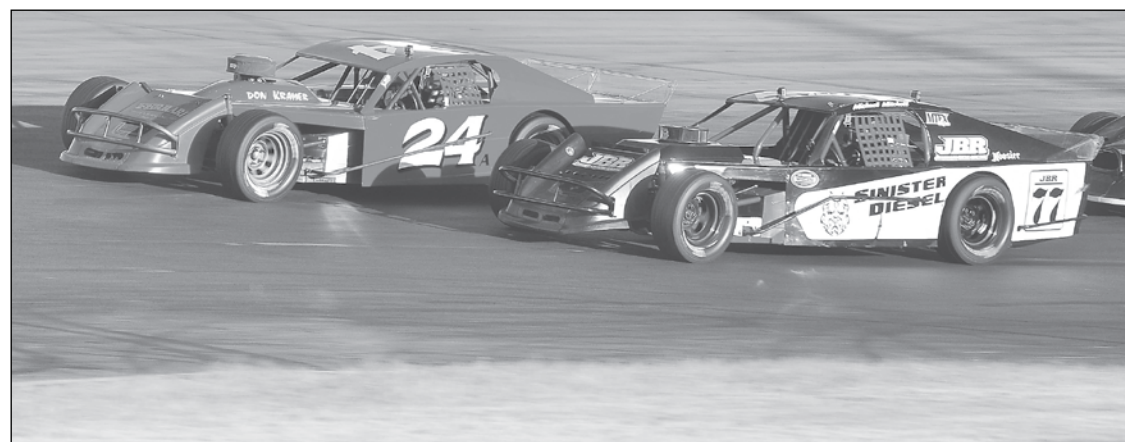
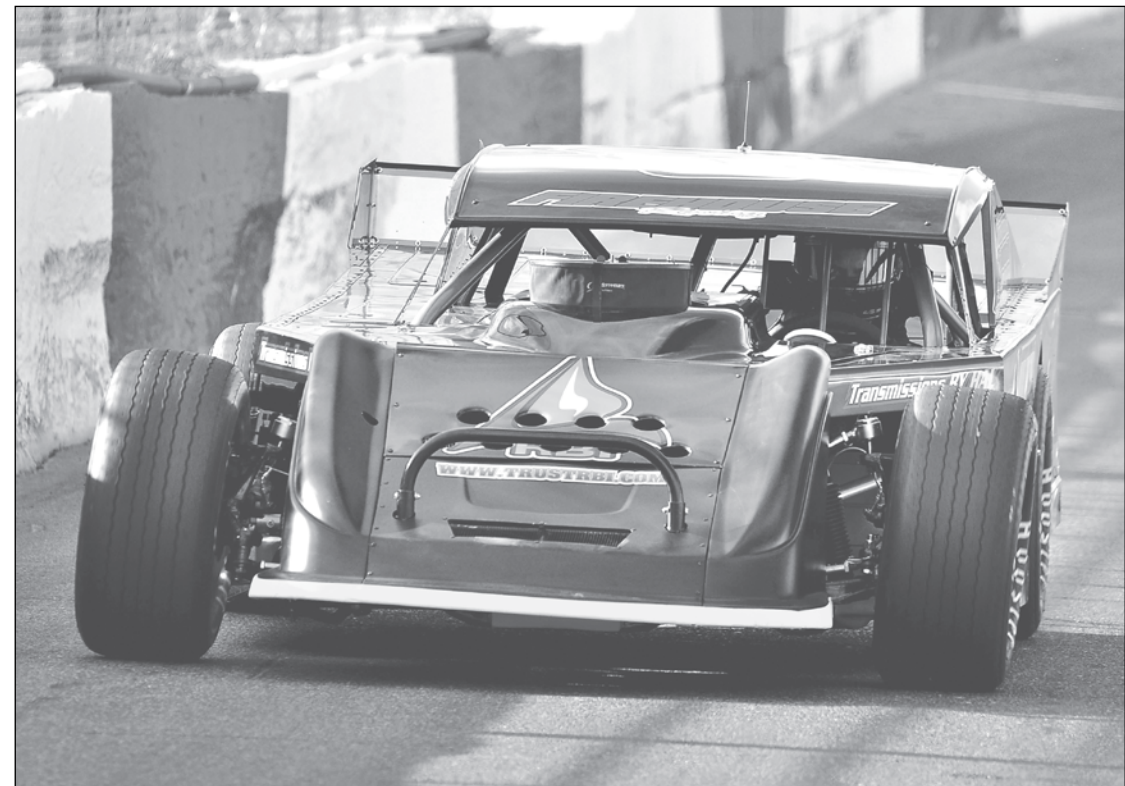
SEPT. 19 - 21 STOCKTON ARENA				
Fri.	Sat.	Sun.		
SEPT. 19	SEPT. 20	SEPT. 21		
7:00 PM*	11:30 AM 3:30 PM	1:00 PM 5:00 PM		

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Back to School Night at All American Speedway



(Above and below) Street Stocks, Bombers & Legends will take the track in what's expected to showcase fierce competition in all race divisions at All American Speedway in Roseville, Saturday, August 23rd. This week, every child will receive backpacks filled with school supplies and a free raffle ticket. A drawing for a Girl's and Boy's bicycle is scheduled.

By Linda Harper

SACRAMENTO REGION, CA (MPG) - Back packs, school supplies, a bicycle raffle, and the roar of the Northern California Pro 4 Modifieds are slated to entertain racing fans at All American Speedway in Roseville, Saturday, August 23rd. The night will have something for everyone. In

addition to NCMA's sponsorship of the speedway's annual Back to School Night, Street Stocks, Bombers & Legends will take the track in what's expected to showcase fierce competition in all race divisions. The gates open at 4 p.m., and racing begins at 6 p.m. General admission is \$10, and kids 6 and under get in for free. This week,

every child will receive backpacks filled with school supplies and a free raffle ticket. A drawing for a Girl's and Boy's bicycle is scheduled. Visit www.allamericanspeedway.com or call (916) 786-2023 for more information. Look for AAS on Facebook. See You at the Races! ★

Small Businesses Solicited at a Costly Price

SACRAMENTO, CA (MPG) - Businesses beware: solicited offers to renew a Fictitious Business Name (FBN) are once more making their way into the mailboxes of business owners. The offers inform a business that their FBN will soon expire and that to renew they need to return the attached paperwork and pay a fee. However, businesses have complained that the offers are misleading, giving them the impression the offer is from a local government agency. According to complaints, business owners have received similar offers from Corporate Records Service, California State Corporations, and California Business Compliance Agency.

In particular, BBB received 15 complaints about a company located in East Sacramento, Compliance Filings, Inc. Businesses complain that they are misled by the company's solicitation and end up paying a \$125 fee to file—a fee that is 2-3 times more than what some local counties charge. Although the company responded to most complaints by issuing refunds, they have typically kept a portion of the refund for a processing fee, or fees they claim to have paid to a government agency on the business's behalf.

One complainant, a business owner in San Francisco, said, "It pains me to know that this fraudulent company is targeting small business owners who are at the very core of our economy."

These solicitations are legal to send, but they must include very specific disclaimers. Title 39, U.S. Code, Section 3001, requires that a disclaimer be placed on the outside cover or envelope. It also requires a disclaimer on the front and back of every page of the solicitation with conditions prescribed by the U.S. Postal Service. According to the USPS website, the solicitation must be conspicuously placed in bold-face capital letters and in 30 point-font. Upon review of the most recent documented solicitation BBB received, sent by Compliance Filings, Inc., the disclaimer was not conspicuously placed and the font was not up to size. When BBB contacted the company about their unresolved complaints and advised that they might be in violation of guidelines prescribed by the USPS, Compliance Filings, Inc. did not respond. Due to their volume complaints, one BBB considered to be of a serious nature, and failure to answer all, the company currently has an F rating.

Similar offers have caused controversy in the past, resulting in legal action by local governments. In 2011, the Riverside County District Attorney's office charged a County resident with two felonies after sending similar solicited offers with a counterfeit government seal. Similarly, the United States Postal Inspection Service (USPIS) warns against being misled by similar solicitations, and on their website states, "Don't be victimized by con artists who try to get your company to order goods or services by mailing you solicitations designed to look like invoices."

For victim and company information, please contact Danielle Spang, dspang@necal.bbb.org. For reports on businesses and for information about BBB services, please visit our website at www.bbb.org or call (916) 443-6843.

For more than 100 years, Better Business Bureau has been helping consumers find businesses, brands and charities they can trust. In 2012, consumers turned to BBB 124 million times for Business Reviews on more than 4.5 million companies and Charity Reports on 11,000 charities, all available for free at bbb.org. ★

The Sacramento River Cats are Proud to Present HIV/AIDS Awareness Night at the Ballpark!

SACRAMENTO REGION, CA (MPG) - HIV/AIDS Awareness Night is Sunday, August 31st at 5:05 p.m. at Raley Field. Until There's A Cure Foundation has been selected as the featured charity of the night.

Until There's A Cure® is a national organization dedicated to eradicating HIV/AIDS by raising awareness and funds

to combat this pandemic. Our dream is that no one else will become infected with HIV. For those who are HIV positive, we are dedicated on their behalf to educating all people about the virus and the overwhelming need for love and compassion in fighting this pandemic.

Buy your tickets today to support HIV/AIDS awareness! And

remember that proceeds from your tickets go directly back towards the cause.

Tickets are available at: www.ticketmaster.com; the reference number is RC14. If you have any questions, please call (650) 332-3200 or email stephanie.seymour@utac.org. ★

Source: until.org



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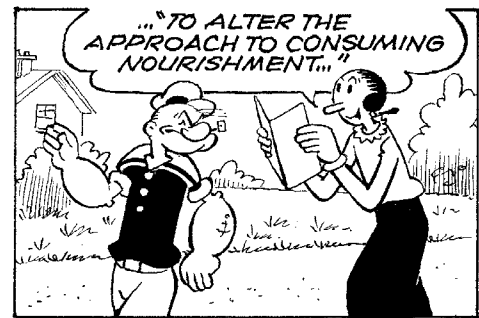
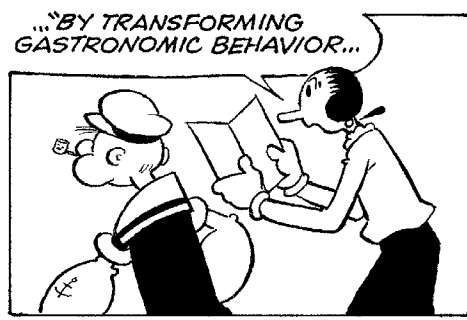
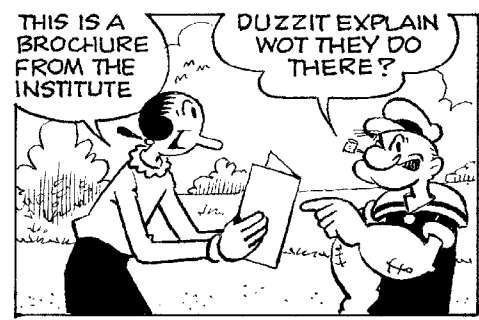
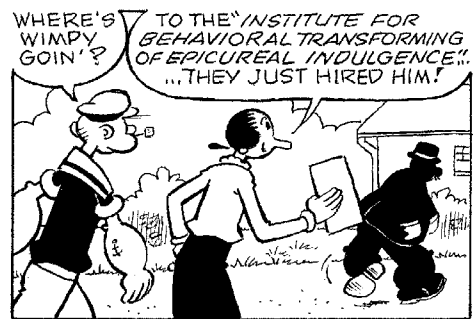
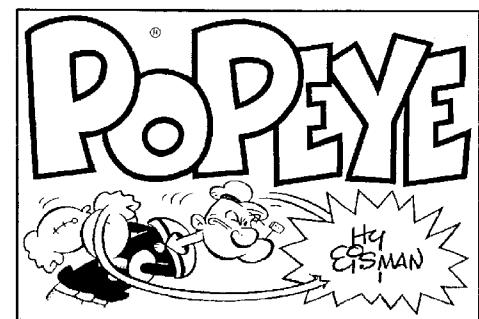


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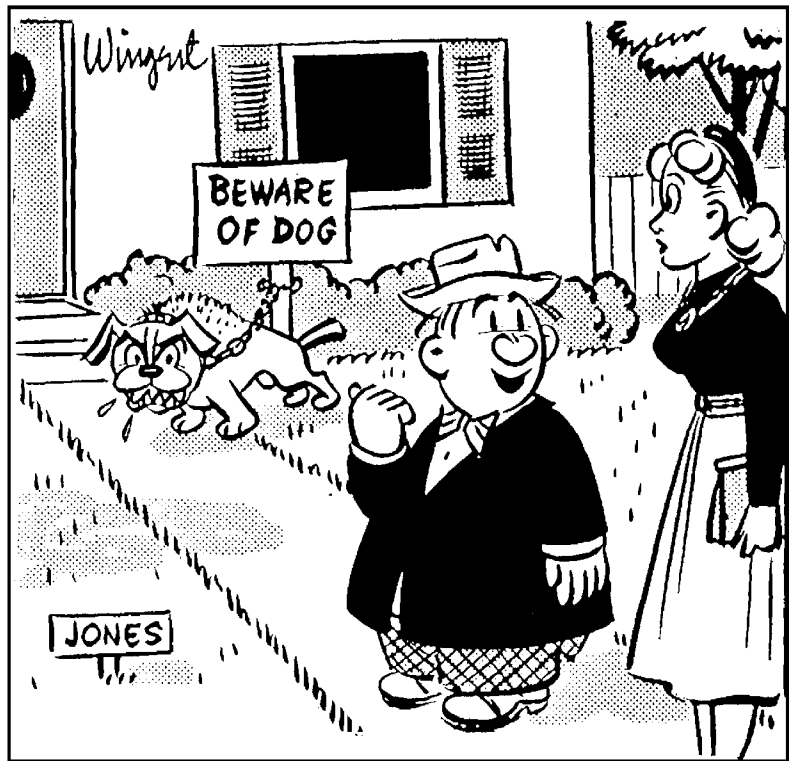
For more information call 916-489-2103



Just Like Cats & Dogs by Dave T. Phipps

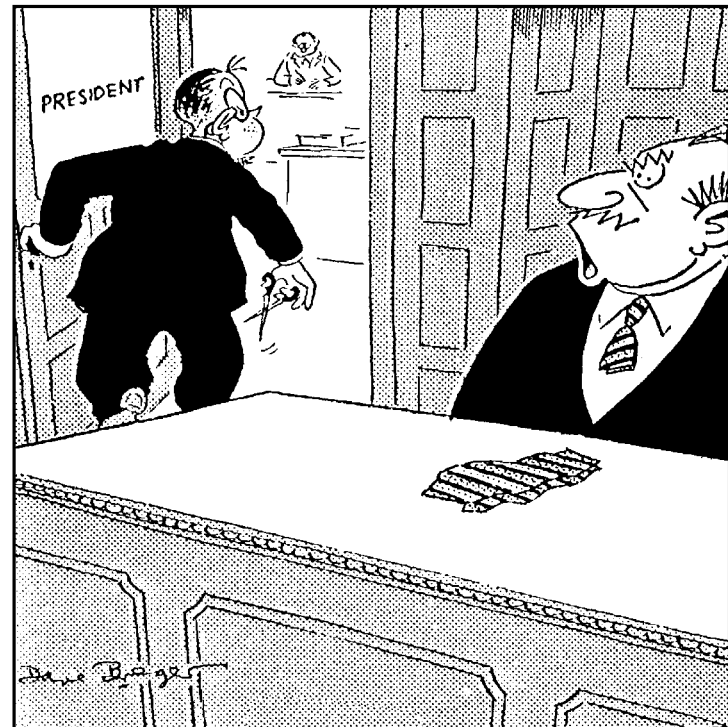


HUBERT - - By Dick Wingert



"Isn't that cute? He's trying to tell us something."

MISTER BREGER By Dave Breger



"I take it, then, that you're leaving us...?"

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Unity of Sacramento is home of the Daily Word and is an affiliate of the Unity Worldwide Ministries and Unity Institute at Unity Village, Missouri.

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Sept. 30-Oct. 25, 2014	NCA Bold Expressions
Oct. 28-Nov 15, 2014	Annual Photography Exhibit

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To register call or email Phawnda, 916-630-0505 • Email phawnda@sbcglobal.net

Club Meetings
Wash Inc. No Summer Meeting • Next Meeting September 8, 2014 1:30 pm
NCA No Summer Meeting • Next Meeting September 10, 2014 7 pm
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Salome's Stars

ARIES (March 21 to April 19) Be careful not to allow the backers of a new financial "deal" to pull the wool over the Lamb's eyes. It could hold fewer pluses and more negatives than you were first led to believe.

TAURUS (April 20 to May 20) It's a good idea to finish all incomplete tasks so that you can devote your attention to next week's projects. The weekend could hold surprises for romantic Fernandas and Ferdinands.

GEMINI (May 21 to June 20) A workplace suggestion you made a while ago that you might have forgotten could come back with a request to turn it from idea to reality. Your social life picks up considerably this weekend.

CANCER (June 21 to July 22) Someone from the past could return with an intriguing opportunity for a future project. Check into it, by all means. But don't neglect your current responsibilities in the meantime.

Got Local News? Call 773-1111

LEO (July 23 to August 22) Keeping your claws sheathed and using good humor instead to counter someone who's bad-mouthing the Big Cat isn't easy. But it's the best way to avoid more problems down the line.

VIRGO (August 23 to September 22) A workplace situation could improve if you're less critical and more supportive of those who are, after all, trying to do their best. Let them know you're there to help when necessary.

LIBRA (September 23 to October 22) A new job offer might not carry all the benefits you're seeking. Make sure you know what you're entitled to, what is off the table and what is negotiable before you make a decision.

SCORPIO (October 23 to November 21) A social obligation you would rather get out of could hold some surprisingly positive aspects. Why not go and see for yourself? A family member makes a curious request.

SAGITTARIUS (November 22 to December 21) Before tackling that new project awaiting you at home or on the job, take time out for some much-deserved pampering to help lift your spirits and restore your energy levels.

CAPRICORN (December 22 to January 19) Your social calendar begins to fill up more quickly than you expected. And that's great. You deserve to enjoy some good fun after so much time spent on serious matters.

AQUARIUS (January 20 to February 18) A domestic situation continues to improve, thanks to all the tender, loving concern you've shown. A colleague makes a questionable move that you might want to check out sooner rather than later.

PISCES (February 19 to March 20) A sudden turn in a romantic relationship calls for both a rational and passionate response. Keep the love level high, but also find out why the problem arose in the first place.

BORN THIS WEEK: You often set high standards for others. But to your credit, you set the same expectations for yourself.

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Strange BUT TRUE
By Samantha Weaver

• It is a Moroccan man named Brahim Takioullah who has the dubious distinction of possessing the world's largest feet. They measure 15 inches from heel to toe.

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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 September 1, 2014.

PICKS OF THE WEEK



Amy Poehler in "They Came Together"

"Draft Day" (PG-13) -- On the morning of the NFL draft, the general manager of the beleaguered Cleveland Browns (Kevin Costner) faces 12 grueling hours of high-stakes decision making, with little to go on but instinct. He has to pick which athletes to pull onto his team, with each choice affecting the life of a young athlete. He's second-guessed on all sides, especially by the team's hot-head coach (Denis Leary). Fortunately, the movie isn't all statistics and business talk. Director Ivan Reitman ("Ghostbusters" and "Up in the Air") gives things the right touch -- even in this tense atmosphere, there's room for humanity and humor. Costner plays the sports-boss role like a champion.

"Night Moves" (R) -- Three environmentalists blow up a hydroelectric dam with a homemade bomb, then contend with consequences they didn't expect. Josh (Jesse Eisenberg), the leader, is silent and calculating. Dena (Dakota Fanning) comes from an upper-crust family, but she's not interested in wealth. Ex-Marine Harmon (Peter Sarsgaard) is the

only radical who seems to revel in the defiance and destruction. After the blast, they split up and lay low -- paranoia stalking each one. This movie is a slow boil. The suspense is palpable, but not in your face. The exact beliefs and motives of the three eco-terrorists aren't really given in detail. It's a story meant to leave you questioning. Was it worth it? Even the bombers are left without a clear answer.

"They Came Together" (R) -- Paul Rudd and Amy Poehler throw chemistry at each other in this dead-on parody of the Hollywood romantic comedy. You know the drill: They can't stand each other at first, then love pulls them together, then something arbitrarily pulls them apart so they have to publicly declare their love and get back together at the end. The movie maybe goes too far in pointing out just how many tropes and cliches it has borrowed from the old formula. Director David Wain ("Role Models" and "Wet Hot American Summer") assembles his extensive crew of very funny friends to fill the cast.

"Moms' Night Out" (PG) -- Looking for a family comedy that takes mom's side, but ends up confirming her darkest fears at the same time? This faith-based feature follows Allyson (Sarah Drew), a harried suburban mother of three who plans a desperately needed night of fun with her best friend (Andrea Logan White) and their pastor's wife (Patricia Heaton). The ladies fear that their families will collapse into chaos and danger without them, and that's pretty much what happens. The moms' night out turns into a sometimes-funny frenzy of anxiety and adventure, pushing the quiet lesson that moms should be glad to stay at home.

TV RELEASES
"Grey's Anatomy: Season 10"
"Person of Interest: Season 3"
"Chicago Fire: Season 2"
"The Originals: Season 1"
"Chicago P.D. Season One"
"Crossbones: Season One"

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LABOR DAY SEPTEMBER 1

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top ten

Low-Allergen Pets

1. Bedlington Terrier
2. Devon Rex Cat
3. Irish Water Spaniel
4. Italian Greyhound
5. Javanese Cat
6. Labradoodle
7. Labrador Retriever
8. Maltese
9. Schnauzer
10. Iguana

Source: EH&E/Honeywell

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Good Housekeeping

Grilled Sweet Corn

Corn is especially tasty when grilled with fresh herbs tucked in.

- 8 ears corn, with husks and silk
- 3 tablespoons olive oil
- Basil, rosemary, sage and/or thyme sprigs

1. Prepare grill. In 8-quart saucepot, place unhusked corn and enough water to cover; soak 15 minutes.
2. Remove corn from water and drain. Gently pull husks back three-fourths of way; remove silk. With pastry brush, brush each ear with some oil. Rewrap corn with husks, tucking in several herb sprigs between corn and husk on each ear. Remove thin strip of husk from each ear and use to tie tops of husks together.
3. Place corn on grill over medium heat. Grill, turning corn occasionally, until tender, 30 to 40 minutes. Makes 8 accompaniment servings.

• Each serving: About 164 calories, 5g protein, 27g carbohydrate, 6g total fat (1g saturated), 0mg cholesterol, 22mg sodium.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipefinder/.

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The Garden Bug

Rain gardens

are shallow depressions in the landscape that give rainfall a chance to collect and infiltrate the surrounding ground instead of being funneled directly into local waterways via storm drains. Pollutants can be filtered out of rainwater during this process. For instructions on how to build your own rain garden, go to www.raingardennetwork.com

- Brenda Weaver

Sources: uconn.edu, www.raingardennetwork.com

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 - Denouement
 - Beginning of a sickness
 - *1950s car feature
 - Aroused
 - + or - atom
 - Montana tribe
 - Pecking mother
 - Do over
 - Genuflect in submission
 - Spill the beans
 - *McCarthy's foes
 - Wither from heat
 - Fairytale beast
 - Anklebone
 - Crunchable info
 - New World parrot
 - Acute
 - Grand ___
 - In need of fixing
 - Brooklyn team
 - Big fuss
 - Minor damage
 - Beehive State native
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 - Schoolmarm's whip
 - Rainy
 - *It supported the North in Korean War
 - Brandish
 - Sodium hydroxide
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 - Coniferous tree
 - Indian ___
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- *Nixon's respectable Republican cloth ___
 - ___ Karenina
 - Hindu princess
 - Garlicky mayonnaise
 - Make an attempt
 - Yemeni port
 - *Holiday ___ motel chain
 - Highway patrolman's gun
 - *Slugger ___ Aaron debuted in 1954
 - Gaelic
 - "___ there, done that"
 - "C" ___ la vie!"
 - *The Platters' sound
 - Dead to the world
 - Moo goo gai pan pan
 - Young codfish
 - *Thermonuclear weapon
 - *Pomp and Circumstance Marches' composer
 - Narcotics lawman
 - Wanted state in old west?
 - Bankrolls
 - ___ - ___ - la
 - *"Eight Is Enough" group, e.g.
 - *Frisbee and Hula Hoop maker
 - Yellow on bald eagle
 - "Absolutely!"
 - Get something ready
 - Tied the knot
 - Not a thing
 - Exterior plaster
 - Very recently
 - Set of principles
 - Lucy and Ricky, e.g.
 - Has a mortgage
 - *1952 Olympic site
 - Like soup, but thicker
 - Supreme Court count
 - Ancient Peruvian
 - *Newsweek sports editor, "Boys of Summer" author
 - Pencil type
 - *CBS unveiled this logo in 1951

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12		
13						14			15				
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64						65	66			67			
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		4		2	7			
9	8		4	1				
		8					1	
7	6				8		2	
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		5	8		4			
2	9			4				

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

For Solutions See Page 11

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Sudoku Puzzle on Page 10

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

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LEGAL ADVERTISING

Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294-February 7, 1984
Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380-September 18, 1969

Legal Advertising
P.O. Box 14
Carmichael, CA 95609

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06010. Precious Paws Pet Services, LLC, 3431 Buccanear Circle, Sacramento, CA 95826 is doing business under the Fictitious Business Names "preciouspawspetservices.com, Precious Paws Pet Services"at3431 Buccanear Circle, Sacramento, CA 95826. Filed with the Clerk of Sacramento County on July 18, 2014. Publish: August 7, 14, 21 and 28, 2014 PRECIOUS 140725 08-28-14	FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06517. Sukhinder S. and Jasbir K. Gill, 9581 S. Canyon Court, Orangevale, CA 95662 are doing business under the Fictitious Business Name "Circle of Friends" at 3708 Marconi Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County on July 16, 2014. Publish: August 7, 14, 21 and 28, 2014 CIRCLE 140728 08-28-14	FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06194. T.L.S. Paris, Inc., 3689 Recycle Road, Suite 3, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name "TLS Auto Recycling" at 3811 Recycle Road, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on July 28, 2014. Publish: August 7, 14, 21 and 28, 2014 TLS 140728 08-28-14	FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06587. Robert L. Foutz, 6809 Duckling Way, Sacramento, CA 95842 is doing business under the Fictitious Business Name "Foutz & Son Construction" at 6809 Duckling Way, Sacramento, CA 95842. Filed with the Clerk of Sacramento County on July 15, 2014. Publish: August 7, 14, 21 and 28, 2014 FOUTZ 140729 08-28-14	FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-05267. Gus Ballis, 11481 Upper Meadow Drive, Gold River, CA 95670 is doing business under the Fictitious Business Name "Augustus Environmental" at 11481 Upper Meadow Drive, Gold River, CA 95670. Filed with the Clerk of Sacramento County on June 24, 2014. Publish: August 7, 14, 21 and 28, 2014 AUGUSTUS 140701 08-28-14	FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06256. Kevin Goettlich, 8617 Winding Way, Fair Oaks, CA 95628 and Dan Jameson, 9163 Larat Court, Fair Oaks, CA 95628 are doing business under the Fictitious Business Name "The Dugout" at 6085 Greenback Lane, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on July 29, 2014. Publish: August 7, 14, 21 and 28, 2014 DUGOUT 140730 08-28-14	FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06531. Clifford G. Madison, 5046 Hackberry Lane, Unit 314, Sacramento, CA 95841 is doing business under the Fictitious Business Names "P.O.L. Society Music and Cliff Ford" at 5046 Hackberry Lane, Unit 314, Sacramento, CA 95841. Filed with the Clerk of Sacramento County on July 1, 2014. Publish: August 7, 14, 21 and 28, 2014 POLSOCIETY 140714 08-28-14	FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06561. David Ame Lewis and Kimberly Jean Romero, 3740 View Court, Santa Rosa, CA 95403 are doing business under the Fictitious Business Names "Floppy's Digital Copies and Printing, Floppy's Digital Print and Copy" at 2031 J Street, Sacramento, CA 95811. Filed with the Clerk of Sacramento County on July 15, 2014. Publish: August 7, 14, 21 and 28, 2014 FLOPPYS 140730 08-28-14	FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06208. Minister Walena Gaspard, 1820 Capitol Avenue #401, Sacramento, CA 95811 is doing business under the Fictitious Business Name "Restoration New Life Recovery Prayer Ministry" at 1820 Capitol Avenue #401, Sacramento, CA 95811. Filed with the Clerk of Sacramento County on July 29, 2014. Publish: August 7, 14, 21 and 28, 2014 RESTORATION 140730 08-28-14	FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06259. Shannon Hunt, 6725 Fleming Avenue, Sacramento, CA 95828 is doing business under the Fictitious Business Names "Once Upon An Alpha, Alpha Author Promotions" at 6725 Fleming Avenue, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on July 30, 2014. Publish: August 7, 14, 21 and 28, 2014 ONCE 140731 08-28-14	FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06527. Tiffany and Jeffrey Smith, 5025 Waterbury Way, Fair Oaks, CA 95628 are doing business under the Fictitious Business Names "The Eagle Joys, Auto Magic of South Bay" at 5025 Waterbury Way, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on July 1, 2014. Publish: August 7, 14, 21 and 28, 2014 EAGLE 140801 08-28-14	FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06203. Michelle Nguyen, 230 Sun Shower Circle, Sacramento, CA 95823 is doing business under the Fictitious Business Name "MT Network" at 6665 Stockton Boulevard, Suite 1B, Sacramento, CA 95823. Filed with the Clerk of Sacramento County on July 28, 2014. Publish: August 14, 21, 28 and September 4, 2014 MTNETWORK 140802 09-04-14	FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06307. Autos for Athletes, 4900 Warehouse Way, #120, Sacramento, CA 95826 is doing business under the Fictitious Business Name "West Campus Jr. Warriors" at 4900 Warehouse Way, #120, Sacramento, CA 95826. Filed with the Clerk of Sacramento County on July 30, 2014. Publish: August 14, 21, 28 and September 4, 2014 WEST 140804 09-04-14	FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06418. Camacho Communications Corporation, 517 8th Street, Sacramento, CA 95814 is doing business under the Fictitious Business Names "CAMCO Solutions, Camcho Electric & Data" at 517 8th Street, Sacramento, CA 95814. Filed with the Clerk of Sacramento County on August 5, 2014. Publish: August 14, 21, 28 and September 4, 2014 CAMCO 140805 09-04-14	FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06643. Lucas Perretti, 2139 Moonstone Way, Sacramento, CA 95835 is doing business under the Fictitious Business Name "Vinotrope" at 2139 Moonstone Way, Sacramento, CA 95835. Filed with the Clerk of Sacramento County on August 5, 2014. Publish: August 14, 21, 28 and September 4, 2014 VINOTROPE 140805 09-04-14	FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-04661. Jason Saunders, 6101 Mariposa Avenue, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "American Saltwater Charters" at 6101 Mariposa Avenue, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on June 4, 2014. Publish: August 14, 21, 28 and September 4, 2014 AMERICAN 140805 09-04-14	FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06265. Ralph Adam Neeley, 6320 Aslin Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name "White Diamonds Entertainment" at 6320 Aslin Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on July 30, 2014. Publish: August 14, 21, 28 and September 4, 2014 WHITE 140805 09-04-14	FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06185. Jaswinder Singh Shergill, 8041 Tetotom Parkway, Antelope, CA 95843 and Shubhjit Kaur, 7925 Tetotom Parkway, Antelope, CA 95843 are doing business under the Fictitious Business Name "Prls N Fitns Liquor Store" at 6432 Stockton Boulevard, Sacramento, CA 95823. Filed with the Clerk of Sacramento County on July 28, 2014. Publish: August 14, 21, 28 and September 4, 2014 PINTS 140807 09-04-14	FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06402. Luis Ramirez, 2281 Sierra Boulevard, Sacramento, CA 95825 is doing business under the Fictitious Business Name "Royal Limousine" at 2281 Sierra Boulevard, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on August 4, 2014. Publish: August 14, 21, 28 and September 4, 2014 ROYAL 140807 09-04-14
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FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06461. Jamin Teague, 1516 Linda Vista Lane, Sacramento, CA 95822 is doing business under the Fictitious Business Name "Assurance Training" at 1516 Linda Vista Lane, Sacramento, CA 95822. Filed with the Clerk of Sacramento County on August 6, 2014. Publish: August 14, 21, 28 and September 4, 2014 ASSURANCE 140807 09-04-14	FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06379. DeAndrea Clay, 836 57th Street, Suite 441, Sacramento, CA 95819 is doing business under the Fictitious Business Name "Fierce & Chic Boutique" at 836 57th Street, Suite 441, Sacramento, CA 95819. Filed with the Clerk of Sacramento County on August 1, 2014. Publish: August 14, 21, 28 and September 4, 2014 FIERCE 140807 09-04-14	FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06707. Aimee Aikens, 562 Lagoransiro, Sacramento, CA 95819 and Tia Kilpatrick and Chandler Crook, 5338 F Street, Sacramento, CA 95819 are doing business under the Fictitious Business Name "Versa Indoor Cycling & Fitness" at 5338 F Street, Sacramento, CA 95819. Filed with the Clerk of Sacramento County on July 8, 2014. Publish: August 14, 21, 28 and September 4, 2014 VERSA 140807 09-04-14	FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06465. Premier Marketing Alliance, Inc., 7131 Governors Circle #A, Sacramento, CA 95823 is doing business under the Fictitious Business Names "Resource Financial and Insurance Services, Make a Path, Ar- 1st Cleaning Services" at 7131 Governors Circle #A, Sacramento, CA 95823. Filed with the Clerk of Sacramento County on August 6, 2014. Publish: August 14, 21, 28 and September 4, 2014 RESOURCE 140807 09-04-14	FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06375. Hazuki Kataoka Battino, 369 N. Lexington Drive, Folsom, CA 95630 is doing business under the Fictitious Business Name "Leaf Moon Arts" at 369 N. Lexington Drive, Folsom, CA 95630. Filed with the Clerk of Sacramento County on August 1, 2014. Publish: August 21, 28, September 4 and 11, 2014 LEAFMOON 1408014 09-11-14	FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06610. Jack Orr, 5341 Mustang Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Jacks Repair Service" at 5341 Mustang Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on August 12, 2014. Publish: August 21, 28, September 4 and 11, 2014 JACKSREPAIR 1408014 09-11-14	FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06108. Malcolm T. O'Neal, Sr., 8604 Cassieri Circle, Sacramento, CA 95825 is doing business under the Fictitious Business Name "The MaltronicNetwork916" at 8604 Cassieri Circle, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on July 24, 2014. Publish: August 28 and September 4, 12 and 18, 2014 MALTRONIC 140804 09-18-14	FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06502. Chamkar Sahota, 8126 Great Hope Way, Antelope, CA 95483 is doing business under the Fictitious Business Name "Yogurt City" at 4400 Everla Road, Suite 110, Antelope, CA 95483. Filed with the Clerk of Sacramento County on August 7, 2014. Publish: August 28 and September 4, 12 and 18, 2014 YOGURT 140818 09-18-14	FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06720. Ekassoo, Inc., 5617 Omni Drive, Sacramento, CA 95841 is doing business under the Fictitious Business Name "Budget Blinds of Rancho Cordova" at 5617 Omni Drive, Sacramento, CA 95841. Filed with the Clerk of Sacramento County on August 15, 2014. Publish: August 28 and September 4, 12 and 18, 2014 BUDGET 140816 09-18-14	FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06580. Larry G. Edwards, 2316 Villanova Circle #3, Sacramento, CA 95825 is doing business under the Fictitious Business Name "Old School Auto Detailing" at 2440 Glendale Lane #B, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on August 11, 2014. Publish: August 28 and September 4, 12 and 18, 2014 OLDSCHOOL 140818 09-18-14	FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06332. Automatic Transmission Rebuild Center, 4758 Auburn Boulevard, Sacramento, CA 95841 is doing business under the Fictitious Business Name "All Transmission & Fleet Service" at 4758 Auburn Boulevard, Sacramento, CA 95841. Filed with the Clerk of Sacramento County on August 19, 2014. Publish: August 28 and September 4, 12 and 18, 2014 ALLTRANS 140819 09-18-14	FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06488. Jeff Molinari, 6001 Ogden Nash Way, Sacramento, CA 95842 is doing business under the Fictitious Business Name "L.P.P.S. Co." at 6001 Ogden Nash Way, Sacramento, CA 95842. Filed with the Clerk of Sacramento County on August 7, 2014. Publish: August 28 and September 4, 12 and 18, 2014 LPSS 140819 09-18-14	FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06440. Christopher Martinez, 6101 Fountaineale Way, Carmichael, CA 95608 and Marlene Martinez, 3704 Ardmore Road, Sacramento, CA 95821 are doing business under the Fictitious Business Name "Martinez Properties" at 6101 Fountaineale Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on August 5, 2014. Publish: August 28 and September 4, 12 and 18, 2014 MARTINEZ 140819 09-18-14	FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06104. Greg Garrett and Ryan Boley, 4253 Worthington Drive, North Highlands, CA 95660 are doing business under the Fictitious Business Name "Game Gods Entertainment" at 4253 Worthington Drive, North Highlands, CA 95660. Filed with the Clerk of Sacramento County on July 23, 2014. Publish: August 28 and September 4, 12 and 18, 2014 GAMEGODS 140821 09-18-14	ORDER TO SHOW CAUSE CHANGE OF NAME	COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00166683 WHEREAS, Charity Celestial Sturgill, has filed a petition with this court for a decree changing the names of Nicole Marie Hibbard to Nicole Marie Sturgill and Serenity Rose Hibbard to Serenity Rose Sturgill. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on September 22, 2014, 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: July 23, 2014 David I. Brown, Judge of the Superior Court Publish: August 7, 14, 21 and 28, 2014 STURGILL 140801 08-28-14	COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00166658 WHEREAS, Nicholas Paul Balian, has filed a petition with this court for a decree changing the name of Nicholas Paul Balian to Nicholas Paul Matassa. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on September 22, 2014, 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: July 23, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: August 7, 14, 21 and 28, 2014 BALIAN 140728 08-28-14	COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00166855 WHEREAS, Shannon Mason, Mason Law Office, Attorney, has filed a petition with this court, for this petitioner Lisa Magdalin, for a decree changing the names of Alec Perovozhikov to Alec Magdalin and Nikita Perovozhikov to Nikita Magdalin. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on October 1, 2014, 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: August 13, 2014 David I. Brown, Judge of the Superior Court Publish: August 21, 28, September 4 and 11, 2014 HOANG 140813 09-11-14	COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00166855 WHEREAS, Shannon Mason, Mason Law Office, Attorney, has filed a petition with this court, for this petitioner Lisa Magdalin, for a decree changing the names of Alec Perovozhikov to Alec Magdalin and Nikita Perovozhikov to Nikita Magdalin. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on October 1, 2014, 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: August 13, 2014 David I. Brown, Judge of the Superior Court Publish: August 21, 28, September 4 and 11, 2014 MAGDALIN 140805 09-11-14	COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00166795 WHEREAS, Irene Christine Sanchez and Angel Manuel Salcedo Jr., have filed a petition with this court for a decree changing the name of Amiliano Manuel Salcedo to Angel Manuel Salcedo III. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on October 28, 2014, 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: August 20, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: August 28, September 4, 11 and 18, 2014 SALCEDO 140820 09-18-14	COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00167935 WHEREAS, Tracy N. Williams, has filed a petition with this court for a decree changing the name of Khalil Ameer Ahmed Williams to Khalil Dajshon Williams. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on October 24, 2014, 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: August 20, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: August 28, September 4, 11 and 18, 2014 WILLIAMS 140820 09-18-14	COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00167935 WHEREAS, Irene Christine Sanchez and Angel Manuel Salcedo Jr., have filed a petition with this court for a decree changing the name of Amiliano Manuel Salcedo to Angel Manuel Salcedo III. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on October 28, 2014, 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: August 20, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: August 28, September 4, 11 and 18, 2014 SALCEDO 140820 09-18-14	COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00167935 WHEREAS, Veronica Joyce Wright, has filed a petition with this court for a decree changing the name of Veronica Joyce Wright to Veronica Joyce Johnson. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on October 24, 2014, 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: August 20, 2014 David I. Brown, Judge of the Superior Court Publish: August 28, September 4, 11 and 18, 2014 JOHNSON 140822 09-18-14	NOTICE OF PETITION TO ADMINISTER ESTATE	NOTICE OF PETITION TO ADMINISTER ESTATE OF CHARLES F. FRANK (descendent) ESTATE NO. 34-2014-00166896 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, of or both of CHARLES F. FRANK (deceased): A petition has been filed by MANDI LOPEZ in the Superior Court of California, County of Sacramento, requesting that MANDI LOPEZ be appointed as Executor to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petitioner requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. Bond is not required. A hearing on the petition will be held in this court as follows: September 10, 2014, 9:00 a.m. in Dept. No. 129 at Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for the Petitioner is: David R. Morris, ESQ. SBN: 224829, 5137 Golden Foothill Parkway, Suite 110, El Dorado Hills, CA 95762. (916)789-9810 Publish: August 21, 28 and September 4, 2014 PETERSEN 140815 8-28-14
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COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00166372 WHEREAS, Stanley Morrison, has filed a petition with this court for a decree changing the names of Stanley Carl Morrison to Stan Carl Morrison. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on September 18, 2014, 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: July 16, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: August 7, 14, 21 and 28, 2014 MORRISON 140729 08-28-14	COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00166667 WHEREAS, Joanna Farfan, has filed a petition with this court for a decree changing the names of Joanna Farfan to Joanna Castillo. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on September 23, 2014, 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: July 23, 2014 David I. Brown, Judge of the Superior Court Publish: August 7, 14, 21 and 28, 2014 FARFAN 140731 08-28-14	COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00166898 WHEREAS, Tristian Landrum Jaramillo, has filed a petition with this court for a decree changing the name of Tristian Natalie Landrum Jaramillo to Tristian Natalie Landrum. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on October 6, 2014, 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: July 23, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: August 14, 21, 28 and September 4, 2014 JARAMILLO 140801 09-04-14	COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00167198 WHEREAS, Stacey Anne Burrows, has filed a petition with this court for a decree changing the name of Stacey Anne Burrows to Stacey Adrian Burrows. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on October 15, 2014, 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: August 6, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: August 14, 21, 28 and September 4, 2014 BURROWS 140806 09-04-14	COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00167197 WHEREAS, FNU Shaif Ullah, has filed a petition with this court for a decree changing the name of FNU Shaif Ullah to Shaifullah HOTAK. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on October 14, 2014, 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: August 6, 2014 David I. Brown, Judge of the Superior Court Publish: August 14, 21, 28 and September 4, 2014 ULLAH 140806 09-04-14	COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00167551 WHEREAS, FNU Roohullah, has filed a petition with this court for a decree changing the name of FNU Roohullah to Roohullah Qadry. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on October 20, 2014, 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: August 13, 2014 David I. Brown, Judge of the Superior Court Publish: August 21, 28, September 4 and 11, 2014 ROOHULLAH 140813 09-11-14	NOTICE OF PETITION TO ADMINISTER ESTATE	NOTICE OF PETITION TO ADMINISTER ESTATE OF CHARLES F. FRANK (descendent) ESTATE NO. 34-2014-00166896 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, of or both of CHARLES F. FRANK (deceased): A petition has been filed by MANDI LOPEZ in the Superior Court of California, County of Sacramento, requesting that MANDI LOPEZ be appointed as Executor to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petitioner requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. Bond is not required. A hearing on the petition will be held in this court as follows: September 10, 2014, 9:00 a.m. in Dept. No. 129 at Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for the Petitioner is: David R. Morris, ESQ. SBN: 224829, 5137 Golden Foothill Parkway, Suite 110, El Dorado Hills, CA 95762. (916)789-9810 Publish: August 21, 28 and September 4, 2014 PETERSEN 140815 8-28-14
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COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00166898 WHEREAS, Tristian Landrum Jaramillo, has filed a petition with this court for a decree changing the name of Tristian Natalie Landrum Jaramillo to Tristian Natalie Landrum. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on October 6, 2014, 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: July 23, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: August 14, 21, 28 and September 4, 2014 JARAMILLO 140801 09-04-14	COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00167198 WHEREAS, Stacey Anne Burrows, has filed a petition with this court for a decree changing the name of Stacey Anne Burrows to Stacey Adrian Burrows. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on October 15, 2014, 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: August 6, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: August 14, 21, 28 and September 4, 2014 BURROWS 140806 09-04-14	COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00167197 WHEREAS, FNU Shaif Ullah, has filed a petition with this court for a decree changing the name of FNU Shaif Ullah to Shaifullah HOTAK. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on October 14, 2014, 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: August 6, 2014 David I. Brown, Judge of the Superior Court Publish: August 14, 21, 28 and September 4, 2014 ULLAH 140806 09-04-14	COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00167551 WHEREAS, FNU Roohullah, has filed a petition with this court for a decree changing the name of FNU Roohullah to Roohullah Qadry. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on October 20, 2014, 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: August 13, 2014 David I. Brown, Judge of the Superior Court Publish: August 21, 28, September 4 and 11, 2014 ROOHULLAH 140813 09-11-14	NOTICE OF PETITION TO ADMINISTER ESTATE	NOTICE OF PETITION TO ADMINISTER ESTATE OF CHARLES F. FRANK (descendent) ESTATE NO. 34-2014-00166896 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, of or both of CHARLES F. FRANK (deceased): A petition has been filed by MANDI LOPEZ in the Superior Court of California, County of Sacramento, requesting that MANDI LOPEZ be appointed as Executor to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petitioner requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. Bond is not required. A hearing on the petition will be held in this court as follows: September 10, 2014, 9:00 a.m. in Dept. No. 129 at Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 5
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LETTER FROM THE EDITOR

Chemtrails or Contrails?



Two of our readers saw what they believed to be chemtrails, and they took photos to document the low altitude trails near their homes. The top photo from Carmichael was taken by the reader's eight year old child. One chemtrail observer noted that in chemtrails, gravity can be seen pulling substances down from the trail. The bottom photo was taken recently in Fair Oaks.

SACRAMENTO REGION, CA (MPG) - Some of our readers have expressed concern about chemtrails (chemical trails) and have requested that we cover this issue. I thought I'd bring it directly to you, our readers, and give you a chance to weigh in on the issue.

The white clouds that streak the skies in the wake of high-flying planes are contrails (condensation trails), and are formed from water vapor in aircraft exhaust. Contrails are formed only at very high, cold altitudes, usually above 8 km where the air is less than -40 degrees C with high humidity. Contrails cannot form at lower

altitudes or at higher temperatures, so when people see what appear to be contrails at lower altitudes, they believe they must be something else: chemtrails.

Two of our readers saw what they believed to be chemtrails, and they took photos to document the low altitude trails near their homes. The photos from Carmichael were taken by the reader's eight year old child.

According to people who observe what appear to be chemtrails at low altitudes, the vapor clouds seem to last longer than contrail clouds, and they have observed trails emitting from places other than the engines. One chemtrail observer

noted that substances are visibly pulled down from the clouds by gravity (see top photo).

Opinions are widely split; some people think all trails are contrails, and some believe that chemtrails are not only real, but are being used by the government for nefarious purposes.

Do you think low flying aircraft are emitting contrails or chemtrails? If you believe they're chemtrails, what do you think they are, and what do you believe their purpose is? ★

-Jennifer Trovato, Managing Editor
Sources: www.NASA.gov, www.PBS.org

Senator Nielsen Issues Statement on Governor's Open Letter on Water Bond

SACRAMENTO REGION, CA (MPG) - Governor Brown distributed a letter Tuesday stating his inflexible position on the water bond. Ignoring the needs of farm workers, ranchers, businesses and average Californians, the Governor drew a line in the sand to propose a \$6 billion bond that will essentially reduce water storage to a fraction of what's needed.

State Senator Jim Nielsen (R-Gerber) issued the following statement in response to Governor Brown's rigid proposal:

"Under Brown's plan, funding for surface water storage - essential to California's long-term water needs - and other key water projects will be slashed. "The Governor's



Sen. Jim Nielsen

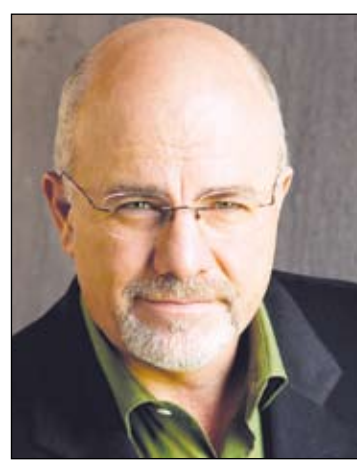
uncompromising position is puzzling. "He continues to focus on the high-speed rail that no one needs and few people want. At

an estimated cost of nearly \$100 billion, the train has not broken ground and the state has already spent \$500 million.

"Investing in critical water storage for generations of Californians is of far greater significance than a train across California."

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

Source: *The Office of Senator Jim Nielsen*



Dave Says

you can really lean into your budget. Think about it. You'd have no debt except for your home, and you could rebuild your savings in a hurry and be in really great shape in about six months. Plus, you'd have \$15,000 sitting there in the meantime!

- Dave

No Pets Allowed

Dear Dave,

I have several rental properties, and lately I've been spending a ton of money remodeling them because I allow pets. Do you think I should begin refusing tenants with pets?

- Jim

Dear Jim,

This is a tough one for me, because I have three dogs of my own. I've got a pug that's older than dirt, a shih tzu with an attitude and the best golden retriever on the planet. I love animals, and like you, I've got a lot of rental properties. But I don't allow animals in my properties.

Some people have accused me of hating all animals except my own. I can tell you that's not true. But the fact is a lot of people don't take good care of their animals and keep an eye on them. It's hard enough to find trustworthy, responsible renters these days, and if you add a dog or cat on top of that you're just

asking for trouble. I've had situations in the past where I had to spend \$10,000 to clean up a house after a tenant had a dog or cat in there. They'll chew things up, stain and stink things up, and tear things up. Sometimes you even have to replace the floorboards!

I had a lady offer me \$10,000 deposit the other day on one of my properties, just so she could move in with her dog. I said no. It's in all my leases now - no animals. I don't allow them in at the beginning, and if one of my tenants gets one after they move in they either have to find a new home for the animal or move out themselves. At that point they're in violation of the lease.

The problem is I really do have a heart for animals. I love them. But as a landlord who's running a business, it just doesn't make sense.

- Dave

* Dave Ramsey is America's trusted voice on money and business. He has authored five New York Times best-selling books. The Dave Ramsey Show is heard by more than 8 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com. ★



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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 cost for these core courses is \$30 total for all 6 sessions. The cost includes lessons/manuals. Additional one or two 2 1/2 hour session workshops are offered for \$5 per workshop. Workshop titles include: Digital Cameras, Computer Maintenance, E Bay, Greeting Cards, Downloading, Windows 7, Storage and Backup Files, Flash Drives, etc, and Database.

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



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



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15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28
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'The Drowsy Chaperone' will again feature an all-star cast including Analise Langford-Clark - as Janet Van de Graaff, the star of Feldzieg's Follies. Debonair, dashing, and a matinee idol Robert Martin is played by Bernie.

The all-star cast includes Dan Slauson, as the Man in Chair - a mousy, agoraphobic Broadway fanatic, seeking to cure his "non-specific sadness".

Deane Calvin as the Drowsy Chaperone, the melo-dramatic diva to be reckoned with whom gleefully chews the scenery and steals just about every scene in which she appears.



Directed by Bob Irvin, this musical is based on a book by Bob Martin and Don McKellar, music and lyrics by Lisa Lambert and Greg Morrison and score by Richard Adler and Jerry Ross. The show won the Tony Award in 2006 for Best Book of a Musical and Best Score. Fair Oaks Theatre Festival's production is choreographed by Sunny Smith, with Vocal Direction by Tracy Martin Shearer and Music Direction by Kirt Shearer.

For Further Information:
Call (916) 966-3683
FairOaksTheatreFestival.com

Fair Oaks Theatre Festival
Veterans Memorial Amphitheatre,
7991 California Avenue,
Fair Oaks, 95628

Kids K9 Fun Run

Rain or Shine



Kids - come and run for our K9 Officers. The Kids K9 Fun Run for kids 15 and under is \$18. The fee includes a run tee shirt, kids lunch and medal for each participant. (Fee increases to \$25 after 9/1/14.)

K9 Officers from the Sacramento PD K9 Unit and other law enforcement agencies will be on site passing out trading cards, giving demonstrations and you can also have your photo taken with a K9 Officer.

All proceeds from this event will benefit three area Police K9 Associations which provide retirement benefits for K9 Officers. More info on our website.

Start The run begins at 10:00 a.m. at the Garden of Honor at Sierra Hills Pet Cemetery where 48 retired K9 Officers are memorialized.

Date: Saturday, September 13, 2014 (in honor of Pet Memorial Day)
Where: Sierra Hills Memorial Park & Sierra Hills Pet Cemetery, 5757 Greenback Way, Sacramento, CA (off I-80 @ Greenback)
Time: Gates open at 9:00 a.m. (arrive early for best parking)
How: Register on-line at www.KidsK9FunRun.org
What: 10:00 a.m. Kids K9 Fun Run Starts
 11:00 a.m. to 1:00 p.m. Vendor, Food and Community booths
 11:30 a.m. Participants lunch served
 1:00 p.m. Police K9 demonstration

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

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

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Whether you are new to dentures or have worn them for years, a snap on denture is a great solution to uncomfortable chewing and slippery painful dentures. There are several types of snap on dentures available, including snap on partials. We make your denture or partial fit and function in harmony with the space available in your mouth, and give custom attention to the delicate fabrication of your snap on denture.

A snap on denture gets some support from the implants that it snaps onto. Unlike conventional dentures that rest on the gums, a snap on denture is anchored to multiple implant snaps and is therefore much more stable and comfortable.

Two or more implant snaps can be used on the upper and/or lower jaw. The more snaps that are placed, the more stable the denture will be. Much like a four legged chair would be more stable than a three or two legged chair, the use of denture snaps keep the denture stable, secure and comfortable. These snaps are designed with different levels of retention, customized to the needs of the patient. When the snaps wear out, replacing them is a simple and inexpensive procedure.

If you already wear a conventional denture or partial denture, we can sometimes use your denture to accommodate the snaps to fit on your new dental implants.

2 Implants With Attachments to a Denture \$2000 Off

If you are interested in learning more about improving your quality of life with an implant retained snap on denture or partial, please contact us for a **FREE CONSULTATION today!**

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