



Sunday Fun for Cool Cats

Page 6

PLUS: Local Teen Introduces Underprivileged Kids the Magic of Musicals

Page 13



Carmichael Times

Volume 34 • Issue 32

Serving Carmichael and Sacramento County since 1981

August 7, 2014

Better Late than never for Taxpayers to Get Relief



Page 4

The Search Begins for Abandoned Art



Page 2

Couch Theater Locke



Page 9

To Save a Hummingbird



Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Why are two baby hummingbirds so important?

For me and my Carmichael friend, Irv, supporting a hummingbird hen and her mini family was all that mattered for weeks; from eggs to first flight, we guarded them. On an unruly planet, the feathered trinity seemed a flawless microcosm of worth.

We found two hummingbird nests in the oak-shaded Carmichael Creek valley tended by Irv and his wife, Pauline. The first—a miracle of plant down—was secured by cobwebs to a Japanese maple limb. Despite April's whiplashing gales, the hen incubated two pea-sized eggs. Grub-like chicks soon hatched. Round the clock, mom pumped regurgitated insects and nectar into them. The chicks' eyes soon opened, and their spiny skin grew feathers.

One day, Irv found the nest mangled; the babies were gone. A blue scrub jay had lurked for days watching the family. When the chicks achieved meal size, the predator evidently attacked. Near the ruins of the first nest, a more effectively camouflaged cradle held more hummer chicks. We decided these must survive.

Night offered protection from predators, so we kept day shifts. Each dawn, I gave thanks that two tiny heads still poked from their dainty nest. The to-and-froing mom soon ignored us. To the babies, our voices became familiar as

Continued on Page 3



Photos clockwise from top: A hummingbird hen copes with meal time domination by an Alpha chick. Her twins recently hatched and fledged in a Carmichael Creek valley. At right: Days after its sibling has flown, the remaining chick maintains an exhausting mission to get air born. At left: Weeks after fledging, the companionable twins forage together.

Hash Oil Explosions in Sacramento County

SACRAMENTO REGION, CA (MPG) - Homemade manufacturing of hash oil is widespread in Sacramento County. It causes explosions and fires in our neighborhoods and puts the safety of our residents at risk. Also known as wax, shatter, honey oil, hash, BHO, earwax, oil, concentrated cannabis, and dabs, hash oil is a highly concentrated form of THC, the psychoactive substance in marijuana. It is highly popular among both recreational and medical marijuana users.

The most popular production method is BHO, or Butane Hash

Oil, which utilizes the highly volatile solvent, butane. The butane vapors evaporate during the process, but are heavier than air and often congregate in a low lying highly flammable cloud. A pilot light, static electricity, overhead light switch, or an automatic switch such as that found in a refrigerator or air conditioning unit is enough to ignite the cloud. The result is a sudden, powerful explosion and ensuing fire.

There are several telltale

Continued on Page 15



The most popular production method is BHO, or Butane Hash Oil, which utilizes the highly volatile solvent, butane. The butane vapors evaporate during the process, but are heavier than air and often congregate in a low lying highly flammable cloud. Stock photo



Scan our QR Code for a direct link to our online edition!

PRESORTED STD.
US POSTAGE
PAID
PERMIT 350
Carmichael, CA

Change Service Requested

The Perfect Combination!

START YOURS TODAY!

- ✓ Carmichael Times delivers your local community news every week.
- ✓ Get The Sunday Sacramento Bee!

BOTH NEWSPAPERS FOR ONLY \$25⁰⁰ FOR 6 MONTHS!

See inside for details

The Search Begins for Abandoned Art

SACRAMENTO REGION, CA (MPG) - Look under that park bench ... is there a painting to be found?

What's that sticking out from behind the potted plant at the coffee shop? Is it art?

That's the sort of questions that will be asked across Sacramento and the world. Rancho Cordova Arts struck with Abandoned Art on Friday, July 31st. About 2,000 pieces of art have been stashed; most are in the Sacramento Region, but some are in other states and other countries.

The pieces of art are easy to identify: the works have information on the back so finders can make contact with the artists and perhaps even send selfies and stories via email and Facebook, telling how they discovered their hidden treasures.

An early placement was discovered in the National Gallery of Art in Washington, D.C., and according to instructions, an unidentified discoverer had a photo taken of herself holding the piece and sent it back to the artist. Some pieces will have RFID bar code tags which can be read by smart phones and will provide finders with a video. For a free application to read RFID tags, go to gettag.mobi.

The brainstorm of artist Victoria Smith, The Highway 50 Artists, Monto Kumagai and Transmedia Mirage, and artist Robyn Slakey, the Abandoned Art project is described as community performance art which promotes local artistic talent.

Art abandonments are not entirely new, but the explosion of social media has powered abandonment projects to new heights. Recent abandonments of small amounts of cash in some American cities set off search frenzies.

How can art abandonment happen? Sometimes art is abandoned by being tied to the branches of trees, or scribbled on napkins at restaurants. The idea is to create a piece of art and leave it for somebody else to find and enjoy; the artist gives a gift of art ... and moves on. Finders can keep the art, or re-abandon it.

"The spirit of it is in keeping with the 'random acts of kindness' concept," said Smith. "It brightens



Artist Nancy Bagdanov with sweet art to abandon. Abandoned art pieces are easy to identify: the works have information on the back so finders can make contact with the artists and perhaps even send selfies and stories via email and Facebook, telling how they discovered their hidden treasures. All photos courtesy of the City of Rancho Cordova.

your day when you discover some art has been abandoned for you to find."

Finders should send a selfie or correspondence to abandonedart2014@gmail.com or the Abandoned Art Project 2014's Facebook: <http://goo.gl/S6FW9E> (case sensitive).



An early placement was discovered in the National Gallery of Art in Washington, D.C., and according to instructions, the unidentified discoverer had a photo taken of herself holding the abandoned art and sent it to the artist.

Who produced the art? "There are professional and amateur artists of all ages who are abandoning art for the community to find," said Smith. "My latest count is that there will be more than 2,000 pieces abandoned." Rancho Cordova artists are reaching out in a provocative and fun way. The mass abandonment will

continue through 2014, Smith said. Other artists who want to get in on the action can continue to join up. To participate, artists should contact Smith at the email or Facebook address to get started.

A portion of the project is funded by Rancho Cordova Arts, a two-year old organization of artists who have formed a loose collaboration to support local art exhibits at Rancho Cordova City Hall, at public events, even a "Brushes and Brews" hook-up with the American River Brewing Company.

The visual arts group sponsors Plein Air art events and works hand in hand with the Rancho Cordova River City Concert Band and Rancho Cordova Civic Light Orchestra to nurture local artists and art activities, under the guidance of the Cordova Community Council.

"We think our Abandoned Art project expresses a lot about how we not only want to be a place where local art is supported and enjoyed, but a place where art happens," said Smith.

Happy hunting! ★

Source: The City of Rancho Cordova

CARMICHAEL COMMUNITY UPDATE



By County Supervisor Susan Peters

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

Parks Director to Speak

Please join me 7:30 a.m. on Wednesday morning, August 20, at my Community Coffee Meeting featuring Jeff Leatherman, Sacramento County's Director of Regional Parks.

This meeting will be held at the Fair Oaks Water District's conference room, 10326 Fair Oaks Blvd. near Winding Way. The meeting starts at 7:30 a.m. and I will give a brief update on what is going on with Sacramento County then introduce our guest speaker

followed by questions and answers.

Cyber Awareness Fair for Youth

The environment facing young people today is far different than when I was a youngster growing up in Sacramento County. Today's youth are exposed to issues like Cyber Bullying, Cyber Security and Technology Addiction.

The Sacramento County Youth Commission recognizes today's challenges and is holding an informational "Cyber Awareness Fair 2014" on Saturday, August 9 from 2-6 pm at Carmichael Park's Community Clubhouse. There will be information booths and guest speakers from organization and the FBI.

Also on display will be an Art Show by young artists between the ages of 12 to 18 featuring original artwork related to cyber issues.

After the fair, young and old alike can enjoy the summer concert that evening in Carmichael Park starting at 6:30 pm featuring the sounds of "The Count" featuring 60s-90s classic rock. And there will be food trucks, too!

For more information about the fair, please visit youthcommission.saccounty.net. To learn more

about the concert, feel free to call the Carmichael Recreation and Park District at 485-5322.

Support Neighborhood Watch

The Sacramento County Sheriff's Department is sponsoring "Learn How to Start Up a Neighborhood Watch" Meeting specifically designed for residents living in the unincorporated area. This meeting will be held on Monday, August 18 from 6 to 7:30 pm at the Sheriff's Marconi Stationhouse, 2500 Marconi Avenue (near the corner of Fulton Avenue and Marconi), in the Stationhouse's Community Room.

If you are interested in making your street more secure, becoming better acquainted with your neighbors and want to build that "sense of community" on your block, Neighborhood Watch offers that opportunity. If you have questions or need more information about the upcoming meeting, please contact Crime Prevention Specialist Sherrie Carhart at scarhart@sacsheriff.com.

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

Creative people need creative people.

Atria communities are tailored to active older adults who embrace art and self-expression – sound like anyone you know?

Together, we make things. We paint, design jewelry and write music. We attend dance performances and lectures on classical literature – and when someone needs a little help, a caring hand is always close by.

Discover the physical *and* emotional benefits of living at Atria. Schedule a tour of our two area communities today.

Atria SENIOR LIVING

INDEPENDENT LIVING
ASSISTED LIVING | MEMORY CARE
www.atriaseniorliving.com

ATRIA CARMICHAEL OAKS | 916.993.5039 License #347005251

ATRIA EL CAMINO GARDENS | 916.993.3718 License #347000389



Announcements & Events

Free Summer Concerts in the Park

8/9 **THE COUNT**, 60s-90s Classic Rock (With A Little Soul)

8/10 **TODD MORGAN & THE EMBLEMS**, 50s Rock N' Roll/30s Jazz



6:30-8:30pm at Carmichael Park Band Shell • Snacks and beverages available for purchase!

Kids Hangout After School Program

For Grades K-8th, Open Until 6pm
La Sierra Community Center, 5325 Engle Road
Transportation From Schools Provided
Call 483-7826 For Information



For registration & other information call the District at (916) 485-5322 or visit our web page at www.carmichaelpark.com.

Carmichael Times

"Written by the people and for the people"
Serving Carmichael and Sacramento County since 1981



Publisher, Paul V. Scholl

Publisher's Statement: It is the intent of the *Carmichael Times* to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors. The *Carmichael Times* is not responsible for unsolicited manuscripts or materials. The entire contents of the *Carmichael Times* are copyrighted.

Ownership of all advertising created and/or composed by the *Times* is with the publishing company and written permission to reproduce the same must be obtained from the publisher. Subscriptions should be mailed to Carmichael Times, P.O. Box 14, Carmichael, CA 95609. Subscription rate is \$39 per year within Carmichael, \$49 within Sacramento County. The *Carmichael Times* is published weekly. Call 916-773-1111 for more information. (ISSN # 1948-1918).

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@CarmichaelTimes.com. Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at 916-773-1111.



- Advertising Sales: Paul V. Scholl, Bill Martin, Linda Harper
- Graphics & Layout: Banerjee Designs • Stump Removal Graphics
- Contributing Writers: Susan Skinner • Mary Jane Popp • Marlys Johnsen Norris, Tim Reilly • David Dickstein • Dave Ramsey, Dr. E. Kirsten Peters • Kay Burton • Dr. Bob Graykowski, Pastor Rich Reimer • Ronnie McBrayer • David Graulich, Gabriel Scholl
- Distribution Assistant: Nicholson & Olsen CPA
- Accounting: RJ at thesitebarn.com • JWS Promotions • Mikahn Design
- Web Master: StatePoint Media • NewsUSA • PRWEB NewsWire
- News Services: North American Precip Syndicate • Blue Ridge Press • ARA Content, California News Service • Family Features • WorldNetDaily
- Photography: Susan Skinner

Member of Carmichael, Citrus Heights, Fair Oaks, and Orangevale Chambers of Commerce

We are proud members of these newspaper associations.



To Save a Hummingbird



Photos clockwise from top: Bathed in light, the pinkie-sized fledgling at last beholds its first sunrise. Fledging at dawn, the last hummingbird twin alights near the nest. Feeling secure among the red leaves. And then there was one. The tardy chick experiences solo occupancy. One inch long at hatching, the babies emerge open-mouthed and begging.



Continued from Page 1

birdsong. We watched and learned.

One morning, as sunlight fingered the leafy canopy, a ray lighted upon the nest and the larger chick ventured its first wing-beats. I heard pianissimo cheeps soft as whispers. I recalled the Sistine Chapel ceiling and felt I had witnessed the Creator's hand. While the smaller sibling watched in awe over the next few days, the Alpha mounted the nest rim and flapped eagerly. Its progress was unstoppable. Two weeks after hatching, this chick's cavernous mouth seemed likely to consume mom at

each feeding.

After one long afternoon of flapping its wings, the Alpha flew at dusk. We missed the miracle. Next morning, one tilted face remained.

Feeding her early-bird elsewhere, mom's protection was now divided; the nest was vulnerable. The murderous jay flitted once to perch below the untended baby. I scared it off. Later, a jewel-bright male hummer tried to visit, but hurling abuse, the female routed him. Father had played his part; the nursery was off-limits.

By now, the lonely runt flapped in earnest. Every half hour, its heartbreaking endeavor

repeated without lift-off. Almost three days after the first chick flew, the mom chirped encouragement from a nearby branch. Dusk fell. Her exhausted baby slumbered, and I went home. I returned at dawn to an empty nest. I heard a faint chip-chip from branches below me. Smaller than my pinkie finger, the chick sat: liberated and singing. It had not flown far. Had it tarried to say goodbye?

The puffy baby resumed flapping and rose inches—baby steps—to another branch, then to others higher yet. Above the maples to the towering oaks, with each flight it rose into a

brightening dawn. Through my telephoto lens, I saw the fledgling bathed in its first sunrise. Happy chip-chips reached me below.

And that was it: flight of the hummingbird. In a Carmichael Creek valley, two innocents survived to make the real world a lovelier place. ★

Footnote: By July, identifiable by their camaraderie, the fledglings flew freely in the valley. They would soon separate and compete for nectar routes. They were both female. Perhaps they'll nest here next spring.

**Conveniently Located on Auburn Blvd.
Between Manzanita & Garfield**

NEED STORAGE?

ARMOR MINI STORAGE

Since 1980



**ARMOR
MINI
STORAGE**

**GREEN SPOT DROP-OFF
CONTINENTAL RECYCLING CENTERS**

Office Hours:
Mon-Sat 9-6 · Sun 9-4







www.armorministorage.com




**Computer Gate Access
6am-9pm 365 Days A Year**

Award Winning Customer Service
Digital Video Surveillance
Competitive Rates
Daily / Monthly / Annual Rentals
Easy Drive-Up Access
Professional Resident Managers

916.332.6455

5714 Auburn Blvd., Sac 95841

Deadheading at Daybreak at the Old City Cemetery

SACRAMENTO, CA (MPG) - Come join us in the beautiful Old City Cemetery's Historic Rose Garden on Saturday, August 16, at 7:30 a.m. for an early morning hands-on event (late risers are welcome). Stay as long as you like. We will be removing spent blooms from the many rose-bushes and tidying up the garden which encourages repeat blooming of the roses in our treasured Historic Rose Garden.

Bring your own gloves (otherwise they will be provided). Tools and training will be provided and coffee and pastries will be served.

Workshops are free, however, donations are appreciated and go towards the restoration and preservation of the roses and cemetery artifacts.

The cemetery is located at 1000 Broadway, Sacramento. Free parking is available in the lot at 10th & Broadway, across the street from the 10th Street entrance. For more information, call (916) 448-0811 or 916-264-7839.

The mission of the OCCC is to join hands with the community to restore, beautify, preserve, and protect the Historic City Cemetery, while maintaining access by descendants of the deceased, and to provide educational services to all visitors to the Historic City Cemetery of Sacramento. ★

Source: Old City Cemetery Committee, Inc.



The cemetery is located at 1000 Broadway, Sacramento. Free parking is available in the lot at 10th & Broadway, across the street from the 10th Street entrance. For more information, call (916) 448-0811 or 916-264-7839. Photo courtesy Jennifer Trovato

Better Late than Never for California Taxpayers to Get Tax Relief

Commentary by Christian Montgomery

It's time to pull out your calendar. Do you remember a couple years ago when the federal government was on the brink of collapse and we were about to topple over the fiscal cliff. Well, we didn't. One of the reasons why we didn't plunge over the cliff was because politicians were finally able to reach settlements on various political issues to allow the federal government to continue to function.

One of the compromises reached in those negotiations was in regards to mortgage debt forgiveness. Time to bring out your calendar yet again. ... Try to recall back in 2007, during the foreclosure crisis, congress decided that maybe homeowners should receive some type of tax relief in conjunction with the mortgage crisis. In came the Mortgage Debt Relief Act of 2007.

A little background is again needed. Prior to the Mortgage Debt Relief Act of 2007, if you short sold your home or otherwise had the mortgage debt cancelled or adjusted, the amount of debt that was cancelled was considered income for tax purposes. This is otherwise known as taxation on phantom income.

The Mortgage Debt Relief Act of 2007 exempted certain mortgage related debt cancellations from being included as taxable income. This allowed homeowners facing foreclosures and mortgage settlement negotiations to not get hit with a massive tax bill just as they thought their



financial woes were behind them. This was a good thing.

However, all good things do come to an end. This good thing was specifically slated to end at the end of 2012. However, the potential fiscal cliff disaster extended this good thing as the politicians in Washington D.C. as part of their fiscal cliff negotiations, extended the cancellation of debt exemption an additional year, through the end of 2013 by passing the American Taxpayer Relief Act of 2012. This meant that if you had qualifying mortgage cancellation of debt through 2013, the federal government wouldn't shake you down for more money via a tax debt.

However, for California homeowners who were hit hard by the mortgage crisis, their second tax collector, the Franchise Tax Board, until recently offered no such extension on tax relief. Finally, in late July 2014 California, through Assembly Bill 1393 (Ch. 152) retroactively

extended its partial conformity to the federal exclusion of income for cancellation of qualified mortgage debt through tax year 2013.

But it's year 2014 right? Correct. Since this extension is belated, you will need to file an amended California income tax return, assuming that you filed your taxes on time, to take advantage of this tax relief option. Based on the tardiness of this bill, it is likely that many qualified taxpayers will be unaware of this change in the law for last year's taxes and the government will receive a phantom windfall.

Christian Montgomery is a West Sacramento resident and a tax attorney at Montgomery & Wetenkamp, Tax Relief Attorneys, located in Sacramento and Modesto. For more information regarding tax matters contact Montgomery & Wetenkamp at (916) 452-7033 or online at www.mwattorneys.com. This article is not intended as legal advice, and cannot be relied upon for any purpose without the services of a qualified professional.

Christian Montgomery is a West Sacramento resident and a tax attorney at Montgomery & Wetenkamp, Tax Relief Attorneys, located in Sacramento. For more information regarding tax matters contact Montgomery & Wetenkamp at (916) 452-7033 or online at www.mwattorneys.com. This article is not intended as legal advice, and cannot be relied upon for any purpose without the services of a qualified professional. ★

2 FOR 1 SMOOTHIES & YOGURT*

Fresh & Tasty Treats

FreshandTastyTreats.com
(916) 973-1768
 4005 Manzanita Avenue, Suite 39
 (Next to Bel Air) • Carmichael

*WITH THIS AD

Earn \$200 per month for just a few hours delivery work per week!

CALL 773-1111

DO YOU KNOW WHEN YOU CAN RETIRE?

CONFUSED ABOUT YOUR OPTIONS?

We help take the guesswork out of retirement by using our unique graphics-based interactive software to turn aspirations for retirement into a visual plan.

Call Financial Planner **David Ghiorso, CPA*** to Help You Plan "To and Through" Retirement.

www.RetirementSecurityCenters.com

CARING | DEPENDABLE | COMMITTED

DAVID GHIORSO, CPA*
 8880 Cal Center Drive Suite 220 • Sacramento
 (916) 868-3900
 (800) 655-2323

David Ghiorso is a registered representative of Lincoln Financial Advisors Corp. Securities and advisory services offered through Lincoln Financial Advisors Corp., a broker/dealer (Member SIPC) and registered investment advisor. Insurance offered through Lincoln Marketing and Insurance Agency, LLC and Lincoln Associates Insurance Agency, Inc. and other fine companies. Retirement Security Centers is not an affiliate of Lincoln Financial Advisors Corp. Phone 916-868-3900 CA Insurance License # 021672, 04952152, 0362014. *Licensed but not practicing on behalf of LFA.

Grief Support Group

Monthly Meeting Schedule

Wed, June 18	Thurs, Aug. 21
Thurs, July 17	Wed, Sept. 17

Located at: **St. Francis Community Hall**
 6700 Verner Avenue, Sacramento, CA 95841
 (off I-80 & Greenback)

Grief is not just limited to the loss of a loved one - it can be from the loss of a job or pet or anything of significance. Please come and learn more about how to cope with grief.

Coffee and refreshments will be served.
 Hosted by East Lawn Sierra Hills

Contact: Lisa West for more info
 (916)732-2020 or lisaw@eastlawn.com

www.EastLawn.com

Julie Interrante, MA, teaches the Art of Compassion to colleges, healthcare organizations, corporations, and seminars across the country. Julie has more than 20 years of experience serving as chaplain in both acute care and home hospice care settings. She is the author of the book *The Power of a Broken-Open Heart, Life-Affirming Wisdom from the Dying; Caregiver Therapy; Reduce Your Stress; Will You Stay With Me, a CareNote on Not Dying Alone* as well as a contributing author to *What Helps the Most When You Lose Someone You Love*. A gifted speaker and teacher, Julie brings humor, compassion, and a deep respect for life to all that she does.

GROWING OLD IS NOT A DISEASE!

Worship with us Sundays at 10 am, and stay for our Summer Forum Program on Aging and Spirituality at 11:15am

JOIN US AUGUST 10

WORSHIP: DEALING WITH LOSS
 FORUM: ELDER ABUSE: HOW TO PROTECT AGAINST EMOTIONAL, PHYSICAL & FINANCIAL ABUSE

GUEST PRESENTER: HEIDI RICHARDSON, ADULT PROTECTIVE SERVICES

DEUT: 24 vs 19-22

GETHSEMANE LUTHERAN CHURCH

4706 Arden Way Carmichael, 95608

For more information call: (916) 483-5047 or visit our website www.glcca.org

GETHSEMANE LUTHERAN CHURCH IS A SMALL, PROGRESSIVE FAITH COMMUNITY, DEDICATED TO MINISTRY FOR AND WITH OLDER ADULTS



THE RICH LOWRY COLUMN
By Rich Lowry

Union Drama at the Metropolitan Opera

The fat lady will sing -- but only in strict keeping with the work rules set out by the American Guild of Musical Artists.

The Metropolitan Opera has a labor problem. Personnel expenses account for \$200 million of the financially struggling Met's \$327 million budget.

In the interest of survival in an era more attuned to "Keeping Up With the Kardashians" than "Le Nozze di Figaro," the Met wants to reduce its labor costs by 16 percent by getting the unions to accept common-sensical work rules and less-generous pension and health benefits. The unions say no and accuse the Met of waging war on their families.

The storied but precarious institution could see its next season disrupted in the labor discord. The Met's general manager, Peter Gelb, warns that without union flexibility, the very existence of the world-famous, 130-year-old opera is at risk.

Well, if worst came to worst, at least the Met's singers and musicians could make a go of it at the New York City Opera. No, wait, it shut its doors last year.

It doesn't take an opera aficionado to realize that the 21st century isn't the 19th, and opera is an embattled art form. Unfortunately, the Met is locking horns with a force, the unions, that has proven adept at helping to drive struggling industries into the ground.

A New York Times editorial recently noted that orchestra members, who on average make \$200,000 a year, get 16 weeks off with pay. The American Federation of Musicians Local 802 shot back that it is really only 10 weeks of *guaranteed* time off with pay. Touché.

Under the current rules, the base pay for chorus members, who also make on average \$200,000 a year, covers four performances a week. The members get paid extra for rehearsals -- even if they haven't sung in four performances that week.

They also earn overtime for singing in any opera over four hours, which makes Richard Wagner the best thing that ever

happened to a Met singer's paycheck. His "Parsifal" clocks in at five hours, and wasn't performed last season, in part because of labor costs.

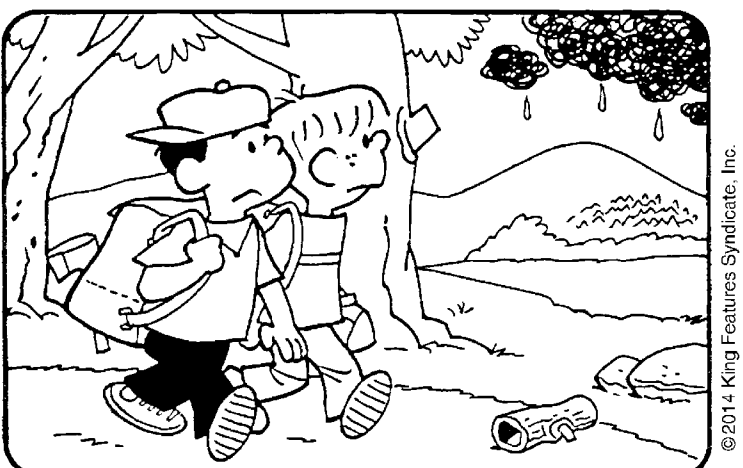
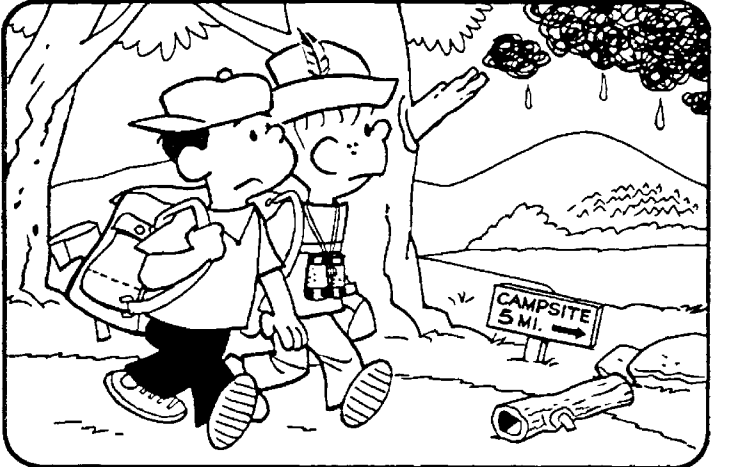
The union case against its nemesis Gelb is that he's a spendthrift, and there's something to it. Gelb dropped almost \$20 million a few years ago on a production of Wagner's "Ring" cycle that included a 45-ton set. If the production underperformed at the box office, it was on a scale worthy of the Met and was funded by a gift. Only unions would complain that an opera manager is spending too much on opera and not enough on overtime pay and pension benefits.

Given the head winds in the culture, what the Met accomplishes is extraordinary -- more than 200 performances a season, in front of 800,000 people in the house and another couple of million in broadcasts in movie theaters. It is working to preserve a demanding art form that represents one of the high points of Western civilization. It would be a shame for the ages if it were brought low, not just by indifference without, but by shortsighted union grubbiness within.

Rich Lowry is editor of the National Review.

(c) 2014 by King Features Synd., Inc.

HOCUS-FOCUS BY HENRY BOLTINOFF



DIFFERENCES: 1. Backpack pocket is missing. 2. Hat is missing. 3. Binoculars are missing. 4. Limb is shorter. 5. Sign is missing. 6. Log is smaller.

CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.

GOT LOCAL NEWS? Call 773-1111 To Subscribe Call 773-1111

The Perfect Combination!

Start Yours Today!

Get a 6 month subscription for only:

\$25⁰⁰

Here's what you'll receive every week:

- The Carmichael Times.
- The Sunday Sacramento Bee!

As a valued Carmichael Times subscriber, you receive the Sunday Sacramento Bee as part of your subscription.

BOTH NEWSPAPERS FOR ONLY \$25 FOR 6 MONTHS!

IT'S THE PERFECT COMBINATION!

Offer available to new and current Carmichael Times subscribers. To take advantage of this unique opportunity please call (916) 773-1111.

YES! START MY SUBSCRIPTION NOW!

NAME _____

ADDRESS _____

CITY _____ ZIP _____

PHONE () _____ EMAIL _____ (OPTIONAL)

MAIL YOUR PAYMENT TO:
MESSENGER PUBLISHING GROUP
7144 FAIR OAKS BOULEVARD, SUITE 5
CARMICHAEL, CA 95608

*Some delivery restrictions may apply.

Sunday fun for Cool Cats



Brothers Jose (left) and Gabriel Torres won prizes sponsored by the Sacramento River Cats in Carmichael Park last weekend. The promotion was part of the park District's Sunday Funday event. River Cats volunteers were Dallas Smith and Erin Youngman (right).

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Crafts, ball games, and bubble-blowing were retro-treats for Carmichael kids last weekend.

The activities were part of a Sunday Funday event hosted by the Carmichael Park District. The free program addresses leisure needs for families with modest

means. It aims to get young people outside enjoying the park instead of indoors glued to computers or TVs on the weekends.

If anyone doubted modern kids might like low-tech activities, scores of happy kids dispelled that doubt. Funday equipment ranges from chalk to wooden blocks and kick balls. A moderate August day and a cushion of mown grass were supplied free; costs were further

minimized with volunteer supervision by park district staffers. Local martial arts experts and trainees from the Sacramento River Cats Baseball organization hosted other activities. "The program costs very little, and it's great to see children having old-fashioned fun," said a park worker.

For information on future Park District programs, visit www.carmichaelpark.com. ★

And The Heat Goes On... And On... And On

Dr. James L. Snyder

This past week found me in a bit of trouble with the Gracious Mistress of the Parsonage... well, more than normal. It has become rather normal for me to be in trouble with her. No matter how hard I try "not to be," it always is "to be."

This week was a high point for me getting into trouble. I never relish getting into a pickle with her, but sometimes it is unavoidable.

All week long, I had been murmuring and complaining about how hot it was. "I've never seen such hot weather," I grumbled. "I don't know how long I can take this hot weather."

You would think that someone my age would have learned long ago that some things should not be vocalized. This is America, and we all have the right to speak our mind although much of the time we should not speak our mind aloud; at least, not to the point that someone, especially someone living under the same roof, can hear you. I have found that the thing that enhances romance is the sounds of silence.

I guess it was getting a little wearisome with all my complaining, but after all, the weather was really hot.

Then, she looked at me and said, "If I hear you complain about the weather one more time, I'm... I'm... I'm..." The look on her face indicated that she was not at a loss for words; she was just trying to control herself and save herself from early widowhood.

I truly respect people who have the ability to control themselves, especially the people who live under our roof.

I almost said something, but for some reason I had a flash of temporary sanity. I said nothing, but smiled. I am not boasting here, but I am really good at saying nothing. Even when talking,

my wife tells me I am saying nothing.

Saying nothing has gotten me out of many a jam, particularly with my wife. There are times when husbands and wives should sit down and have a rather invigorating conversation. Then there are times when the husband should shut up. I never know which time is which.

It was then that my wife laid out the facts for me to evaluate. How she can remember everything is simply beyond me. However, how do I know she is actually remembering things as they were and not making them up?

It seems, according to her impeccable recollection, that a few months ago I was complaining about how cold it was and anxious for the hot weather to come. "You were just as grumpy about how cold it was as you are now about how hot it is."

Then she put her hands on her hip and looked at me with "that look," and said, "I don't mind you complaining about one or the other but I really do mind you complaining about everything. You're going to have to make up your mind whether you hate the cold or the heat, and then stick to it."

That put a new light on the situation, and a new burden on me. Now, according to her latest admonition, I need to choose the heat or the cold. I am tempted, although I know better, to complain about this. I do not think it is fair that I have to choose one or the other. I think I should be able to hate both the cold and the heat.

However, here is the problem. If I choose to complain about the heat, then what do I do in the wintertime when it gets cold? Faced with a real dilemma I took it to my good wife and asked, "Can I hate the heat in the summer and hate the cold in the winter, if I alternate it every other year?" To me this sounded

like a very reasonable request. After all, I was accommodating her request and getting in my share of complaining.

If you would spend as much time thinking of positive things to say as you do complaining it would be absolutely wonderful.

But how can you think of something positive about the heat when you are sweltering? And, how can you think about something positive about the cold when your bones are shivering to death? Mistakenly I told my wife my dilemma.

"I think I have you figured out," she said. "You're positively negative about everything."

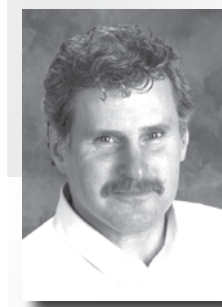
There is only one thing worse than having your wife figure you out. There must be, but I cannot think of anything right now.

I will not say my wife is right, only that she is not wrong. I must say I have a tendency to complain about everything. Some people can see the silver lining in every cloud whereas I see a cloud over every silver lining. I guess it is a person's perspective.

Thinking along this line, I remembered a verse in the Bible. "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things" (Philippians 4:8).

Some people (like me) see a glass as half empty while others see it as half-full. There are those few souls (like my wife) who are thankful that there is any water in the glass of all. ★

Rev. James L. Snyder is pastor of the Family of God Fellowship, P.O. Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 866-552-2543 or e-mail jamesnsnyder2@att.net. His website is www.jamesnsnyderministries.com.



Dare to Live Without Limits

Your Adventure



by Bryan Golden

"Security is mostly a superstition. It does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure or nothing." -- Helen Keller

"Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." -- Mark Twain

It's astounding how Helen Keller, who couldn't see or hear, had more insight than so many people who have all of their senses. Life is truly filled with incredible wonder and unlimited potential. However, if you don't recognize this, or believe it, for you it doesn't exist.

There are those, who like Helen Keller, make their life an adventure. At the same time, many others have convinced themselves that life is a disappointing struggle littered with broken dreams. Your beliefs create your reality. If you think you can do something, you are right. If you think something is impossible, you are also right. The choice is yours.

How you experience life is a chain reaction. Your attitude

determines your outlook which in turn controls your actions. Your actions determine what happens. If you aren't happy with the direction of your life, only your action will change it.

Regardless of where you are now, you can have a great adventure. It doesn't matter how old you are. All it takes is fanning your desire and taking action. You can do anything you desire; travel, explore, meet people, expand your career, get a promotion, change careers, start a business, or get a degree, etc.

People who have a great adventure don't wait for things to happen, they make them happen. If you want or need different circumstances, go out and start doing whatever it takes. However, you first need to know what is important to you and where you want to go.

Avoid paralysis by analysis. A perfect life long plan isn't required. Your desired destination can be modified at any time. Figure out what you want to be doing right now. Set priorities.

Concentrate on what's most important. An extensive list of priorities will dilute your energy.

Create a plan which delineates the necessary steps required to take you on your chosen adventure. Break down each step into small, manageable segments. Taking

many small steps is much more effective than not taking big steps.

Don't be deterred by the potential for failure. Failure only occurs when you give up. In response to stumbles or falls, get back up and keep going. Adjust your direction or strategy as needed.

Setbacks and obstacles are a normal part of any adventure. Overcoming challenges makes you stronger and smarter.

Maintain your focus to stay on track. Set priorities so you don't get diverted from your adventure. However, keep your mind open to all possibilities that will present themselves.

Adventures are adjustable at any time in order to maximize unexpected opportunities.

You don't want to be haunted by things you intended to do but didn't. When you have great adventures, you will look back at your life with satisfaction rather than regret. Your life will be rich in experiences. You can experience any adventure you want. Have fun. Life is meant to be enjoyed. ★

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@columnist.com or write him c/o this paper. © 2009 Bryan Golden.

HELP AT THE PUSH OF A BUTTON



America's "Top Rated" Medical Alert System

BEST OFFER YET



- 24/7 Medical Alert Monitoring
- FREE Equipment
- FREE 2nd Water Proof Alert Button
- NO Activation Fees
- NO Long Term Contracts

Call Now!

1-800-969-5184

ITEX AdvantageSM



Just don't ask to see our cape.

Join thousands of businesses that have discovered the benefits of bartering.



Connect. Trade. Save.

call Susan 916.779.5210 | sacramento.itex.com

A Day That Will Change Your Life

By Sal Arrigo, Jr.

One minute, life is going along as it usually does. The next, you get a call that will change everything: Mom has Alzheimer's.

You may be thinking that this kind of situation happens to other families, not ours! Your life, and that of your family, has changed in an instant. Whether you realize it or not, you may be on the way to becoming a caregiver. There are more than five million Americans living with Alzheimer's disease, and the cost of care provided by unpaid caregivers was estimated in 2013 to be 220 billion dollars, according to the Alzheimer's Association.

I was recently given a copy of the "Caregivers Bill of Rights," and among the many important things contained in it is this: take care of yourself! A caregiver who is exhausted and isolated is no good to anyone, and is far more likely to develop a serious illness or die while being a caregiver. Consider creating a checklist where you can keep track of your emotions. Are

diet? Drinking a little too much alcohol? What physical exercise are you getting? Are you attending any support groups? The importance of support groups to individuals and families cannot be overstated! These groups are great places to tell your story without anyone judging you, and you will undoubtedly pick up good care giving tips from those who have already walked this path.

Doing some reading about Alzheimer's disease may prove enlightening: the more education you have on the subject, the more likely you will be to ask the right questions of medical personnel, and more importantly, be able to locate the resources to help you cope. As time goes on, you may find that new caregiving challenges have arisen that are causing you more stress than ever before; if that happens, it may be time to seek out a counselor who can help you deal with the emotional issues of care giving. Unloading on a neutral party can help you take things one day at a time and learn constructive ways to live life while being a caregiver.



home, requiring you to find a quality assisted living facility?

Getting help, in even the smallest matter, is an important step as you become a more experienced caregiver.

In this region, there are many places to choose from, but do not be taken in by the "glamor" of the facility—in other words, being shown how attractive the place is by means of material goods is less important than the care your loved one will be given. Check into the nutrition program, recreation and social outlets, dispensing of medicines, transportation services and how many staff are on-duty at any given time. Visit them at different hours, and enlist some friends or family members to visit the same places and ask questions. Gather written information from each, and visit a minimum of four facilities. In addition, ask the personnel if they have been cited for any code violations and if a place suits the care that is needed. There are also websites that show any violations the facility may have been cited for by the state of California.

Granted, this care giver task involves legwork and certainly is time consuming, yet it is important. Once you have located the right place for your loved one, you can

get back to a more normal lifestyle, and you'll likely find your stress level is reduced. Although this is a major step to helping your loved one, there is still plenty of work that must be done as soon as reasonably possible. There are legal matters that need to be attended to.

If your loved one does not already have these matters taken care of, your next move is to secure the proper paperwork for health-care decisions, financial decisions as well as legal decisions. These are usually done simultaneously, as they do overlap in certain areas. There are healthcare directives that are necessary to complete so that someone is authorized to make health decisions on behalf of your loved one. Determine whether it will be up to you to follow their wishes or if someone else has been designated as the decision-maker. While you're at this task, long-term contingencies also need to be considered, such as increased care or the selling of property.

Who is empowered to make legal decisions? It is recommended to seek the advice of an Elder Law attorney. This means an attorney that specializes in the issues that are common in this type of situation, and they are skilled in asking what your loved one needs in order

to protect assets. Like your other critical decisions, you should interview attorneys, check out their legal backgrounds and ask for referrals if applicable.

Many of your concerns can be answered by the professionals that I have mentioned. You may begin to feel your caregiving work is coming to an end when all the paperwork is signed and sealed. However, somewhere in your conversations the issue of end-of-life decisions will be presented to you.

Although it is not a popular subject to discuss around the dinner table, it is just as important as if you were planning a wedding. A wedding can often take up to a year of planning; however, when it comes to making final arrangements, we'd often like to avoid it altogether, as if talking about it will somehow result in hastening death.

Those feelings aside, death is something everyone will face, and the more knowledge a caregiver has and the more arrangements that are determined ahead of time, the better. Start by knowing the wishes of your loved one. Do they want a funeral and a viewing, or will it be a cremation? Is there a need for flowers and some music? Will there be a religious ceremony? What type of urn or casket will fulfill

your loved one's wishes? So many decisions to be made, and just like a wedding, funeral arrangements also need to be planned, preferably well in advance. There are several advantages to this: payment for the prepaid arrangements can take place over time instead of in a lump sum; preplanning assures that your loved one's wishes will be carried out just as they have instructed; and there will be no need for all these many details to be decided while the family is in the midst of grief over the loss of their loved one. Many people criticize the funeral industry for the expense involved in a funeral. Think about it this way—when you have to get an airline flight at the last minute, you don't always have many options and it generally costs more than if you've had time to plan a trip in advance. The same is true of funeral planning. Planning ahead allows you much greater flexibility. It also can prevent family squabbles. Take the time to get this information along with the price list so you are educated.

If you are in a situation where you loved one can't or won't make the decisions for final arrangement, it is the responsibility of the caregiver (or the person who has the legal authority to make these decisions) to know what should be done. Look around; you may be able to gather the information you'll need to plan an appropriate tribute. What is her favorite color? Is there any favorite music to incorporate into the funeral or memorial service? Was there a favorite scripture passage or a poem that relates to your loved one's life?

Think about your own final arrangements for a moment. If you do not have any, do you want to wind up being dressed in the shirt you hate? Do you even want a funeral? Does your family know your wishes? There is no time like the present; do it while you are able to make your wishes known, to take action and write down what you want for your final arrangements. Don't wait. ★

"Just like a newborn, the person in your care is dependent on you to make the correct decisions based on expert advice. Be honest with yourself: is the situation beyond the scope of care you can provide at home, requiring you to find a quality assisted living facility?"

you depressed? Not sleeping very well? Are you angry? Are you exhausted and feeling so overwhelmed that one more issue will make you "blow your top?"

Carving out time for your personal needs is essential. Do not feel guilty when you take time to renew your mental and physical being. Something as simple as taking an hour away to get a haircut or going for a walk can be amazingly restorative.

You have your work cut out for you, but do strive to have healthy outlets to keep your mind and body functioning properly. How's your

Being a caregiver is an evolving work in progress and may last only a short time, or it may take place over the course of many years. I've mentioned only the basics here—even seasoned caregivers need refresher courses!

In the words of John Donne from 1624, "no man is an island;" this is especially true in regards to caregiving.

Just like a newborn, the person in your care is dependent on you to make the correct decisions based on expert advice. Be honest with yourself: is the situation beyond the scope of care you can provide at

Gold River SELF STORAGE

Providing high-quality and secure storage units since 1993

11280 Coloma Road
Gold River, CA 95670
goldriverselfstorage.com

Your One-Stop Storage Solution
CALL US TODAY!
916-635-7867

- NEWLY REMODELED
- Multiple sizes of storage units offered
- Temperature controlled units
- Individually alarmed units
- 24 hour camera recording
- Year-round gate access from 6 a.m. to 9 p.m.
- Competitive rates

50% OFF
First
3 Months

An Ose Property OSE PROPERTIES, INC. ■■

CHŌCHŌ'S
a chic boutique

Five Days Only!

August 7-11

Early Bird Discount

20% OFF

50% OFF

On Outside Rack

Hurry!!

30% OFF
Summer Clothing

10% OFF
Accessories

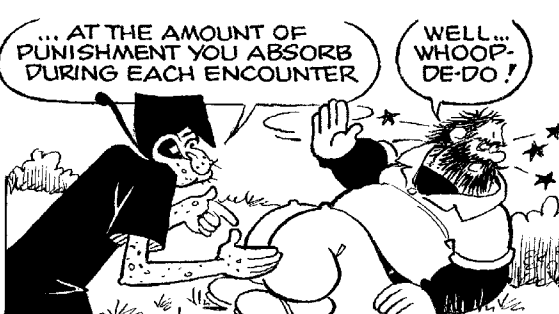
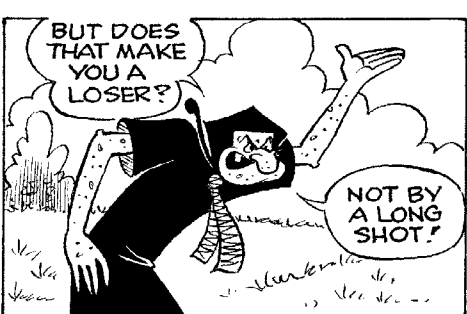
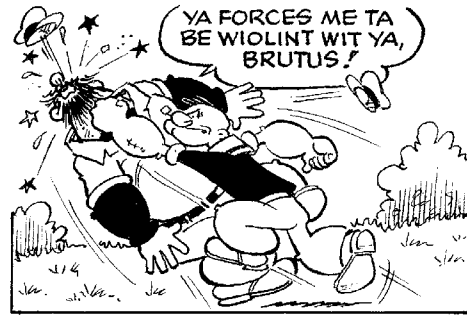
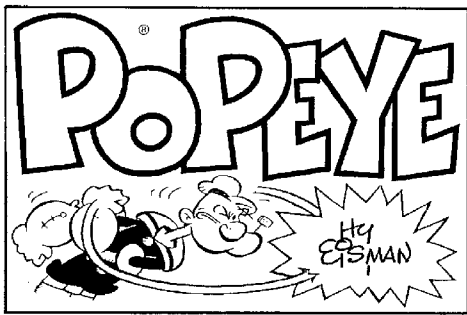
- Hats • Scarves
 - Shoes • Handbags
 - Clothing (Sizes small to 2X)
- Casual to Dressy*

Selected Jewelry 50% Off

Mon - Thurs
10am - 6pm
Open Sunday!
Noon-5

5263 Sunrise Blvd.
Fair Oaks
Quail Pointe Center
KCRA A-List Nominee
Ask us about Fashion Show Fundraisers

916-967-2467



Just Like Cats & Dogs by Dave T. Phipps

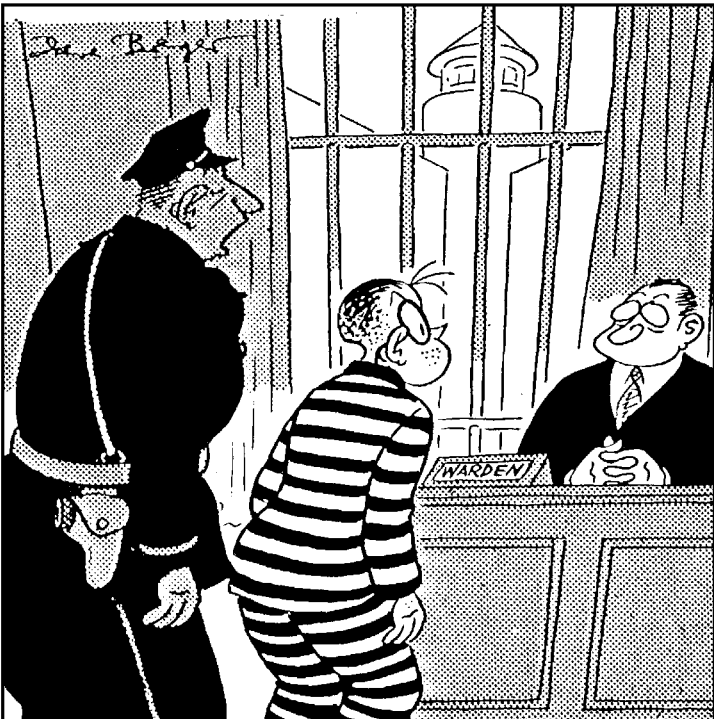


HUBERT - - By Dick Wingert



"Let's not forget that I'm doing this just for you."

MISTER BREGER By Dave Breger



"He claims that evenings, weekends and holidays should be counted as time and a half..."

LAFF - A - DAY



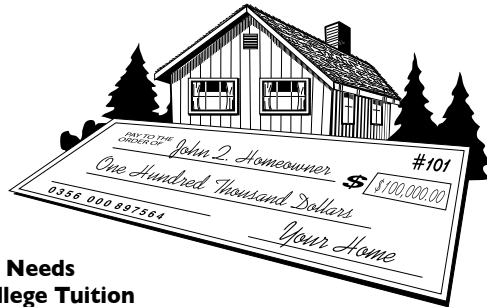
"The D. A.'s office, please? I'm the eyewitness they're counting on."

Home Equity Line of Credit Loan

4.00%
Initial APR

CHECK THE EL DORADO ADVANTAGE:

- ✓ Local Processing & Servicing
- ✓ No Closing Costs on Qualifying Transactions
- ✓ Flexibility and Convenience
- ✓ Have Funds Available for Current and Future Needs
- ✓ Home Improvement, Debt Consolidation, College Tuition
- ✓ Interest May be Tax Deductible (Please consult your tax advisor)



Serving our local communities since 1958

www.eldoradosavingsbank.com

CARMICHAEL • 4701 Manzanita Ave. • 481-0664
Se Habla Espanol • 800-874-9779



The Initial Annual Percentage Rate (APR) is currently 4.00% for a new Home Equity Line of Credit (HELOC). The initial APR is based on the Index value of 3.25% and a margin of .75%. A qualifying transaction consists of the following conditions: (1) the initial APR assumes a maximum HELOC of \$100,000, and a total maximum Loan-To-Value Ratio (LTV) of 70% including the new HELOC and any existing 1st Deed of Trust loan on your residence; (2) your residence securing the HELOC must be a single-family home that you occupy as your primary residence; (3) if the 1st Deed of Trust loan is with a lender other than El Dorado Savings Bank, that loan may not exceed \$200,000 and may not be a revolving line of credit. Additional property restrictions and requirements apply. All loans are subject to a current appraisal. Property insurance is required and flood insurance may be required. The APR may vary based on changes in the value of the Index. The Index for the 10-year draw period is the highest prime rate as published in the Money Rates column in the Wall Street Journal on the last business day of each month. The minimum APR on all Home Equity Lines of Credit is 3.50% and the maximum APR that can apply is 10%. Rates, APR, terms, and conditions are subject to change without notice. Other conditions apply. A \$375 early closure fee will be assessed if the line of credit is closed within three years from the date of opening. An annual fee of \$50 will be assessed on the first anniversary of the HELOC and annually thereafter during the draw period. Ask for a copy of our "Variable Rate Home Equity Line of Credit Disclosure Notice" for additional important information. Other HELOC loans are available under different terms.

Kevin Kitrell Ross

Senior Minister/CEO
Unity of Sacramento
Host, Design Your Life
on UnityOnlineRadio.org
Coach to
America's Rising Stars



*A positive path
for spiritual living*

Welcome to Unity of Sacramento

We are a transdenominational, intercultural, interfaith, spiritual community of love open to all people. We are a place to heal and a space to grow. We are a soft place to land for the traveler on the spiritual journey.

Our Spiritual Leader

Reverend Kevin Kitrell Ross, Senior Minister

Our Vision

"Centered in God, we co-create a world of peace, prosperity and unconditional love for all."

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.

OUR SUNDAY CELEBRATION SERVICES

Traditional /Contemplative 9:00 AM

Guided Meditation 10:15 AM

Contemporary/Inspirational 11:00 AM

with Sunday school for children and teens during the 11:00 am services

Unity of Sacramento, 9249 Folsom Blvd
Sacramento, CA 95826 • 916-368-3950
unityofsacramento.com

**CASH 4 GOLD JEWELRY
SILVERWARE &
VINTAGE WATCHES**

WATCH BATTERIES INSTALLED

Frank's Jewelry Shop

7319 Fair Oaks Blvd., Carmichael, CA 95608
916-481-0176

Unique.

ITEX provides unique tools for
your business.

Join thousands of businesses
that have discovered the
benefits of bartering.



Connect. Trade. Save.
call Susan 916.779.5210 | sacramento.itex.com

SACRAMENTO FINE ARTS CENTER, INC.

Contributing to the cultural life of the Sacramento community

Current and Upcoming Events

WASH

Presents a 3-Day workshop with Lian Zhen

August 16, 17
& 18, 2014
9am to 4pm

At Sacramento
Fine Arts Center

Cost: \$300 for
WASH members

\$350 for
non-members



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

Photo Club Meets • 4th Thursday 7 PM • Fiber Arts Group Meets 3rd Wednesday 10 am
"Hang Out and Do Art" Tuesdays 4-9 pm

NCA Board Members and Volunteers Exhibit Art in Gallery 3 & Foyer Gallery

5330 - B Gibbons Dr., Carmichael, CA • Ph. 916-971-3713
Hours: Tuesday 11 am-7 pm, Wednesday through Saturday 11 am-3 pm.
www.sacfinearts.org

Exhibition Schedule

July 29-Aug 16, 2014	Magnum Opus XXV Open Exhibit
August 19-30, 2014	Sierra Pastel Society Show
Sept. 2-28, 2014	WASH Open Show
Sept. 30-Oct. 25, 2014	NCA Bold Expressions
Oct. 28-Nov 15, 2014	Annual Photography Exhibit



Salome's Stars

ARIES (March 21 to April 19) Dealing with a difficult person can be the kind of challenge you Aries Lambs love. Or it could be an energy-draining exercise in futility. Be certain your goals are worth your efforts.

TAURUS (April 20 to May 20) The Divine Bovine might be seeing red at having your crisis-resolution efforts overlooked. But others know the truth, and they can be expected to step forward when the time comes.

GEMINI (May 21 to June 20) You should be well on your way to finally making that important decision. Having the support of loved ones will help when crunch time comes. Keep a positive attitude.

CANCER (June 21 to July 22) Feeling uneasy about a move might not mean you're having a case of Cancerian wavering. It could be your inner sense is warning you to reassess your situation before taking action.

**Got Local News?
Call 773-1111**

LEO (July 23 to August 22) Your pride could get in the way of admitting you might have erred. Best to 'fess up now before a small mistake turns into a big misunderstanding. Make the weekend a special family time.

VIRGO (August 23 to September 22) Trying to please someone with a less-than-glowing opinion of something you value could be a waste of time. If you like it, stay with it. The week's end brings an answer to an old mystery.

LIBRA (September 23 to October 22) There might be time to make a change. But be honest with yourself: Is it what you really want, or one you feel pressured into making? Your answer should determine your next move.

SCORPIO (October 23 to November 21) Change is dominant, but so is caution: Proceed carefully, checking each step along the way to avoid encountering any unwelcome surprises that might be lurking along your path.

SAGITTARIUS (November 22 to December 21) It could be a mistake to rely on someone to keep his or her promise without checking out previous performances. What you learn now could save you from a painful lesson later.

CAPRICORN (December 22 to January 19) Taking a strong stand on an issue you feel is too important to ignore could inspire others to follow suit. The weekend is a good time to socialize with old friends and make new ones.

AQUARIUS (January 20 to February 18) Your sensitive nature gives you an insight into the problems of someone close to you. Your offer of support could be just what this person needs to start turning his or her life around.

PISCES (February 19 to March 20) Financial matters continue to need even more careful analysis than usual. Use caution with investment possibilities. A personal relationship might take an unexpected turn by the week's end.

BORN THIS WEEK: You appreciate the wonders of the world and enjoy sharing your delight with others.

(c) 2014 King Features Synd., Inc.

**To Subscribe
Call 773-1111**

Thought for the Day: "The only difference between me and a madman is that I am not mad." — Salvador Dali

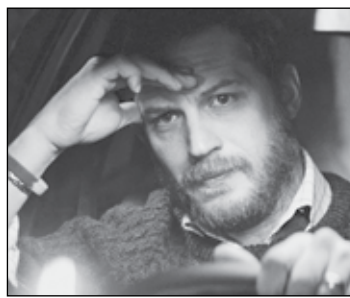
© 2014 King Features Synd., Inc.

COUCH THEATER DVD PREVIEW

COUCH THEATER -- DVD PREVIEW
By Sam Struckhoff

EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of August 11, 2014.

PICKS OF THE WEEK



Tom Hardy in "Locke"

"The Railway Man" (R) -- Eric Lomax (Colin Firth) lives a quiet life with a beautiful woman who adores him (Nicole Kidman) and his hobby -- he's a train enthusiast. Forty years before, he was an English soldier in the Pacific front, captured by Japanese forces, tortured and forced to work on a railroad. In the 1980s, one of Eric's old comrades gives him a tip; he's found the Japanese officer responsible for much of their torment. The quiet Englishman is caught between trauma and love, revenge and forgiveness.

While the story is unquestionably powerful -- it's based on Lomax's autobiography -- the direction of the film goes for the understated, sometimes to a fault. This movie can prove thoughtful and satisfying, if you're patient with the storytelling.

"Locke" (R) -- Want to spend 90 minutes stuck in a car next to a driver constantly yelling and being yelled at via hands-free phone? Sounds lame? What if it's actually a tight dramatic thriller expertly handled by one very talented actor? Ivan Locke (Tom Hardy, from "Dark Knight Rises" and "Warrior") is speeding through London at night trying to do the

right thing -- a one-night stand is giving birth, his wife and children are upset, and a multi-million dollar project at work is imploding. The whole time, all you see and hear is just Hardy in the driver's seat.

It works. Once you're strapped in for the ride, the movie keeps you fixed. Hardy is praised for his fantastic physical performances -- Bane in "Dark Knight Rises," and a charmingly psychotic prisoner in "Bronson" -- but here he proves that he can carry a whole movie while sitting down.

DOGS OF THE WEEK

"Rage" (R) -- The Cage has come unhinged! Nicolas Cage! He's loose, and he's so pissed. Nick Cage plays a put-together businessman with a dark past he can't erase. Bad guys come for his daughter, and Cage must go on the obligatory paternal rampage to get her back -- or at least get revenge. He shoots his way past thugs, shouts his way past horrendous accents, and grimaces as hard as he's ever grimaced, but it's all for naught. It's not a thrilling revenge flick. You'll spend the last act wishing you could escape The Cage.

"Frankie and Alice" (R) -- A gorgeous go-go dancer (Halle Berry) suffers from blackouts and episodes of inexplicable behavior. Turns out she has some other people living in her head -- a 7-year-old genius and a racist Southern belle. Multiple personality stories are so last decade, and this one doesn't do anything to stand out from the melodrama. The film was finished several years ago, had a super-short limited release in 2010, then was kept under wraps until now. Let that be a clue.

TV RELEASES

"Gunsmoke: Season 10 -- Vol. One and Two"

"The Blacklist: Season 1"

"Bitten: Complete First Season"

"The Marx Brothers TV Collection"

"Beyblade: The Classic First Season"

(c) 2014 King Features Synd., Inc.

Strange BUT TRUE

By Samantha Weaver

• It was ancient Greek philosopher Plato who made the following sage observation: "Good people do not need laws to tell them to act responsibly, while bad people will find a way around the laws."

• How would you like to brush your teeth with salt, chalk or ground brick? The first toothbrushes were made of just such materials.

• When you think of hibernating bears, you typically imagine some cozy cave in the woods, right? Well, the next time you're out for a winter hike, you'd better pay close attention to exactly where you're going; some bears spend the cold season curled up on the ground in large nests made of branches.

• Greyhounds have better vision than any other breed of dog.

• If you're a cat lover, you might not be surprised to learn that a group of felines can be referred to as a glaring, a pounce, a clutter or a clowder. Feral cats en masses are known as a destruction of cats.

• People who sustain brain injuries can suffer from a variety of maladies. One of the stranger ones is anosognosia. The victim suffers from some sort of disability, such as losing the ability to move a limb, but that's not unusual; what makes anosognosia so fascinating is that the person suffering from the limitation seems completely unable to believe that any limitation exists, despite voluminous evidence to the contrary.

© 2014 King Features Synd., Inc.



Pink ladies slipper is a wildflower related to the orchid family.

To reproduce, its seeds (which have no food supply of their own) must interact with a fungus in the soil, which breaks them open and passes on nutrients (the fungus later receives food from the mature plant).

This plant flowers in early summer, ranging from magenta to almost white. Its root was once commonly prepared and given for a range of maladies.

Source: www.fs.fed.us/wildflowers

top ten

SUPERFOODS Kids Love

1. Blueberries
2. Oats
3. Almonds
4. Eggs
5. Cinnamon
6. Edamame
7. Quinoa
8. Yogurt
9. Cherries
10. Milk
11. Strawberries

Source: Activebeat.com

© 2014 by King Features Syndicate, Inc. World rights reserved.

Persian Lamb Chop Kabob \$14.99

Juicy marinated pieces of lamb chops, delicately prepared and cooked over an open flame, served over aromatic long grain Basmati Saffron rice, and grilled Tomatoes.



TAK FoodMarket.com
call 916-944-3188
9045 Fair Oaks Blvd, Carmichael



THE SACRAMENTO BEE
FOOD REVIEW
FEB 2013

CALL A PROFESSIONAL!

Business & Service Directory

LANDSCAPE SERVICES

SLS
Superior Landscape Services
 Landscaping and Maintenance

- Sprinkler Repair/Install • Pruning
- Mowing/Trimming • Fertilizing

Insured
 Lic#794551

(916) 728-5812 • Cell (916) 761-0999
Dave Cochran Owner • dave_SLS@surewest.net

LANDSCAPE SERVICES

Eagle View Landscaping
 "Best Price in the Area"

\$20 per Week Yard Service
Sprinkler Repair & Yard Clean Up
In Business Locally 9 years
 Affordable • Dependable • Experienced • Friendly • Speaks English

Eddy Perez, Owner • (916) 613-4307
 eagleview.landscaping@yahoo.com

PARALEGAL SERVICES

Living Trust • Living Will
 Includes: Trust, Will, Powers of Attorney,
 Family Residence Deed
Single \$450 • Couple \$495

Call Lynda K. Knight (916) 214-1215
 1337 Howe Ave. Suite 103, Sacramento

DENTAL CARE

HMF Family DENTISTRY
 Located at 11930 Gold Express Dr. #306
 Gold River, CA • **916-852-7660**

- Restorative and Cosmetic Dentistry • Oral Sedation
- Invisalign • Extractions (including wisdom teeth)
- 1 hour Teeth Whitening (as seen in extreme makeover)
- White Fillings • Digital X-Rays (uses less radiation) • Financing Available

DRUG AND ALCOHOL REHABILITATION

CLEAN & SOBER
 LIVING
 CSTL, Inc.

HELPING PEOPLE AND THE COMMUNITY WITH
 THE ALCOHOL AND DRUG PROBLEM!
 18 YEARS IN BUSINESS!

DETOX (916) 965-3386 SOBER LIVING (916) 961-2691

AIR CONDITIONING/HEATING SERVICES

A-5 STAR AIR CONDITIONING & HEATING COMPANY

\$39.00 Diagnostic Service • Repair • Installation "One Call Does It All!"

- 20 years experience
- Local Family Owned and Operated
- Affordable and Honest
- 100% Satisfaction Guaranteed

License # **565558** **SD SENIOR MEMBER**

(916) 716-8942 • www.afivestars.com

PRINTER AND COPIER SERVICE

Specialties Plus
 • Machine Repairs (all makes & models)
 • Toner Cartridge Refills (Using Cartridge World? Take 10% off their price & try mine)
 • Free Cleaning (with our cartridge)
 • We are Local
 • Service Contracts (monthly or yearly)
 • Lease or Rent
 • High Volume Copying (save wear & tear on your machine)

Specializing in Digital Printers, Copiers, Fax & Multifunction Machines

E-mail: **speplus@comcast.net**
(916) 723-8430

DENTAL CARE

Dr. John C. Riach
Dr. Michael B. Holm
Dr. Guy E. Acheson

AMERICAN RIVER DENTAL

Appointments 7 a.m. to 7 p.m. • New patients welcome
 IV Sedation-Nitrous Oxide • Orthodontics

10350 Coloma Rd. 362-9247

CHILD CARE

JUST BABIES
 ...a healthy, loving, educational environment for your infant

Lic # 343619790 **916-261-9598**
sophiabenedettojustbabies@gmail.com

CEMETERY SERVICES

Respectful, Affordable Burial
 Endowment Care Facility
 Beautiful Park like setting
 Monuments allowed • Cremation Niches
 Commingle Scattering Garden
 Quality & Affordable Service

Fair Oaks Cemetery District
 7780 Olive St., Fair Oaks, 95628
916-966-1613

PET SITTING SERVICE

Professional, Loving PET CARE
 Established Reputation
 Kennel Free Environment
 Lots of TLC

Call Madeline
(916) 723-1608

FUNERAL SERVICES

RUSS MONROE'S
 FUNERALS & CREMATIONS

FD 1404

7960 WINDING WAY FAIR OAKS, CA 95628 Tel (916) 9611265 Fax (916) 9612430

HANDYMAN

Let Dave Do It
 QUALITY • AFFORDABILITY • INTEGRITY

Full Service Handyman
 Honey Do Lists & Small Jobs
 30 yrs Exp - Special Discounts
Call David (916) 337-3038
 DLH Enterprises • CCL#987368
www.LetDaveDoIt.net

TREE SERVICES

Leonard's Tree Service
 Topping • Trimming
 • Removing
 • Stump Grinding

Small and Large Jobs
 CL#926622
Call 447-1686

HOME OWNERSHIP

1st Time Home Buyer??

Me out 

Charles Vines
 Broker Associate
 (916) 216-9349
 DRE# 01789423

LYON REAL ESTATE
 www.GoLyon.com

Scan QR Code to see YouTube Video

COMPUTER SERVICES

YourAppleGuru.com
PERSONAL TRAINER
 for your iPhone, iPad, iMac, MacBook, Apple TV

Expert Experienced Help
 Beginners to Advanced Users
 Reasonable Rates

(916) 996-0609

Zinsky's
 PC Configurations
 "Don't replace it - REPAIR IT!"
 Custom Desktop Computer Configurations
 • PC Repair • Home Wireless Networking
 • Installations • Viri & Spyware Eradication

Alan Zinsky
 Phone: 916-622-2269
Zconfig@sbcglobal.net
 Bus. Lic. # 305312 • B. E. A. R. Reg. #84416
www.zinskyspcrepair.com

PIANO LESSONS

PLAY A STORY
 A musical journey for 4-6 year olds
 Taught at both locations.

BEGINNERS PIANO LESSONS
BREAKTHROUGH APPROACH
 Students of all ages play great-sounding music from their very first lessons!

397-4069

CALL HAPPY TUNES PIANO STUDIO TODAY TO SCHEDULE YOUR LESSONS

TWO LOCATIONS
 Sacramento Arden Area and Citrus Heights

PAINTING SERVICE

QUALITY A PAINT SERVICE
 22 Years Experience State Lic. 646386

Prefer Small Jobs - My Specialty!
 ▶ 2-3 Rooms ▶ 2-3-4-5 Doors
 ▶ Single Family Homes
 1200-1500 Sq Ft.

916-967-0763

EARN \$200⁰⁰ per month
 for just a few hours' work per week

CALL 773-1111

MPG

LEGAL ADS FOR SACRAMENTO COUNTY?
We Can Do That!
Call 489-2299

STATEPOINT CROSSWORD • AWARDS AND TROPHIES

- CLUES**
- ACROSS**
1. State in northeastern India
 6. *Hanson's "MMM ____," nominated for two Grammy Awards
 9. The Atkins ____
 13. Nigerian money
 14. Lawyers' league
 15. *____ Martinez, winner of three Cy Young Awards
 16. "Encore!"
 17. A cause of inflation
 18. Like a dunk but softer
 19. *Four time Pulitzer Prize winner
 21. *____ Cup
 23. Sigma Alpha Epsilon
 24. Reduced Instruction Set Computer
 25. Choose
 28. *He won Oscar for "Leaving Las Vegas"
 30. Gastric enzyme
 35. Garden starter
 37. Left or right
 39. Like 1950s style, today
 40. Algonquian language
 41. Walk heavily
 43. Riyadh native
 44. Next step for juvenile
 46. Russia's legislative body
 47. Mandolin's cousin
 48. Indonesian currency
 50. Eight bits
 52. ____ Aviv
 53. Catcher's catcher
 55. Labor group
 57. *Masters' awards
 61. *The Man ____ Prize
 64. Modern day letter
 65. Hole punching tool
 67. Pertaining to a pope
 69. Sufficiently
 70. Fish eggs
 71. Long stories
 72. *This Coward is an Academy Award and Tony winner
 73. Boar's mate
 74. Cubed
- DOWN**
1. Nurses' organization
 2. Palm starch
 3. a.k.a. Xi'an, ancient capital of China
 4. Ovine sign of the zodiac
 5. Mad person
 6. Worshipped by ancient Semitic peoples
 7. ____-Wan of "Star Wars"
 8. Zoroaster follower
 9. Campus head
 10. Descriptive of pastoral life
 11. North of Cleveland
 12. *Broadway recognition
 15. Alluvial deposit
 20. Minimum
 22. Recipe amount
 24. Entrenched stronghold
 25. *Gold knight
 26. Lost in Provence
 27. Get ready to drive
 29. Encircle
 31. Church sound
 32. Walk like a peacock
 33. About to explode
 34. *Swedish benefactor
 36. Sub station
 38. *Winged woman holding an atom
 42. BBQ spot
 45. In a tame manner
 49. Opposite of "miss"
 51. Ran off to Vegas?
 54. Peter and Paul
 56. Rain forest ruminant
 57. *Billie ____ King, 1972's Sports Illustrated Sportsman of the Year
 58. Held by a clip
 59. Super garb?
 60. *Pulitzer Prize winner, "To ____ a Mockingbird"
 61. What the Big Bad Wolf did
 62. Larger-than-life
 63. Dash
 66. To court
 68. Acid

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12		
13						14			15				
16						17			18				
	19				20		21	22					
25	26	27		28		29		30		31	32	33	34
35		36		37			38		39				
40				41			42		43				
44			45		46					47			
48				49		50			51		52		
				53		54			55		56		
57	58	59	60				61			62	63		
64					65	66			67			68	
69						70			71				
72						73				74			

dish
Make the Switch to Dish Today and Save Up To 50%
 Call Now and Ask How!
1-800-318-5121
 Call 7 days a week 8am - 11pm EST Promo Code: MB0113 *Offer subject to change based on premium channel availability

Promotional Packages starting at only ... \$19.99 mo. for 12 months

FREE PREMIUM MOVIE CHANNELS* For 3 months.
HBO SHOWTIME COMCAST starz

© StatePoint Media

SUDOKU

you could save 28%
 Call 1-800-970-4376 to see how much you could save on car insurance.

esurance
 on Allstate company

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

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

Call to Advertise Here 773-1111

MPG

Come back every week for Crossword and Sudoku!

Legal Advertising Hotline 916-483-2299
Legal Advertising Fax 916-773-2999

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
FICTITIOUS BUSINESS NAME STATEMENT

FICTITIOUS BUSINESS NAME STATEMENT
FICTITIOUS BUSINESS NAME STATEMENT
FICTITIOUS BUSINESS NAME STATEMENT

FICTITIOUS BUSINESS NAME STATEMENT
FICTITIOUS BUSINESS NAME STATEMENT
FICTITIOUS BUSINESS NAME STATEMENT

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME

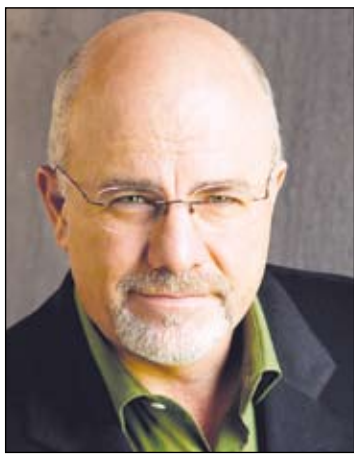
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME

A hearing on the petition will be held in this court as follows: August 28, 2014, 9:00 a.m. in Dept. No. 129 at Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826.

Classified Advertising Call 773-1111

LEGAL ADS FOR SACRAMENTO COUNTY? We Can Do That! Call to place your legal advertising 489-2299

Dave Says



this, and someone gets a card in your name, the credit card company will demand that you pay the bill. You can insist it's not you, but that won't do much good. Then, you'll have to go through the hassle of filling out affidavits and police reports.

You may get out of paying for it in the end, but you'll still have to spend dozens, if not hundreds, of hours dealing with the credit card company trying to get the whole mess straightened out

- Dave

Keeping Motivation Up

Dear Dave,

I make \$30,000 a year. I've just started Baby Step 2 of your plan, and I'm paying off my debts from smallest to largest. I have \$55,000 in debt, including \$15,000 on a car loan. I recently picked up a part-time job to help pay down the debt, but sometimes I'm working 70 hours a week. Do you have any recommendation for staying motivated during this process?

- Brandon

Dear Brandon,

I understand, man. We can all get tired and run short on motivation from time to time. There's an old saying that fatigue makes cowards of us all. I know sometimes, when I'm traveling a lot, I can lose some boldness, strength or compassion when I get tired. So fatigue is a real issue if you're working long hours and facing additional pressure.

The balance on your car is awfully high. My general rule is that you don't want to own vehicles equaling half or more of your annual income. If I'm in your shoes, I'd sell that car and move down to a little beater for a while. I'm not talking about a rattletrap piece of junk, just something lots less expensive. You can find a decent used car to fit the bill, and that would get rid of a big chunk of debt in a hurry.

At this point, I think you just need to feel like you're making some measureable progress. Sometimes, that means throwing a stick of dynamite into the middle of your life. Also, try keeping your debt snowball list where you'll see it on a regular basis. I knew one lady who kept in on the fridge, so she could look at all the little red lines drawn through things she had paid off. It was a visual reminder of the progress she had made, and it provided motivation to keep working hard and become debt-free!

- 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.*

Local Teen Introduces Underprivileged Kids the Magic of Musicals



After their Sacramento performance of *Brigadoon*, cast members pose with teen entrepreneur Lara Kong. Through the high school senior's efforts, hundreds of Sacramento school children have enjoyed California Musical Theater performances.

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Lara Kong (18) has seen scores of musical shows. And through her passion for theater and precocity for fundraising, hundreds of Sacramento teens have enjoyed what Broadway has to offer.

At 14, Lara attended a touring Broadway production of Billy Elliott and exclaimed: "Everybody here is in their 80s!" Since, the Country Day School student has relentlessly raised money, around \$50,000 so far, to rejuvenate theater audiences. The young entrepreneur sponsors under privileged children to see shows through her On Broadway project. "I've lost count of how many kids we've taken—probably more than 400," she considers. "It's amazing to think they've all had a chance to see how the theatre works. Each show opens your mind and changes your thinking."

For those 18-and-under students Lara calls "my kids," Mary Poppins was a 2014 season favorite. "They all knew the songs," she explains. "The show lets your imagination soar. You forget about anything worrying at home."

Troubled homes are common among the teens benefitting from Lara's outings. Many are also served by a Country Day project called Breakthrough Sacramento which helps students from under-achieving schools prepare for college. Lara's efforts sponsor up to 40 tickets per California Musical Theater performance. Her chaperoned kids are given a show prologue; they also meet actors and production crew. "They learn about costumes, lighting, and sound," says their benefactor. "Then they

see how it all works on stage.

"Instead of texting and watching TV shows, they're experiencing art," enthuses Lara. "They see how actors tell a story—not just through their lines—but with their faces and body language. Many are amazed that the music comes from a live orchestra. There's nothing fake in the theater."

to another volunteer. "It's a lot of work," says the uber-achiever. "But I'd be sad to see it end. Theater has brought so much to my kids' lives."

At five years old, Lara donned frilly frocks to see such shows as *Beauty and the Beast*. She anticipates such magical outings with her own kids someday. For now,



Teens will be teens. Before a Sacramento Music Circus performance, 18-year-old Lara Kong (front, with camera) indulges a selfie with the school children sponsored by her On Broadway program.

Lara's dedication is a win-win for kids, whose social and educational opportunities are expanded by such experiences, and for the theater industry itself. "If people see shows at a young age," reasons Lara, "they're more likely to bring their own kids someday. It's a domino effect."

California Musical Theater executives applaud this patron. "From the age of 14, her passion and generosity has made a difference to hundreds of kids," says development director Allison Cagley. "She's also helped introduce a new generation of patrons to our shows. We love having Lara as part of our theater family."

Soon to begin her senior year at Country Day, Lara is thinking about college and hopes eventually to bequeath running her program

parents Mindy and Clement Kong are still her theater dates. "I'm thankful they always took me to shows," she says. "It sparked my love for music (she plays flute for Sacramento's Youth Symphony) and let me connect with the stage. After performances, my parents and I always have great conversations."

Fundraising and planning aside, the magic never dies. "Watching a show, I don't think about the On Broadway project," says the young patron. "Mom, dad, and I just enjoy the show. For us, theater is a family event."

Lara Kong's On Broadway program is a California Musical Theater project. To contribute or to learn more about this project, call Allison Cagley at (916) 446-5880 x 178. ★



Complete Collision Repair

Free Estimates

24 Hour Towing

We Work with All Insurance Companies

"We Meet By Accident"

up to

\$500⁰⁰

Instant Rebate

towards your

DEDUCTIBLE

Some restrictions apply - call for details. Limit 1 coupon per customer. Not valid with any other offer. Expires August 31, 2014.



Before



After

FREE LOANER CAR WITH ANY REPAIR

Present this coupon and receive a free loaner car for the duration of your repairs after authorization. Some restrictions apply - call for details. Coupon must be presented upon authorization. Limit 1 coupon per customer. Not valid with any other offer. Expires August 31, 2014.

6801 Fair Oaks Blvd • Carmichael, CA 95608

Phone 916-339-1776 • Fax 916-339-1700

Email: info@aebodysshop.com • www.aebodysshop.com

Monday - Friday: 8:00 a.m. - 5:00 p.m.

Saturday: By appointment • Sunday: Closed

CONTINUING CARE RETIREMENT COMMUNITY



Come to a Summer Home Tour!
 Lunch is on us.
 Reserve your spot today.

Discover the magic

of the Eskaton Village Carmichael lifestyle

If you are ready for more freedom, but want more than month-to-month rental ... If you want spacious apartment or cottage living and the assurance of staying in your community should your health needs change ... If you want luxury, comfort and service in a gated retirement community ... Come to a Summer Home Tour at Eskaton Village Carmichael.

Take in our beautiful 37-acre campus and imagine your life with so many exciting opportunities right outside your door. Call 916-967-1017 today!

Your community. Your life. Your choice.



ESKATON
Transforming the Aging Experience

Eskaton Village Carmichael

Continuing Care Community (CCRC): Independent Living with Services, Assisted Living, Memory Care and Skilled Nursing
 3939 Walnut Avenue Carmichael, CA 95608

916-967-1017

License # 340313383 | COA # 202



Sacramento Resident Among the First Human West Nile Virus Fatalities This Summer

SACRAMENTO, CA (MPG) - The first two deaths of the summer due to West Nile virus infection have been confirmed by the California Department of Public Health (CDPH), announced Dr. Ron Chapman, CDPH Director and state public health officer. The first was a senior citizen from Sacramento County. The second was an adult from Shasta County.

"These unfortunate deaths remind us that we must protect ourselves from mosquito bites to prevent West Nile virus and other mosquito born infections," said Chapman. "West Nile virus activity is greatest during the summertime."

West Nile virus is transmitted to humans and animals by the bite of an infected mosquito. The risk of serious illness to most people is low. However, some individuals—fewer than one percent—can develop a serious neurologic illness such as encephalitis or meningitis.

People 50 years of age and older have a higher chance of getting sick and are more likely to develop complications. Recent data also indicate that those with diabetes and/or hypertension are at greatest risk for serious illness.

To date in 2014, West Nile virus has been detected in 36 California counties.

CDPH recommends that individuals prevent exposure to mosquito bites and West Nile virus by practicing the "Three Ds:"

DEET – Apply insect repellent containing DEET, picaradin, oil of lemon eucalyptus or IR3535 according to label instructions. Repellents keep the mosquitoes from biting you. DEET can be used safely on infants and children 2 months of age and older

DAWN AND DUSK – Mosquitoes bite in the early morning and evening so it is important to wear proper clothing and repellent if outside

during these times. Make sure that your doors and windows have tight-fitting screens to keep out mosquitoes. Repair or replace screens with tears or holes

DRAIN – Mosquitoes lay their eggs on standing water. Eliminate all sources of standing water on your property including flower pots, old car tires, rain gutters, and pet bowls. If you know of a swimming pool that is not being properly maintained, please contact your local mosquito and vector control agency.

California's West Nile virus website includes the latest information on West Nile virus activity in the state. Californians are encouraged to report all dead birds and dead tree squirrels on the website or by calling this toll-free number: 1-877-WNV-BIRD (968-2473).

Source: California Department of Public Health, www.cdph.ca.gov

Fiesta Dance

WEDNESDAY, AUGUST 13
Chips and Salsa included

Dance music for all ages!
COCUZZI DANCE TRIO

Summer Dances

Every Wednesday thru August
7 - 9:30 pm • \$7/person

Join us for last theme dance
AUGUST 27 *Mardi Gras*

MISSION OAKS COMMUNITY CENTER

FREE TRAVEL SHOW

Wednesday, August 13, 10am

Travel Bug Network
Coffee/Treats 9:30am
All Are Welcome!

Travel the World!

Discover Panama
Highlights of Florida
Heart of the South

BOOK NOW & SAVE!

JAN. 22-30, 2015 • \$2,849 PP DOUBLE
FEB. 8-17, 2015 • \$3,699 PP DOUBLE
APRIL 12-19, 2015 • \$2,299 PP DOUBLE

972-0336

morpd.com

MISSION OAKS RECREATION & PARK DISTRICT

DISTRICT OFFICE
(916) 488-2810 • Fax (916) 488-4349
3344 Mission Ave., Carmichael, CA 95608

Office Hours: 8 am–5 pm
Registration Hours:
8:30am–4pm Monday–Friday

MISSION OAKS COMMUNITY CENTER
(916) 972-0336 • Fax (916) 972-7371
4701 Gibbons Dr., Carmichael, CA 95608

www.morpd.com

SWANSTON COMMUNITY CENTER
(916) 333-6464 • Fax (916) 488-4349
2350 Northrop Ave., Sacramento, CA 95825



LOCALLY OWNED AND OPERATED ~ SERVING THE SACRAMENTO AREA SINCE 1954

Sierra View

FUNERAL CHAPEL & CREMATORY, INC.

(916) 481-1515

www.SierraViewFuneralChapel.net

6201 Fair Oaks Boulevard, Carmichael

Lic. FD-924

TRADITIONAL FUNERAL
\$3995

Package includes viewing with casket.

DIGNIFIED
DIRECT CREMATION
\$695

Please call for details.

Sacramento River Cats

S	M	T	W	T	F	S	S	M	T	W	T	F	S
JULY	1	2	3	4	5	AUGUST	1	2					
	7:05 FRES	7:05 FRES	7:05 FRES	7:05 RENO	7:05 RENO	3	4	5	6	7	8	9	
6	7	8	9	10	11	12	10	11	12	13	14	15	16
13	14	15	16	17	18	19	17	18	19	20	21	22	23
20	21	22	23	24	25	26	24	25	26	27	28	29	30
27	28	29	30	31	31	1	SEPTEMBER						
	7:05 RENO	7:05 RENO	7:05 RENO	7:05 RENO	7:05 RENO	7:05 RENO	5:05 LAS	7:05 LAS	7:05 LAS		7:05 ALB	7:05 LAS	
	7:05 RENO	7:05 RENO	7:05 RENO	7:05 RENO	7:05 RENO	7:05 RENO	5:05 OOL	7:05 OOL	7:05 OOL	7:05 OOL	7:05 OOL	7:05 OOL	
	7:05 RENO	7:05 RENO	7:05 RENO	7:05 RENO	7:05 RENO	7:05 RENO	5:05 OKC	7:05 OKC	7:05 OKC	MEM	MEM	MEM	MEM
	7:05 RENO	7:05 RENO	7:05 RENO	7:05 RENO	7:05 RENO	7:05 RENO	5:05 NASH	7:05 NASH	7:05 NASH	7:05 RENO	7:05 RENO	7:05 RENO	
	7:05 RENO	7:05 RENO	7:05 RENO	7:05 RENO	7:05 RENO	7:05 RENO	5:05 RENO	1:05 RENO					

Fair Oaks Theatre Festival Presents

Come See The Tony Award Winning play!

THE DROWSY CHAPERONE

A MUSICAL WITH A COMEDY

Coming August 8 through September 7, 2014

The Drowsy Chaperone is a parody of American musical comedy of the 1920s. The story concerns a middle-aged, musical theatre fan; who as he plays the recording of his favorite stage show, the fictional 1928 musical, *The Drowsy Chaperone*, the show comes to life vibrantly onstage.

'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

Get your Family Pack

4

RIVER CATS TICKETS

SENATE, ASSEMBLY, OR
TOYOTA HOME RUN HILL

MEAL VOUCHERS

RALEY FIELD HOT DOGS
12 OZ. SODAS
1 OZ. LAY'S POTATO CHIPS

SACRAMENTO ZOO TICKETS

GOOD ANY DAY

FAIRYTALE TOWN TICKETS

GOOD ANY DAY



SCHOLARSHARE
CALIFORNIA'S 529 COLLEGE SAVINGS PLAN

STARTING AT
\$79

To purchase tickets, visit
rivercats.com



916.371.HITS
(4487)

Hash Oil Explosions in Sacramento County

Continued from page 1

indicators of hash oil manufacturing. Marijuana shake—the stems and leaves left over from trimming the mature buds of the plant—is often utilized in the process. PVC tubing, glass tubes, coffee filters, butane canisters, and hose clamps are also used. The resulting product is a brown, oily substance that hardens into a wax-like substance when the butane fully evaporates.

The recent BHO phenomenon is sweeping the United States, especially in states where marijuana is completely legal or partially legal due to medical marijuana laws. BHO production is relatively cheap and simple, and the resulting product is more valuable by weight than marijuana. In Sacramento County, the District Attorney's Office has prosecuted more than a dozen manufacturing cases in 2014. The year has seen multiple explosions and fires caused by the manufacturing process. In January, an explosion inside a Rancho Cordova apartment complex resulted in the lengthy hospitalization of two people and the displacement of over 140 others, including many

children, for two days. In March, an explosion inside an Arden Arcade home resulted in major fire damage to the structure. Two children ages six and two were lucky to escape the fire, although their pet dog perished. In May, a south area home was completely destroyed after an explosion and fire gutted the inside; a firefighter suffered burn injuries while battling that blaze. Earlier this month, a Wilton area home was burned after an explosion led to a fire in the kitchen area. Two children ages three and five were fortunately not home at the time, but they too lost their pet dog as a result of the fire.

Each of these fires was completely preventable as each was directly caused by people manufacturing hash oil. The explosions and fires that commonly result cause enormous property damage; severe burns; and permanent disfigurement to those engaged in making the hash oil, innocent bystanders, and first responders.

The manufacture of Butane Hash Oil is illegal in California. There is no defense under either Proposition 215 (the Compassionate Use Act of 1996)

or the Medical Marijuana Program of 2003. Manufacturing hash oil is a felony and is punishable by up to seven years in a county jail. If a fire is caused, arson related charges may be brought which can result in a state prison commitment. If someone is seriously injured as a result, an additional three years in prison is possible. If children are present, child endangerment charges are likely. If someone dies as a result, homicide charges can be brought.

Those contemplating making hash oil should be aware of the extreme danger involved, that it remains highly illegal, and that it is unaffected by the state's medical marijuana laws. Those suspecting someone of making hash oil should contact law enforcement and evacuate the area immediately.

The District Attorney's Office is committed to stemming this dangerous threat to people and property in our community and will continue to aggressively prosecute BHO manufacturing and related crimes. ★

Source: Sacramento County District Attorney's Office

LETTER TO THE EDITOR

Why Don't The Critics Of Israel Get Rid Of Hamas if it is So Easy To Do Without Hurting Civilians?

Critical of Israel? Then YOU do better at getting rid of Hamas without harming any Palestinians.

As an Israeli, I am 100% confident that Israel is doing its utmost to get rid of Hamas while trying its hardest not to harm civilians. Yet civilians have been killed, including children - the most innocent victims of all. People all over the world are outraged, and rightly so, when they see the images of devastation emerging from Gaza. I too am outraged. But the problem is that most people, unlike me, are blaming the wrong culprit - Israel. We pulled the trigger, but we are not the ones to blame.

So here's a question to ponder for all you critics: If Israel is doing such a poor job as you claim, then presumably you can do better. Why aren't you sending your troops to Gaza to eradicate Hamas in a manner in which not a single Palestinian civilian gets hurt? If you fail to even try, then do you deserve the right to criticize?

I could tell you all about the efforts Israel makes to warn Palestinian civilians to get out of the vicinity of terrorists via leaflets, telephone calls and roof knocking. I could tell you about how Hamas calls for civilians to ignore these warnings. Don't believe me? Read for yourself on the Palestinian government website. These messages are no longer just in Arabic, sending one message to the world and one to its people. No more of that pretense. This message is in English: "the ministry calling all our people not to deal or pay attention to the psychological warfare carried out by the occupation through rumors that broadcast across his media and delivering publications and communications on the phones of citizens."

I could go on about human shields, urging you to question why Hamas is launching rocket attacks from civilians area - schools hospitals etc. Even the UN admitted finding rockets in one of their schools in Gaza (and then apparently handed them over to Hamas but that is an entirely different story).

I could go on about ceasefires - how Israel has honored three, while the Palestinians have failed to honor any. I could ask why it is that the apparent loser in this conflict is determined to continue? I could then descend into the abomination as to whether dead Palestinian children on tv screens is more valuable and important to Hamas than protecting those children.

I could rant on about the millions and millions of dollars poured into the Palestinian coffers, questioning why this money has been spent on acquiring rockets, and fattening up their leaders wallets, instead of investing in their people's futures. (A cynic might even point out that the money spent on rockets is spent investing in their people's futures.)

I could proudly tell you about the Iron Dome, how fantastically brilliant it is, and how I post a thank you on their Facebook pagewhenver I see that they announce that they have just knocked another rocket out of the sky.

I could certainly tell you how grateful I am that my country is doing its best to protect me from a vicious enemy. They built me bomb shelters, an air-raid warning system, and a barrier that has proven totally effective in stopping suicide bombers (and even that non-lethal method of combatting terrorism was too much for the civilized world, but that too is another story).

And yet the global media would still delight in publishing the gruesome images, clamoring

for newspaper sales and hits to their websites, apparently completely oblivious to the fact that they are effectively doing the PR job of one of the most evil terrorist regimes on this planet.

And the fact is that the images would be real. (Actually, that isn't entirely true. Some would be from Syria and not Gaza, but again that is another story. If you want to know about Pallywood, Google it.)

As I said, Israel is trying its hardest not to hurt civilians, but apparently our best simply isn't good enough. No matter how hard we try, and how many improvements we make, and how much Israeli society agonizes over what we have to do, it is not enough. There are still too many dead bodies.

So, could we do nothing? Absorb rockets fired without retaliating? Well, we tried that, and that didn't work out too well. The thousandth rocket that was fired at our civilians was the proverbial straw that broke the camel's back.

Could we try another non-lethal method? How about making sure that no rockets reach Gaza in the first place. Well, we tried that too, but the fact is that some rockets did still reach Gaza, not to mention the fact that the world was outraged by the blockade, which has totally proven itself to be utterly essential. It needs to be a tighter blockade to make sure that no rockets at all reach Gaza, not to be relaxed. (Sorry world if that upsets your tv screen politics. Actually, I'm not sorry for that at all.)

Perhaps we could go the diplomatic method? Apparently, not. The world insisted on giving money to the poor Palestinians without ever holding them accountable or responsible for where the money was spent. Millions and millions wasted.

Continuing on the diplomatic front, despite the blaringly obvious neon signs that a Palestinian unity government including Hamas would be bad news for everyone, the governments of the world embraced it with open arms and open checkbooks and promises that if they behaved badly, they would withdraw their support. Apparently, you forgot about that promise Mr. Obama, and Mr. Cameron, so let this be a reminder. Surely you currently outraged citizens of the world are aware of the fact that your own governments still support the Palestinian unity government that includes Hamas. Surely you have spoken out against this abomination? Surely you have seen through the ridiculous claims that the Hamas entity in the Palestinian government is purely technological. See? Even the word technological is absurd. A spell-checker has more sense than the leader of the free world.

The simple answer is that we have to act against Hamas. Or at least that Hamas needs to be acted against. The best solution would be for the Palestinian people to act against Hamas, recognizing that Hamas are not acting in their best interests. But there again, seeing as it was the Palestinians who democratically elected Hamas to represent them, that isn't likely to happen.

So there remains the need to eradicate Hamas.

Despite the fact that Israel has a proven track record of having a comparable, if not lower (but this is no time to brag), rate of civilian combatant deaths than many other countries or unions such as NATO, we have still failed in the eyes of the world. There are too many dead bodies being shown on tv for the hypocritical armchair critics to feel comfortable with.

Therefore I invite any country

to send in their forces, or even their concerned citizens to get rid of Hamas without harming the hair on the head of any Palestinian child. Show us how it can be done. Show us how humanely you critics can do it.

This isn't simply a conflict 'over there', better kept at arm's distance and not to get involved in, and far from your reality, like Syria. It is right there on your television screens each day and each night. And more fool you if you cannot see that Israel is on the front line of the west versus extremist Islam battle (fighting your battle alone, I might add.)

What does it matter if the analysis of the Palestinians who have been killed based on Al-Jazeera's records prove that Israel is not killing indiscriminately? The fact of the matter is that this war is being fought on tv sets all over the world and also on the streets of London, Paris and New York.

The reasons for needing to get rid of Hamas are crystal clear. They are not good for the Palestinians and they are certainly not good for Israelis. Millions of Israelis - Jews, Arabs, Christians, Bahai and atheists are currently facing the very real threat of rocket attacks. Millions of Palestinians are suffering since Israel is obliged (it does not merely have the 'right' to self defense, but it has an obligation to act against the war crimes being inflicted upon its citizens) to respond to the continued Hamas rockets.

There is no question that Hamas must be eradicated if there is a chance of peace. Their own charter states that they are against a peaceful solution. [Article 13: Initiatives, and so-called peaceful solutions and international conferences, are in contradiction to the principles of the Islamic Resistance Movement]. Hamas and peace are simply incompatible. Don't simply harp on about getting the peace process back on track - it is absurd and downright embarrassing for anyone who dares to still claim that this is possible while Hamas is still in the picture.

They need to be eradicated. I don't care who does it. In fact, I prefer that anyone but Israel does it since I am fed up of the agony of knowing that another Israeli soldier has been killed in this war that we never chose and never wanted, but are obliged to fight.

I am furious with the world, especially the western 'civilized' world. How dare you criticize Israel when you have never been in such a situation that we face, and when you yourself have behaved worse when faced with a comparable situation (look at the NATO devastation in Belgrade in 1999 for a good start).

How dare you criticize! How dare you?! How dare you - unless you are willing to do what needs to be done 'better' (more humanely) than us. Put your money (and your lives) where your mouth is. If not, how dare you criticize? A few countries might make excuses. But how can it be that out of over a hundred countries, there is no-one willing to get rid of Hamas without harming any Palestinian civilians. The message is loud and clear - you wouldn't dare try to prove us wrong since you know we are right. But prove me wrong. Please prove me wrong.

Send in the coalition of the willing. The coalition of the brave. The coalition of the superheroes who can fight a war without creating civilian casualties. You are more than welcome. ★

Michelle Moshelian, Israel



Foster Care

The need is great for loving, safe homes for foster children ages 0-18 & pregnant/parenting teens.

We offer free training, fingerprinting, CPR/1st aid, 24 hr support, monthly reimb.



Call Lenka
(916) 338-7156

WHO WILL YOU TRUST WITH YOUR LEGACY?

PROTECT YOUR FAMILY WITH COMPREHENSIVE ESTATE PLANNING

- ✦ Revocable and Irrevocable Trusts
- ✦ Wills, Including Guardianship Provisions
- ✦ Durable Powers of Attorney
- ✦ Advance Health Care Directives
- ✦ Probate and Trust Administration

Legal documents prepared by trust mills and non-attorneys may have devastating consequences.

\$200 OFF

COMPLETE LIVING TRUST PACKAGE

*Cost may vary depending on circumstances. Fees quoted after initial consultation.



LAW OFFICES OF RICHARD W. MCGINNIS
Estate Planning & Living Trusts since 1983
735 Sunrise Blvd., Suite 208 • Roseville
(916) 784-6377 • www.rwmlaw.com




Scan for Law Offices of Richard W. McGinnis

FREE ATTORNEY CONSULTATION & DOCUMENT REVIEW

Union Gospel Mission Sacramento



F

For more than 50 years, Union Gospel Mission has been serving Sacramento's homeless with shelter, meals, clothing, a rehabilitation program and a life-changing Gospel message. Founded in 1962 by concerned Christians for men in need, the Mission now serves women and children, too, and is an amazing testament to the good that comes with committed volunteers, inspired leadership and the community's support.

We accept donations, clothing and goods, 7 days a week...and prayer always!

Matthew 25:40
"Caring for the Least"

50+ Years of Service

(916) 447-3268

400 Bannon Street • Sacramento, CA 95811
Exec. Director, Pastor Tim Lane
P.O. Box 1108, Sacramento, CA 95812

Tune in our Radio Program:
KFIA 710 AM, Sun & Mon 3 PM
listen online & visit us at:
www.ugmsac.com
[Facebook.com/UGMSAC](https://www.facebook.com/UGMSAC)

Earn \$200 per month for just a few hours delivery work per week!

CALL 773-1111



A STANDARD OF EXCELLENCE FOR 110 YEARS



Memorial Parks
Mortuaries & Crematory

FREE LUNCHEON & 20 MINUTE PRESENTATION

"THE PRIVILEGE OF PLANNING"

This is not a sales seminar. It is a community educational presentation that focuses on the importance of advance funeral planning and all of the options available, including Veteran's benefits, cremation and burial choices as well as key consumer advice. In addition to lunch, each attendee will receive a FREE Emergency Planning Guide.

Friday, August 8 • Friday, October 10
11:30 am to 12:30 pm

EAST LAWN MEMORIAL PARK & CREMATORY
4300 Folsom Boulevard • Sacramento
RSVP Required: 916.732.2000

Wednesday, August, 20
(Spanish & English)
11:30 am to 12:30 pm

ANDREWS & GREILICH FUNERAL HOME
3939 Fruitridge Road • Sacramento
RSVP Required: 916.732.2026

Wednesday, July 23 • Thursday, Aug 28
11:30 am to 12:30 pm

SIERRA HILLS MEMORIAL PARK &
EAST LAWN MORTUARY
5757 Greenback Lane • Sacramento
RSVP Required: 916.732.2020

Thursday, August 14 • Wednesday, Sept 17
Dinner 6:30 pm • 11:30 am to 12:30 pm

ELK GROVE MEMORIAL PARK & MORTUARY
9189 E. Stockton Boulevard • Elk Grove
RSVP Required: 916.732.2031

Reservations Required, please RSVP
to the location of your choice, or to
Lisa West at LisaW@EastLawn.com

Seating is limited to 30 attendees per seminar



www.EastLawn.com



SUPPORTING LOCAL FARMERS, YOUTH AND COMMUNITIES

California Certified



EAT
HEALTHY,
BUY LOCAL

Enjoy organic produce, specialty gourmet foods,
live music, chef demos and craft/health fairs.

SATURDAY

Sac Unity Farmers Market
9249 Folsom Blvd, Sacramento (at Unity of Sacramento Church) on Saturdays
8 am - 1 pm, year round.

SUNDAY

Carmichael Park Farmers Market
5750 Grant Avenue, Carmichael (Corner of Grant & Fair Oaks Boulevard
under the trees in the Park). Every Sunday from 9 am to 2 pm - all year round.

SATURDAY

Sacramento Midtown Farmers Market
2020 J Street (Between the STANF Native American Health and Bioware
buildings). Every Saturday from 8 am to 1 pm - all year round, rain or shine.

SATURDAY

Sunrise Mall Farmers Market
6190 Sunrise Boulevard, Citrus Heights (behind Sears located in
SE Parking Lot). Open every Saturday from 8 am to 1 pm - all year round.

SATURDAY

Historic Folsom Farmers Market
915 Sutter Street, Historic Folsom Public Plaza, Folsom. Every Saturday
from 8 am to 1 pm - all year round

THURSDAY

UC Davis Health System Farmers Market
45th and Y Street (UC Davis Campus). Seasonal - Opens 4/24. 3 pm - 7:30 pm

WEDNESDAY

Fair Oaks Farmers Market **NEW LOCATION, LOTS OF PARKING!**
8101 Sunset Ave. (New Life Church). Seasonal - Opens 4/16. 3 pm - 7:00 pm

WEDNESDAY

VA Mather Farmers Market
10535 Hospital Way (VA Hospital). Seasonal - Open Now. 9 am - 1 pm

For more information: www.bemoneysmartusa.org

The Exciting New World of Implant Supported Dentures

• Has the Security of a Fixed Bridge! • Easier to Maintain Good Oral Hygiene

There are millions of people in the U.S. who are edentulous (meaning without teeth) who struggle daily with dentures. A majority suffer from discomfort as a result of loose or illfitting dentures. Many prosthetic wearers simply withdraw from any type of social engagement as a result of having to wear their dentures.

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

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

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

Now there is a solution
to these issues, Implants
with "Snap On" Dentures!



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!

Carmichael Dental Group

**8329 Fair Oaks Blvd., Ste B
Carmichael, CA 95608**

(916) 944-7700 www.YourCarmichaelDentist.com