



## Last of the Hot August Concerts

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**PLUS:**  
New Spay/Neuter Clinic  
at Sacramento County's  
Bradshaw Center

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# Carmichael Times

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Serving Carmichael and Sacramento County since 1981

August 14, 2014

### Looking for Spiritual Inspiration?



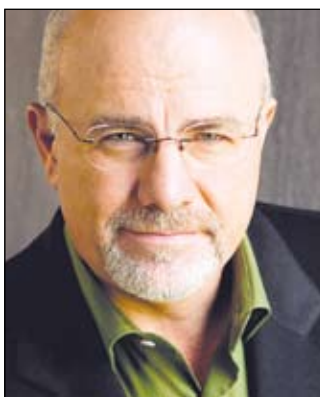
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## Little Libraries a Big Hit



Story and photos by Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** - They are small, cute as bugs, and they're popping up everywhere.

Worldwide, Little Free Libraries are now installed in more than 15,000 private yards. Part of a back-to-basics program, these libraries-on-a-stick promote literacy and neighborly values. People stroll by, choose a book, and often, says Carmichael teacher Ralphene Lee (75), they leave one in return.

This reading teacher's love of books did not end at her 2003 retirement. "People said I would be perfect to run a Little Free Library," she says. "Since then, I have had teacher friends in Florida, Reno and San Carlos who've started their own."

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In her Arden Park street, Retired San Juan School District teacher Marianne Rayburn and husband Rick, admire Marianne's Little Free Library. Inset: Ralphene Lee stocks her kiosk shelves on Hesper Way, Carmichael. A nearby school guarantees constant customers.

### The 4th Annual Carmichael Health and Safety Fair!

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

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

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

There will be demonstrations of Tai Chi and martial arts. CrossFit Kids and a senior women's rhythm and tap group will perform. While you're here, be sure to visit Farmers Market vendors sponsored by be Money Smart USA.

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

Come join us, and be sure to tell your friends and neighbors! ★

Source: Carmichael Chamber of Commerce

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## Assistance League of Sacramento Purchases Building

**SACRAMENTO, CA (MPG)** - Assistance League of Sacramento (2528 Yorktown Avenue) has purchased the property located at 2751 Fulton Avenue to house its philanthropic center, administrative offices, and retail business. This community based philanthropic organization serves over 20,000 individuals each year in the Greater Sacramento area.

This permanent home will allow the organization adequate space to operate its eight philanthropic programs, which service local school districts, hospitals, senior residences, and emergency and youth social services. It will also provide administrative headquarters and a permanent home for its resale retail business.

Assistance League Thrift Shop has operated from three leased locations in its 27 years of continuous business operation. This larger retail space will expand the charity's ability to generate revenue, which represents over 60% of the funding used to bring services to the neediest segments of our area. Assistance League provides school clothing for over 5,000 children in four local school districts each year.

Partnering with Wells Fargo Bank, the property will undergo renovation and is not expected to be operational until sometime in 2015. Greg Thomas, senior vice president Cornish Carey, has worked with the organization for over three years to purchase a property in the Arden-Arcade area suitable for both administrative offices and a retail business. Thomas said, "This is an ideal location in the Fulton Avenue corridor. It is close to the schools served by Assistance League. The proximity between the revitalization of Town & Country Village & Mueller Corner (Fulton and Marconi) and Kuni Auto (Fulton and El Camino) will boost Assistance League's ability to provide quality services to those in need." ★

Source: Assistance League of Sacramento



Assistance League of Sacramento, a local 46-year old nonprofit organization serving children, women, and families, has purchased its first building to house its philanthropic programs and retail business. This larger retail space will expand the charity's ability to generate revenue, which represents over 60% of the funding used to bring services to the neediest segments of our area.



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# Last of the Hot August Concerts



Beatles tribute Band Mania recently entertained Carmichael Park crowds. These are the final days of the summer concert season.

Story and photo by Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** - Carmichael Park promises fun for all ages during free events this Sunday.

The Sunday Funday program, three hours of low-tech games for children and parents, returns to the Veterans Hall lawn. Martial arts, crafts, bounce houses and a tug o' war are aimed to get families away from computers and into the fresh air.

Anyone may attend; activities begin at 10 a.m. Scheduled entertainers are:

**It's About Time Swing (swing music) Sunday, August 17th.**

**Bad Catz (Blues/classic rock) Saturday, August 23th.**

**River City Concert band (60-piece ensemble) Sunday, August 24th.**

Carmichael Park is at 5757 Grant Ave. For information, go to [www.carmichaelpark.com](http://www.carmichaelpark.com) ★

# Wells Fargo Foundation Donates \$50,000 to Improve El Soldado Mexican American Veterans Memorial

**SACRAMENTO, CA (MPG)** - Among tall trees and nestled on a pillar stands El Soldado or as it has more recently been called, the Mexican American Veterans Memorial. This monument to the gallant and patriotic military service of Latino/Hispanic veterans is well on its way to receiving a much needed facelift thanks to the commitment from individuals and organizations alike. The Wells Fargo Foundation is the latest such organization to demonstrate its commitment, not just to veterans and their families, but also to the monuments that showcase their patriotic service.

"On behalf of all veterans, but especially Latino/Hispanic veterans, we are proud to accept this \$50,000 donation from the Wells Fargo Foundation," said Peter J. Gravett, CalVet Secretary. "This donation allows us to take a giant step forward in our quest to beautify and enhance El Soldado."

California is home to approximately 1.8 million veterans of which nearly 272,000 are Hispanic/Latino. El Soldado/the Mexican American Veterans Memorial serves as a testament to the service and contributions of these Hispanic/Latino

veterans. This Memorial is the only monument nationally recognizing the military contributions of Latino veterans from all branches of the military to be located on state capitol grounds.

The Mexican American Beautification and Enhancement Committee and the California Department of Veterans Affairs (CalVet) are diligently working to raise \$800,000 to complete the renovations needed by El Soldado. The Memorial Committee and CalVet have established a plan that would fund and construct the enhancements in three stages at the following levels, respectively: \$300,000, \$500,000, and \$800,000. According to their input, each stage would look like a completed memorial, but each new stage would add significant enhancements to the design or landscaping of the prior stage.

Tax deductible donations to El Soldado, the Mexican American Veterans Memorial can be sent to: California Mexican American Veterans Memorial, C/O California Department of Veterans Affairs, 1227 O Street, Sacramento, CA 95814.

Shortly after the World War II

armistice, a group of Mexican-American women, also known as the "Madres," banded together to create a memorial that would honor their husbands and sons who had died during their military service during the war. Beginning in 1948, the Madres launched a fundraising drive to finance the memorial. Their efforts included selling homemade tamales and conducting raffle sales at their local church parishes and other venues.

Dedicated in May 1951, the memorial consisted of a statue of a solitary infantryman. Known as "El Soldado," the statue stood on the grounds of the Mexican American Center in Sacramento. Weathered and worn over time, El Soldado remained at this site for decades until the location was rezoned by local government. The statue was donated to the State of California with the expectation that it would become an official and permanent state memorial. In 1975, El Soldado was moved to its present location across the street from the Main (West) entrance to the State Capitol. ★

Source: California Department of Veteran Affairs

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## Announcements & Events

**Free Summer Concert in the Park**  
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**Kids Hangout After School Program**  
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For registration & other information call the District at (916) 485-5322 or visit our web page at [www.carmichaelpark.com](http://www.carmichaelpark.com).

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**Publisher, Paul V. Scholl**

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# Little Libraries a Big Hit

# Meet the Author of Widows' Shoes



From her floral-themed kiosk on Dell Road (Carmichael), artist Dianne Van de Carr's library offers anything from garden guides to murder mysteries.

lawn," says Marianne's husband, Richard. "They were so totally engrossed in our books they hadn't even turned their car engine off."

More than 1700 children's titles are a legacy of Marianne's 28 years with the San Juan School District. Explains her husband: "Our library was a way to get Marianne's books back into young peoples' hands." Since its installation, another Little Free Library in Auburn was dedicated to the 64-year-old. "Her friends still regard Marianne as the finest teacher they've ever come across," says Richard Rayburn. "During her career, she didn't just teach children to read. She did everything she could to make them love reading."

Carmichael Artist Dianne Van de Carr (60), read about Little Free Libraries and convinced her retired doctor husband to build one for their Dell Road home (near Fair Oaks Boulevard). "Phil found an old cabinet and repurposed it," she says. "We used books that belonged to our children, and we found others in yard sales or thrift stores."

"The library has contributed a great sense of community to our street," she said. "Walkers stop by every day. Our local Montessori School brings children here on foot; it's a field trip for them. Sometimes I hear laughter in my yard and I look out and see children chuckling at something they're reading. People are so used to their electronic devices. But I say: nothing beats sharing a good old fashioned book."

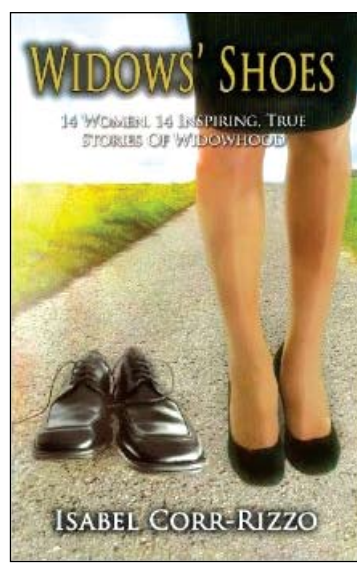
Learn about the Little Free Library program at [www.littlefreelibrary.org](http://www.littlefreelibrary.org).

Learn about the Little Free Library program at [www.littlefreelibrary.org](http://www.littlefreelibrary.org).

**CARMICHAEL, CA (MPG)** - Widows' Shoes is a book in which widows express their innermost thoughts and feelings on being widowed, plus ideas on how to face reality for what it is—you are a widow! These enlightening, inspirational stories are not just directed towards widows, but also touch others who find themselves in a grieving situation.

Widows' Shoes is a courageous insight into the multiple facets of coping with everyday challenges and detours along the road to recovery. Uplifting and constructive thoughts, ideas, suggestions, what works, and what doesn't are evenly scattered throughout each chapter, and the book unfolds some smiles and laughs, too. The stories are a message to others to help realize a full life still awaits them. Books will be available to purchase.

Author Isabel Corr-Rizzo was born in Ireland. She studied journalism in high school and wrote for the yearbook and a column for the high school newspaper in Klamath Falls, Oregon. She holds an Honorary Lifetime Membership in the California PTA. She is an author in Chicken Soup for



the Father & Daughter Soul and was honored with two awards for her poetry. For 23 years, she has been a storyteller for area schools with her own stories. She has also written many novels, children's books, and poetry. She lives in Roseville, CA, and is currently writing a mystery novel.

Meet Widows' Shoes author, Isabel Corr-Rizzo, on Wednesday, August 20th, 1:30 p.m. at Eskaton Village Carmichael, 3939 Walnut Avenue, Carmichael. ★

Source: Eskaton Village Carmichael

Continued from Page 1

Requirements are few, and no start-up capital is needed. Books come from library sales and from the ever-overflowing shelves of book lovers. Front yard kiosks may take the shape of school houses, Amish barns, covered bridges, or Mother Hubbard's cupboard. Some patrons tailor design their little libraries to match their houses. A three-teacher effort, Ralphene's mini library was built by former Bella Vista High School principal Targe Lindsay. "He didn't spend a

cent," said Ralphene. "He used old wood from his workshop. My brother-in-law, Bruce Lee, (another retired educator) got a post-hole digger to set it in the ground. I did the painting. I was warned about vandalism, but there hasn't been any. I guess people respect books too much to damage them."

Of around 30 little libraries in Sacramento, few are as well located as Ralphene's Hesper Lane spot (near Coyle Avenue). "I'm on a corner and close to a school," she explains. "Lots of parents and kids walk by."

After filling her shelves,

Ralphene watched from behind her living room curtain as her first customer arrived. "It was a mom with a stroller," she recalls. "She chose a book and gave it to her baby. The baby was admiring the book as they walked away. I thought: wow, this works..."

Marianne Rayburn suffers from memory loss, but this has not ended this teacher's educational outreach. Every day, young visitors occupy the wooden bench in the Rayburn's Cayente Way yard (near Arden Way). "We came home once to see three teenagers on the



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## Mail Carrier Stops in for a Drink, Comes out \$650,000 Richer!

**SACRAMENTO, CA (MPG)** - Susan Nichols is a mail carrier in the Sacramento area and after her route, she sometimes stops into a local gas station for a cool drink – especially on a hot day. Back in July, she did just that and decided to also buy a \$1 California Lucky Life Scratchers® ticket! She scratched it and realized right away she had won, but she and her husband kept it a secret for almost a month before coming into the California Lottery's Sacramento District Office to claim their prize. During that time, they figured out the best way to claim the prize (payments or cash option) and how to make the money work for them.

Nichols chose the cash option and will receive \$375,000 in a lump sum amount. She purchased her ticket at the Shell station, which is located at 3510 Fair Oaks Boulevard in Sacramento. She plans on paying off some debt with her prize and also starting a college fund for her daughter. As



**Susan Nichols, who purchased her winning ticket in Sacramento, is the latest winner of the Lucky Life prize of \$650,000**

for any vacation plans, she replied, "Maybe in a year or so, we'll plan a family vacation."

The California Lucky Life Scratchers family is part of the Lottery's continued effort to give out more prizes, create more winners and earn more money for education. For more information on the game and how to play, click here.

Also, like all Lottery Scratchers games, the California Lucky Life family of games comes with a

second chance to win the top prize. Just subscribe to our 2nd Chance Program and submit any non-winning California Lucky Life Scratchers ticket code for a chance to win.

The California Lottery is a \$5 billion enterprise based in Sacramento. It is one of the few state agencies that is a revenue generator, not accepting taxpayer dollars. Its mission is to provide supplemental funding to California schools while simultaneously supporting local communities. In FY 2013-14, the Lottery created 89 new millionaires. More than 95 cents of every dollar spent by our players goes back to local communities in the form of contributions to public schools and colleges, prizes and retail compensation. The California Lottery urges its customers to play responsibly and within their budgets. If you feel you have a gambling problem, or know someone who does, you can get help at 1-800-GAMBLER. ★

## New Spay/Neuter Clinic Fights Pet-Overpopulation, at the Sacramento County's Bradshaw Shelter



**Sacramento ASN offers low cost spay/neuter services, vaccinations and wellness services without income or residence restrictions. They are located in the Sacramento County Bradshaw Animal Shelter, 3839 Bradshaw Road.**

**SACRAMENTO REGION, CA (MPG)** - The Sacramento County Bradshaw Animal Shelter, 3839 Bradshaw Road, is now home to the Sacramento Animal Spay and Neuter (ASN).

"Sacramento ASN is our new spay/neuter services partner occupying the spay/neuter facility here on the grounds of the Bradshaw Shelter," said Dave Dickinson, Director of the Bradshaw Shelter.

Modeling ASN's original Auburn clinic, Sacramento ASN offers low cost spay/neuter services, vaccinations and wellness services without income or residence restrictions. "We're excited to be aligning our animal wellness efforts with the Bradshaw Animal Shelter, making this our second successful location," said Maria Naumann, ASN Practice Manager.

"Sacramento ASN's reputation and performance are outstanding," said Dickinson. "Together we will continue efforts to reduce the number of unwanted animals filling area shelters by providing additional



proactive resources to fight pet overpopulation." To find out about adoptable pets, volunteering and other ways to help, visit [www.AnimalCare.saccounty.net](http://www.AnimalCare.saccounty.net).

Source: Sacramento County

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**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.**

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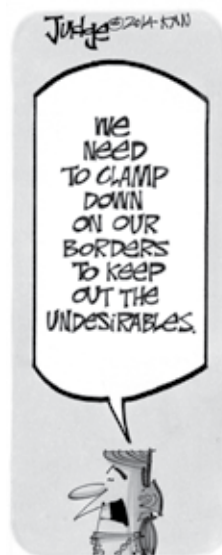
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THE RICH LOWRY COLUMN  
By Rich Lowry

**'A Hell of a Foray'**

If an Israeli high-level official were caught on a hot mic candidly commenting on Secretary of State John Kerry's ill-fated act of Israel-Hamas peacemaking, he might call it "a hell of a diplomatic foray."

Kerry was caught sarcastically describing the Israeli offensive into Gaza as "a hell of a pinpoint operation" during his round of Sunday-show interviews two weeks ago, before telling his aide over the phone, "We've got to get over there," and "It's crazy to be sitting around."

Kerry's belief in himself as the Indispensable Man is touchingly quaint. His conception of the U.S. secretary of state is apparently frozen in a time when it was a position of unparalleled power and respect. Those days are gone.

Or as President Barack Obama might quip, to paraphrase his put-down of Mitt Romney's foreign-policy views during one of the 2012 presidential debates, "John, the 1980s want their secretary of state back."

After six years of resetting, leading from behind, ending wars, nation building at home and pivoting to Asia, the U.S. has reduced itself to a husk of its former influence. When Kerry showed up in Cairo to meet with the president of Egypt, he was wanded by the guards, as if he had just wandered in from the airport security line.

Kerry underlined his dubious relevance by his inability to secure a cease-fire, and his dubious wisdom by making it his overarching goal. At this point, after Israel has committed itself on the ground, the U.S. should be seeking to give it the time it needs to do as much damage as possible to Hamas' military infrastructure, instead of effectively bailing out the terror group.

By the time Kerry returned home, he had been showered with so much criticism by the Israelis that the U.S. government was saying it could endanger our relationship. The question raised by Obama administration foreign policy again and again is, How can self-styled Smart Power be so dumb and toothless?

For all of Kerry's failings, he is a relative giant among a foreign-policy

team composed largely of political hacks and post-American declinists. At least Kerry retains some of the old Democratic Party belief in America's importance in the world. His condemnation of Syria's use of chemical weapons last year was a stirring moral indictment of the Assad regime -- although President Obama immediately undercut him when he abandoned his own "red lines."

So far, Kerry's tenure as secretary of state is making Hillary Clinton's undistinguished stint look impressive by comparison. But that's mostly a matter of timing. It is his misfortune to be present at the unraveling, as crisis after crisis unfolds, with the administration lacking the interest or the tough-mindedness to effectively respond.

It is impossible to find anywhere in the world where our position or alliances are stronger than they were six years ago.

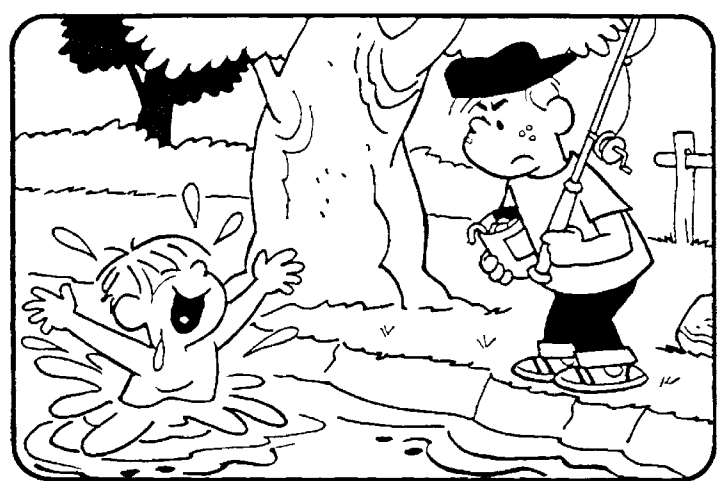
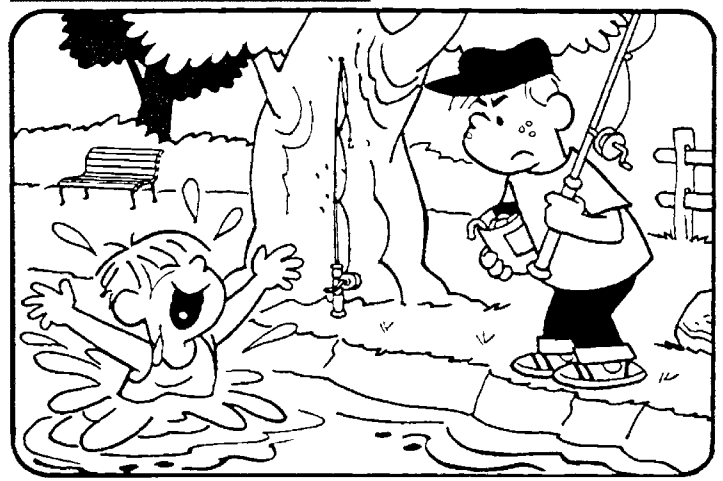
One hopeful theory about Obama foreign policy was that, after serial humiliations and failures, it would recalibrate toward more assertiveness, like Jimmy Carter did after the Soviet invasion of Afghanistan. But he seems content with America's new status in the world. John Kerry will just have to get used to it.

Rich Lowry is editor of the National Review.

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## Dare to Live Without Limits

Get Back Up

by Bryan Golden



We all face challenges and have to deal with adversity. What should you do when you stumble and fall? Get back up. Failure only occurs when you quit.

How do babies learn to walk? Their success is far from instantaneous. They fall down after their first attempt. Then they get back up and fall again. This process is repeated hundreds of times. As infants, we all learn to walk by simply getting up one more time than we fall down.

Becoming discouraged is learned, not innate. As we mature, our unshakable childhood determination weakens. Had we attempted to learn to walk at a later age, we would conclude that it was impossible after just a few unsuccessful attempts.

You were successful at walking because of adamant tenacity. You didn't give it a try. It was something you were going to accomplish because you had not yet learned the concept of failure.

How's your attitude now? Are you ready to give up after one or more unsuccessful attempts at reaching a goal? Do you justify giving up by telling yourself and others that at least you gave it a try?

Creating a rewarding life is a challenge. Tripping and falling or getting knocked down is to be expected. The only way to avoid

this is to do nothing, which accomplishes nothing. Whenever you are down you must get back up.

When you fall, there will be no shortage of people attempting to comfort you with an endless list of reasons why it's OK to give up. Don't listen to them! All you need is one reason to get back up. Throughout history, there has never been a single accomplishment by anyone who has remained down.

Getting back up isn't easy. It requires lots of effort. Repeated falls drain your energy. When you feel down and out, you must do whatever it takes to get back on your feet. Failure only occurs when you stay down.

Feed your motivation by maintaining a focus on your goal. Visualize all of the benefits you will accrue once an objective is attained. Imagine how you will feel and act once you have reached your destination. These strategies direct your mind to work non-stop to get you to where you want to be.

Seek help, guidance, and encouragement from those who are where you want to be. You don't have to know them personally. You can read what they write or what others write about them. Look for inspirational stories in the media and online. Keep in mind that regardless of the challenges you may be facing, other people have also been

through them and have found solutions.

Make your steps as small as necessary when getting back up. Maintain a forward focus. Avoid getting caught up in the past. Learn from your mistakes. Don't turn them into anchors that hold you down.

Don't blame anyone else when you fall. Don't feel sorry for yourself. Don't become angry or resentful. Negative emotions such as bitterness weigh you down, making it very difficult to get back up. Don't fixate on what you think you don't have, concentrate on what you do have.

Developing an attitude of gratitude wards off bitterness.

It's never too late to get back up. It doesn't matter how long you have been down or what your age is. Each day is a new beginning filled with unlimited opportunity. So whatever challenges come your way, trip and fall as you may, just get up one more time than you fall, and all will be OK. ★

**NOW AVAILABLE:** "Dare to Live Without Limits," the book. Visit [www.BryanGolden.com](http://www.BryanGolden.com) or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at [bryan@colum-nist.com](mailto:bryan@colum-nist.com) or write him c/o this paper. © 2009 Bryan Golden.

# Two Words That Changed My Life

Dr. James L. Snyder

This week is a hallmark in the lives of the Gracious Mistress of the Parsonage and me. Forty-three years ago this week, we began a journey that has just become better with each year. That is the benefit of marrying up.

Getting married was not something I had put together. Very few men put together their wedding plans. After all, that is why we get married.

It came to me rather suddenly. I was at Bible college and one morning one of the guys in the dorm said to me, "Congratulations. I just heard the good news."

I smiled and nodded my head thinking about my plans for the day. I had no idea what he was talking about and at the time I did not have the time to ask him what he was talking about.

Everybody I met that morning was congratulating me and telling me how happy they were for me. Soon I was beginning to wonder what in the world was going on. I did not have any test in any my classes yesterday so it could not be anything like that. I do not play the lottery so I could not have won the lottery. I could not think of anything I did yesterday that would cause all of this congratulatory remarks in my direction.

Finally, when I had about as much as I could take, I asked somebody, "What is everybody congratulating me for?"

The person that I queried looked at me, broke out in laughter and said, "Man, you got to be kidding!" Then he turned around, walking away laughing every step of the way.

I went to my class, found my seat and got situated then one of the young ladies passed by, patted me on the shoulder and said, "I am so happy for you and I think it is a wonderful thing.

And I know you are going to be happy for the rest of your life."

Well, I had had it. I looked at her and very firmly said, "What are you so happy about?"

"Your wedding," she said laughing, "you're getting married."

"Oh," I said, nodding my head. "Thank you very much."

Then what she said dawned on me. I looked at her and said, "I'm getting what?"

"Silly boy," she said, laughing hysterically, "it's all over campus so it must be true."

I then had to think about this situation I was in. Everybody on the campus knew I was getting married, except me. Was I still sleeping? Was this just a dream I am having?

I began to think about the events the preceding evening, and remembered a little conversation I had with the girl I was now supposed to be getting married to. In the course of our conversation, as I remembered it at the time, she said something to the effect, "Wouldn't it be great to get married?"

As I recalled the conversation, I nodded my head and said something to the effect, "Yea, I guess it would be." That was the end of the conversation as far as I was concerned, but the beginning of an ongoing conversation as far as someone else was concerned.

Why is it that the groom-to-be is always the last one to know?

Then I asked one of the girls in the hallway, "When am I getting married?" At the time, I did not have the foggiest idea.

She turned away laughing and muttering to herself something to the effect that I had a really good sense of humor. Believe me, I was not laughing.

As it turned out, me and the young lady I was to be married to, were engaged to be married and, I do not want to pry into this point very much, the wedding dress already purchased."

As it turned out, it was the best thing that ever happened to me. Looking back over life, most of the good things that have happened to me were never of my doing. I'm convinced that is the way God works. If you are doing what you want to do, you are probably not doing what God wants you to do. At least I have developed that philosophy to this point of my life.

Some things in life I am rather good at planning, a wedding not being one of them; not even close.

After all these years, I can still remember that wonderful day when the Gracious Mistress of the Parsonage and I were united in holy matrimony. Our wedding was rather simple and the focus point of the wedding was the wedding vows. When I said, "I do" it clinched the deal and I was married and I have been doing it ever since.

I have said many words in my life, and written thousands and thousands of words, but the most important words that have changed my life were those words, "I do."

The Bible has a lot to say about marriage and husbands and wives. "Therefore as the church is subject unto Christ, so let the wives be to their own husbands in every thing. Husbands, love your wives, even as Christ also loved the church, and gave himself for it" (Ephesians 5:24-25).

There are some empty words that we use every day but every once in a while we say a word or two that fills our life with joy unspeakable and full of glory. ★

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 [jamesnyder2@att.net](mailto:jamesnyder2@att.net). His website is [www.jamesnyderministries.com](http://www.jamesnyderministries.com).

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## Sacramento County DA Reports

Recent cases of interest



**CASE: Michael Almeda & Rudy Villa (08/07/14)**

**PROSECUTOR: Deputy District Attorney Donell Slivka, Homicide Unit**

District Attorney Jan Scully announced today that the Honorable Ernest Sawtelle sentenced Michael Almeda and Rudy Villa to life in prison without the possibility of parole. On June 30, 2014, a jury convicted Almeda and Villa of first-degree murder. The jury also found true the special circumstance of shooting from a moving vehicle and arming allegations.

On January 17, 2013, Almeda and Villa shot and killed Alexander Chavez in a drive-by shooting.

**CASE: Felisha Blackmon, Aaron Bonner, Darryl Cartwright, Bonita Clayborn, David Ludd & Atlakea Scott (08/07/14)**

**PROSECUTOR: Deputy District Attorney Alan Hengel, Insurance Fraud Unit**

District Attorney Jan Scully announced today that the Honorable Laurel White sentenced Aaron Bonner, Bonita Clayborn, David Ludd and Atlakea Scott following their no contest pleas to felony charges of insurance fraud and identification theft.

Ludd was sentenced to state prison for 2 years. Bonner was sentenced to one year in the county jail and placed on 5 years felony probation. Clayborn and Scott were sentenced to 240 days in the county jail and placed on 5 years felony probation.

Between May 23, 2011 and May 24, 2012, the six defendants impersonated insurance policy holders and submitted approximately 1,000 fraudulent claims for automobile windshield chip repairs to numerous insurance companies. The insurance companies paid nearly \$100,000 on these fraudulent claims.

Cartwright's sentencing is set for August 27, 2014 at 8:30 a.m. and Blackmon's sentencing is set for September 10, 2014 at 8:30 a.m., both in Department 8 in front of the Honorable Laurel White.

**CASE: Ryan McGowan (08/06/14)**

**PROSECUTOR: Deputy District Attorney Tan Thinh, Special Investigations Unit**

District Attorney Jan Scully announced today that Ryan McGowan was convicted by jury of one felony count of unlawfully giving a large capacity magazine and one felony count of possession of an assault weapon. McGowan previously pled no contest to one misdemeanor count of possession of testosterone. At the time of these crimes, McGowan was a Sacramento sheriff deputy.

On July 15, 2011, McGowan was being investigated for violations of federal and state firearms laws. During a gun sale transaction, McGowan unlawfully gave a large capacity magazine to an undercover Bureau of Alcohol, Tobacco, Firearms and Explosives Special Agent. On November 3, 2011, agents recovered an Izhmash Saiga 12 gauge assault weapon and small bottles of testosterone at McGowan's residence.

Sentencing is scheduled for September 5, 2014, in Department 21 of the Sacramento Superior Court.

**CASE: Angel Huerta & Thomas Newcomb (08/06/14)**

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

District Attorney Jan Scully announced that Angel Huerta and Thomas Newcomb both pled guilty to robbing two elderly victims.

On June 25, 2014, Huerta and Newcomb tricked a 90-year-old victim into opening his front door. The defendants then violently knocked him to the ground, ransacked the house and stole several items before fleeing the house. The victim was unable to stand up without assistance.

On June 26, 2014, Huerta and Newcomb beat a 78-year-old victim in a driveway. The defendants then stole several items from the victim's car and fled when the victim's wife ran outside to help her injured husband, who had suffered a broken back.

Newcomb had two previous felony car theft convictions and Huerta had a previous felony car theft and felony DUI with injury conviction. At the time of the crimes, both defendants were on active felony probation. Newcomb had recently been released from county jail under realignment sentencing.

The defendants will be sentenced on September 3, 2014 in Department 61 before the Honorable Michael Savage.

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# Sacramento County Expresses Opposition to State Delta Plan

**SACRAMENTO COUNTY, CA (MPG)** -This week, the Sacramento County Board of Supervisors formally submitted comments challenging the findings of the Bay Delta Conservation Plan (BDCP) state environmental impact report (EIR) and federal environmental impact statement (EIS). Of significance, the comments expressed the frustrations of many residents with a plan to build twin tunnels and take additional water from the Sacramento Delta.

A recognized expert on water issues and elected representative of Sacramento's Delta communities, Supervisor Don Nottoli expressed, "The BDCP proposes to irreversibly change, and in many instances, permanently destroy the generations-old socioeconomic fabric and physical landscape of the Delta."

"Constructing massive twin tunnels won't produce any more water, but make no mistake, it will leave a legacy of negative impacts

on the Delta, its economy, and its people. The BDCP doesn't solve California's water problems and sacrifices the Delta to benefit others. Simply, this is not acceptable, and never will be."

Among the many flaws in the environmental reports, the County noted that there are major negative impacts to the lives of county residents, the local economy, and natural resources in and around the Sacramento River, the Delta itself, and south Sacramento County communities where twin tunnels are slated for a 10-12 year construction project.

The Supervisors cited the following significant impacts that the planning document either inadequately addresses or ignores altogether: Direct/indirect impacts to existing legacy communities and agriculture from long-term construction activities and project operations; Uncertainties surrounding future water project operations and how these

operations will impact water supplies; Impacts to the roadway/transportation network from construction activities; Impacts from the conversion of agricultural land to habitat; Economic and social impacts to the local Delta communities from the long term displacement of businesses and residents; Impacts to Airport operations; and, Impacts from changes to drainage pattern changes resulting from project construction.

Next, federal and state agencies tasked with reviewing comments will evaluate and consider the comments submitted by stakeholders, including, non-governmental organizations, individuals, and governmental entities. It is important to note that given the huge volume of comments submitted, the evaluation process will take several months at best. It is anticipated that a Final Draft document will be prepared following the evaluation process. ★

# Looking For Spiritual Inspiration?



Denise and Ted Leonard, Dan Applegate, and other talented musicians will lead a gathering of worshippers into the presence of God. . You are invited to experience "vertical worship" Sunday mornings at 9:30 or 11:00.



By Reverend Richard Reimer

CARMICHAEL, CA (MPG) - American River Community

Church (ARCC) is pleased to welcome two professional musicians to lead both Sunday worship times. Co-Worship Leader Denise Leonard is a talented vocalist/guitarist who, along with her husband Ted, has an event band called Rolling Heads. Denise has led worship and music in churches of all sizes using a variety of worship styles. Co-Worship Leader Dan Applegate holds a music degree in guitar from Sacramento State. He is a gifted song writer and composer and has also had years of experience leading worship and music in evangelical churches.

Joined by other talented musicians on piano, bass,

drums, keyboard and vocals, these two know how to lead a gathering of worshippers into the presence of God. We are blessed to have professional quality music and joyous worship that people from all ages and stages find inspiring and authentic. You are invited to experience "vertical worship" Sunday mornings at 9:30 or 11:00. ★

Reverend Richard Reimer is the Lead Pastor at American River Community Church, 3300 Walnut Avenue in Carmichael. For more information please call (916) 483-3465 or visit Facebook.com/ARCCOnline.

# Why You're Probably on an NSA Watchlist

By Mike Leahy

I was talking with one of my colleagues the other day, and he raised a very interesting question, one that deserves consideration by anyone worried about their digital privacy. He read an article that championed the idea that the more steps one took to protect their privacy by using anonymous Web-browsing tools like Tor, the more likely that individual would be targeted for "surveillance" by the NSA.

The article went on to say the NSA closely watched user accounts searching for information on non-Windows operating systems like Tails or Linux. The authors of the article suggest the NSA presumes anyone interested in using technology to protect their privacy is a potential threat to national security. On the other hand, those taking no steps to demonstrate privacy concerns (as evidenced by an interest in available tools) are not.

Let that sink in for a moment. Supporters of the sentiment that security must trump privacy will tell you that if you have nothing to hide, you have nothing to fear. A more apt statement to be garnered from the article is if you have something to hide, the government has something to fear.

Right now, the NSA operates an Internet surveillance tool called XKeyscore. This program allows them to place every Tor user in the world under ongoing surveillance. This completely negates the supposed anonymity the system was designed to provide.

The NSA's own description of XKeyscore suggests its use is widespread, collecting metadata and relational information about Internet and telephone usage.

This is then stored and is searchable in real time. The interesting point about XKeyscore's use you should keep in mind is the NSA's decision that anyone interested in privacy is considered a potential terrorist. Think about that for a moment.

The Pew Research Center Internet and American Life survey found in September 2013

**"In the ongoing battle between government snoops and people interested in protecting their privacy, the snoops will always concentrate their activities where they will have the most impact."**

that: "86% of Internet users have taken steps online to remove or mask their digital footprints -- ranging from clearing cookies, encrypting their email, and avoiding using their real name, to using virtual networks that mask their Internet protocol (IP) address

"55% of Internet users have taken steps to avoid observation by specific people, organizations, or the government."

Or, more simply, more than half of the population of the United States that uses the Internet is categorized as potential terrorists requiring government surveillance to "protect us." From whom is the government protecting us? Apparently, from ourselves.

This is madness. Aside from this, there's another important point you need to be aware of. I remember arguments I had with my peers when I was 10 years old. It was the height of the

Cold War, and we were debating the need of missiles to stop inter-continental ballistic missiles. But it didn't stop there. We argued about whether we needed anti-missiles to stop the ICBMs. And anti-anti-missiles to stop those.

Similarly, you might remember the quote attributed to Willie Sutton, who supposedly said that he "robbed banks because that was where the money was." In the ongoing battle between government snoops and people interested in protecting their privacy, the snoops will always concentrate their activities where they will have the most impact.

Just as Apple computers have not been targeted with viruses by online threats nearly as much as their Windows PC counterparts, growing use of alternate operating systems like Linux, Tor and Tails raises the interest in their users. Quite simply, they choose to "hide" something.

As in all technology-dependent conflicts, each side will reinvent its tools to defeat the tools used by their opponents. Thus, it is important to acknowledge that the tools we use to "enhance" privacy are simply that -- tools. The only way to truly keep personal information "private" is to not share it.

Having said that, how many social media platforms (Facebook, et al.) do you participate on?

Think about it. ★

Mike Leahy is an attorney in Annapolis, Md., and a Certified Information Privacy Professional (CIPP/US). Mike can be reached at mike@mgleahy.com or via his LinkedIn profile.

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Army Pvt. Bryce C. Torres-Lemos has graduated from basic combat training at Fort Jackson, Columbia, S.C.

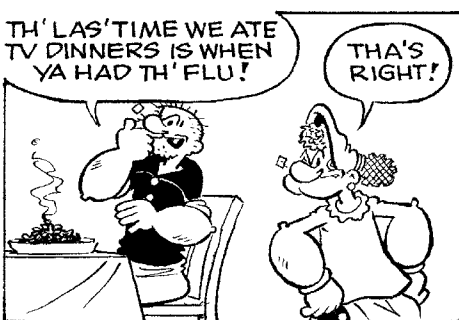
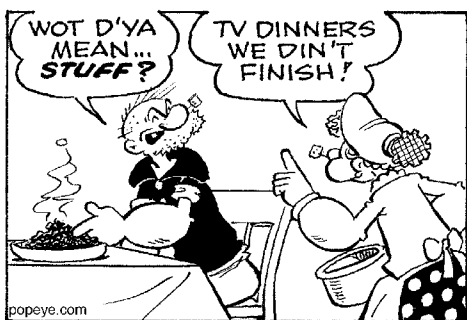
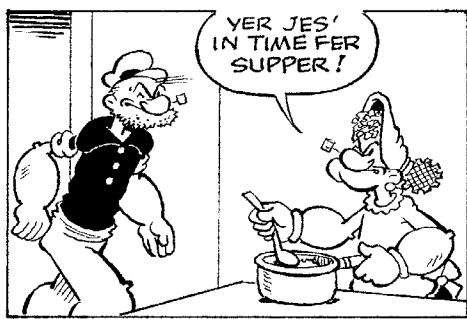
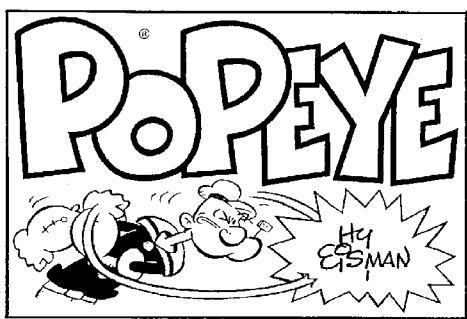
During the nine weeks of training, the soldier studied the Army mission, history, tradition and core values, physical fitness, and received instruction and practice in basic combat skills, military weapons, chemical warfare and bayonet training, drill and ceremony, marching, rifle marksmanship, armed and unarmed combat, map reading, field tactics, military courtesy, military justice system, basic first aid, foot marches, and field training exercises.

Torres-Lemos is the son of Lisa Lemos and step-son of Josh Jammer of Citrus Heights, California.

He is a 2013 graduate of Delcampo High School, Carmichael, California.

Source: Joint Hometown News Release

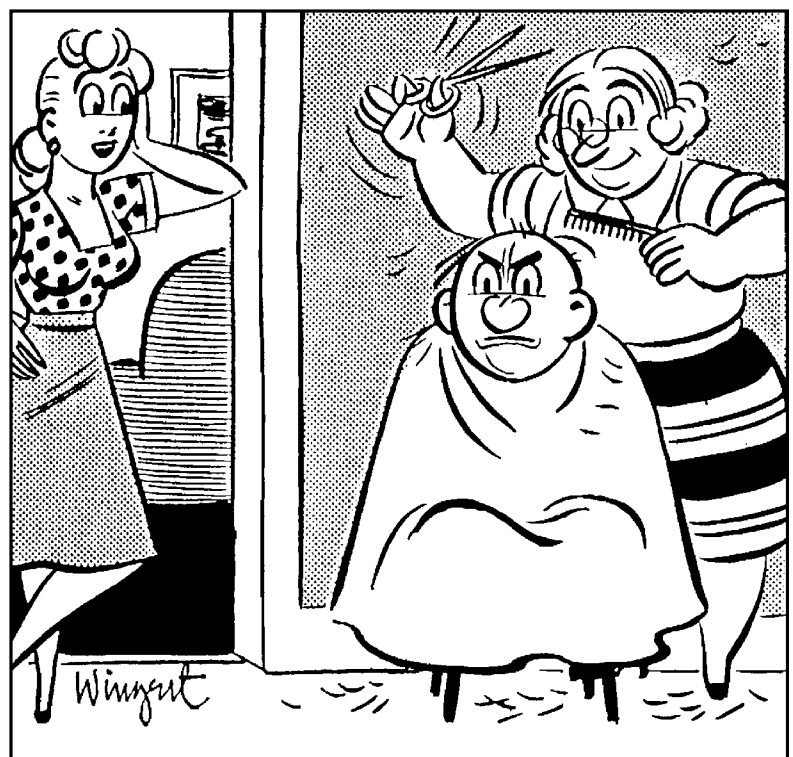




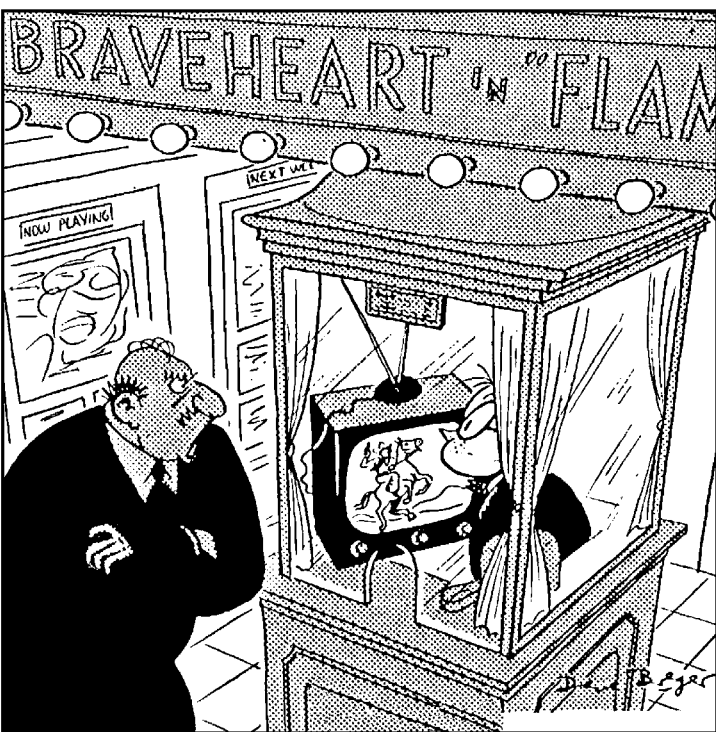
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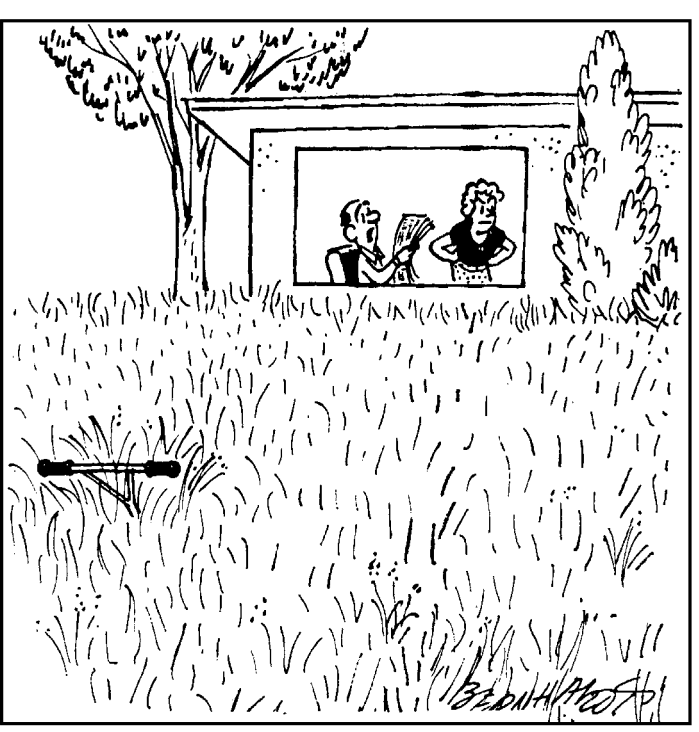
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July 29-Aug 16, 2014	Magnum Opus XXV Open Exhibit
August 19-30, 2014	Sierra Pastel Society Show
Sept. 2-28, 2014	WASH Open Show
Sept. 30-Oct. 25, 2014	NCA Bold Expressions
Oct. 28-Nov 15, 2014	Annual Photography Exhibit



## Salome's Stars

### ARIES (March 21 to April 19)

A chaotic atmosphere taxes the patience of the Aries Lamb, who prefers to deal with a more orderly environment. Best advice: Stay out of the situation until things settle.

### TAURUS (April 20 to May 20)

Tension runs high in both personal and workplace relationships. This can make it difficult to get your message across. Best to wait until you have a more receptive audience.

### GEMINI (May 21 to June 20)

This is a good time to take a break from your busy schedule to plan for some well-deserved socializing. You could get news about an important personal matter by the week's end.

### CANCER (June 21 to July 22)

An offer of help could come just when you seem to need it. But be careful about saying yes to anything that might have conditions attached that could cause problems down the line.

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**LEO (July 23 to August 22)** Sometimes a workplace colleague can't be charmed into supporting the Lion's position. That's when it's time to shift tactics and overwhelm the doubter with the facts.

**VIRGO (August 23 to September 22)** You continue to earn respect for your efforts to help someone close to you stand up to a bully. But be careful that in pushing this matter you don't start to do some bullying yourself.

**LIBRA (September 23 to October 22)** Don't ask others if they think you're up to a new responsibility. Having faith in your own abilities is the key to dealing with a challenge. P.S.: That "private" matter needs your attention.

**SCORPIO (October 23 to November 21)** This is a good time to use that Scorpion creativity to come up with something special that will help get your derailed career plans back on track and headed in the right direction.

**SAGITTARIUS (November 22 to December 21)** While change is favored, it could be a good idea to carefully weigh the possible fallout as well as the benefits of any moves before you make them.

**CAPRICORN (December 22 to January 19)** The Goat continues to create a stir by following his or her own path. Just be sure you keep your focus straight and avoid any distractions that could cause you to make a misstep.

**AQUARIUS (January 20 to February 18)** A colleague's demands seem out of line. But before reacting one way or another, talk things out and see how you might resolve the problem and avoid future misunderstandings.

**PISCES (February 19 to March 20)** A personal matter appears to be making more demands on your time than you feel you're ready to give. See if some compromise can be reached before things get too dicey.

**BORN THIS WEEK:** *You're able to communicate feelings better than most people. Have you considered a career in the pulpit or in politics?*

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**Thought for the Day:** "In the end, everything is a gag." — *Charlie Chaplin*

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## COUCH THEATER DVD PREVIEW

BY SAM STRUCKHOFF

COUCH THEATER -- DVD PREVIEW  
By Sam Struckhoff  
EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of August 18, 2014.

### PICKS OF THE WEEK



Spider-Man

**"The Amazing Spider-Man 2" (PG-13)** -- Since he defeated the villain in the last movie and got the girl, Peter Parker (Andrew Garfield) loves being Spider Man. He should be careful, though; a flashback shows that Peter's genius parents left behind a trove of dangerous super-science research, just waiting to be discovered by the right psychopath. Spidey's got his sticky hands full in this sequel -- dodging lightning bolts from Electro (Jamie Foxx), grappling with the Green Goblin (Dane DeHaan) and trying to keep a healthy relationship with his charming gal (Emma Stone).

The special effects have never been better, Spidey's action scenes are thrilling as ever, and the stars of the show all turn in quality work. But there are just too many threads in this web. With weird pacing and a heap of subplots, it's hard to follow the action beyond the "boom-bang-pow."

**"Only Lovers Left Alive" (R)** -- Sick of vampires? Don't give up just yet. Now that every two-bit production has taken a stab at the romanticized monsters, a talented

director and a magnetic cast spread their wings, leaving their mark on the genre. Tom Hiddleston is an underground musician who mourns mankind's downward direction. Hiding out in a dilapidated corner of Detroit, he's been in a centuries-long romance with Tilda Swinton, currently on a trip to Tangiers in search of high-quality hemoglobin.

This couple is just too cool for mortality. Director Jim Jarmusch puts just the right level of moodiness into every scene. While the characters and locales are depressed, the movie itself is as enjoyable as a tall drink of the good stuff.

**"Fading Gigolo" (R)** -- An unassuming handyman, Fioravante (John Turturro), hears about a unique job opening -- his dermatologist (Woody Allen) knows of two gorgeous women interested in having a threesome with the right guy. Hesitantly, Fioravante agrees, and a quirky adventure into for-profit intimacy begins, with Allen acting as his nebbish pimp. It's a plain vanity project -- Turturro wrote and directed this movie where he plays an odd-looking man with prodigious skills -- but it's undeniably charming.

**"The Quiet Ones" (R)** -- An Oxford professor (Jared Harris) doesn't believe in ghosts. He takes a team of attractive college students to study the creepiest, most obviously possessed orphan girl they can find (Olivia Cooke). She's always talking to an imaginary friend while things tend to break, fly around or catch fire around her. The university pulls the plug on the research, so the professor makes the super-smart decision to continue the study in an old house in the middle of nowhere. Unfortunately, the film relies a little too heavily on sudden noises to get cheap jumps. It's just not as scary or quiet as you'd expect.

**TV RELEASES**  
"NCIS: Season 11"  
"Boardwalk Empire: Season 4"  
"Once Upon a Time: Season 3"  
"The Good Wife: Season 5"  
"Parks & Recreation: Season 6"  
"NCIS: Los Angeles: Season 5"  
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## Birding BITS BY Cindy Brook

**Georgia State Bird**  
You don't have to live in Georgia to have your backyard frequented by brown thrashers. A large, long-tailed songbird, brown thrashers have reddish-brown upperparts with a black streaked breast. Brown thrashers will come to feeding areas to eat seed tossed on the ground.

E-mail: [birdingbits@cfl.rr.com](mailto:birdingbits@cfl.rr.com)  
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## Good Housekeeping Just-Right Tomatoes

At the farmers' market, buy tomatoes at various stages of ripeness, so that you'll have a few to eat that day and more for the rest of the week. If you're not planning to serve tomatoes within a few days, choose ones that are firm to the touch.

To ripen, put them in a brown paper bag, placing them shoulder (stem) side up, and store at cool room temperature for a day or two. Don't put tomatoes in the fridge -- and don't stand them on their shoulders on the windowsill. Pretty as the display may look, this bruises them (and doesn't help ripening).

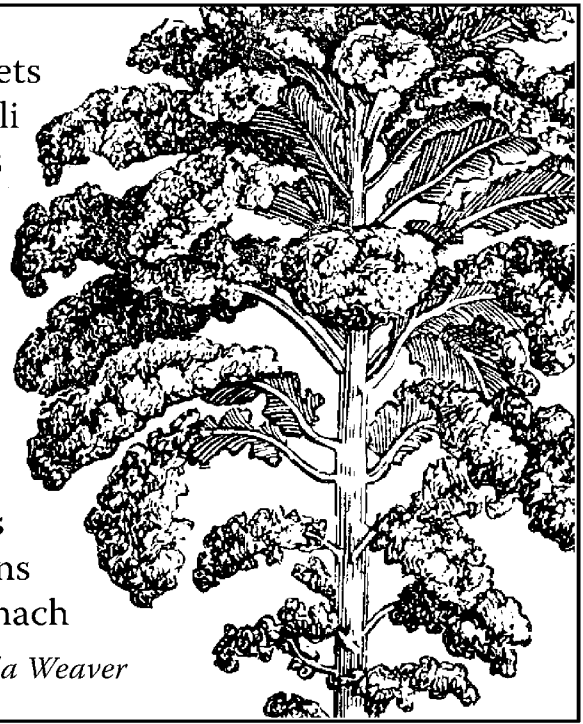
When tomatoes are ready, you can refrigerate them for a day or two, but extended cold storage will make them mushy.

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## The Garden Bug

- Beets
- Broccoli
- Carrots
- Chard
- Fennel
- Kale
- Leeks
- Lettuce
- Pak Choi
- Peas
- Radishes
- Scallions
- Spinach



- Brenda Weaver

Start in summer for fall harvest

Source: [www.reneesgarden.com](http://www.reneesgarden.com)

## top ten

### Most Common Beach Trash

1. Cigarettes
2. Food wrappers
3. Plastic bottles
4. Plastic bags
5. Caps, lids
6. Cups, utensils
7. Straws, stirrers
8. Glass bottles
9. Cans
10. Paper bags

Source: The Ocean Conservancy  
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- ACROSS
- Eat quickly and greedily
  - Store sign, abbr.
  - Life saver
  - Gastric woe
  - Poetic "before"
  - \*Geometry tool
  - Mood disorder somewhat opposite of depression
  - Pitching stat
  - Fill with optimism
  - \*Not needed for an oral test
  - \*Jeff Spicoli's history teacher
  - Blue feeling
  - \*Do it to term papers, pre-word processors
  - Insane
  - Adherent of Sikhism
  - African snake whose bite can be fatal, pl.
  - Lode deposits
  - Change for a five
  - Make a logical connection
  - Plural of velum
  - Customs, values and behaviors acceptable to a social group
  - Astronaut's insignia
  - "Vide \_\_\_\_" or "see below"
  - \*Mrs. Krabappel's naughty student
  - Big \_\_\_\_ at 7-Eleven
  - \*Lunch period activity
  - A secret look
  - Casual attire
  - Sports award
  - Goose egg
  - \*Teacher who made "wha wha wha" sound
  - \*One for each class?
  - Very, in music
  - \_\_\_\_-Wan
  - Enter a computer
  - Sauvignon \_\_\_\_
  - National University of Singapore
  - It follows the strophe and antistrophe
  - \*Electricity pathway
  - "C" \_\_\_\_ la vie!"
  - Torn down
- DOWN
- \*Math class total
  - \*Done after school play
  - \*High school breakout
  - Secretariat's controls
  - Brawl
  - Obedience school command
  - \*Short for reading, writing and arithmetic
  - Squalid
  - Waikiki dance
  - Distinctive flair
  - Retired, abbr.
  - Iron \_\_\_\_
  - Heat again
  - \*Pulling my leg," e.g.
  - Dashboard abbr.
  - Health problem remediation
  - \*"Back to School" or "Blackboard Jungle," e.g.
  - \*"Gladiator" setting
  - Dutch pottery city
  - Door \_\_\_\_
  - Chinese dynasty (1368-1644)
  - An outstanding example of its kind
  - Bridal path
  - \*"Hogwarts" potions professor
  - Delhi wrap
  - Arid
  - Dictation taker
  - Lacking vigor or energy
  - General Services Administration
  - \_\_\_\_ whale
  - Lying facedown
  - Parkinson's disease drug
  - 1952 Olympics site
  - Boris Godunov, for one
  - Full house, e.g.
  - Pugilist's weapon
  - Prima donnas' problems
  - Was a passenger
  - \*Early hit from Michael Jackson
  - \*Its business is picking up and dropping off
  - Netherlands in the Olympics

**CROSSWORD**

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Multimedia Artist. Responsible for all front-end aspects of web-based interfaces. Req. B.A. in Communications Studies (Digital Media) or equiv & 2 yrs. exp. Resumes only to HR, Superior Vision, Inc. 11101 White Rock Rd #150, Rancho Cordova, CA 95670. (MPG 09-18-14)

**NEED EXTRA INCOME?** 100 yr. old company has PT/F positions available. Will train. No fee or investment. Work from home servicing established customers. FULLER BRUSH CO. 1-800-655-5435. (Cal-SCAN)

**Experienced Barber Wanted.** Reliable. 2 Days, Fri. & Sat. Only. For details call 967-0763. (MPG 07-31-14)

Drivers: Local Woodland Flatbed 17.00 per hour! CDL-A, 1yr. Experience required. Estenson Logistics. Apply: www.goelc.com 1-866-336-9642 (MPG 07-31-14)

**Caring Compassionate Seniors WANTED!** SENIORS HELPING SENIORS®, a leader in the Senior in-home service industry, has immediate PT openings for Providers. Qualified candidate will have life experience, an interest in making a difference in the lives of other seniors and be comfortable working with senior citizens. Flexible schedules...we'll work around your schedule! Valid driver's license and use of auto is required. Call us today for more information. (916) 372-9640 (MPG)

**AIRLINE JOBS Start here.** Get FAA approved Aviation Mechanic training. Financial aid for qualified students. Job placement assistance. Apply now with AIM Dallas 877-205-0503 or Houston 888-216-1687 (SWAN)

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**Help Wanted Drivers**  
Drivers: Local Roseville Flatbed Openings! Great Pay, Benefits! CDL-A, 1 year Exp. Req. Estenson Logistics. Apply: www.goelc.com 1-866-336-9642 (MPG 07-31-14)

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**Help Wanted**  
**Websphere Administrator**  
Vision Service Plan has an opening for a Websphere Administrator position in Rancho Cordova, CA. Design and configure the company's Websphere Application Server and Websphere MQ environments. Plan, test and execute upgrade efforts for Websphere systems. Must be available for week-long 24/7 on-call rotations every third week. Apply by sending resume to 3333 Quality Drive, Rancho Cordova, CA 95670. Please refer to Job #116720. Vision Service Plan supports workforce diversity. (MPG 07-31-14)

**Inhome Childcare**  
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**Landscaping**  
Bula Landscaping Weekly & bi-weekly yard maintenance, yard clean-up & haul, fences and complete landscaping services. Call 916-380-0426 or 916-745-8795 (MPG 06-30-14)

**MPG**

**Medical Supplies /Equipment**  
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**Miscellaneous**  
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**Make a Connection. Real People, Flirty Chat. Meet singles right now!** Call LiveLinks. Try it FREE. Call NOW: Call 1-877-737-9447. 18+ (NANI)

**HOTELS FOR HEROES** - to find out more about how you can help our service members, veterans and their families in their time of need, visit the Fisher House website at www.fisherhouse (NANI)

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**Music Lessons**  
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**Personals**  
Lady wants a gentleman to correspond with & potentially meet. Christian or Jew, age around 80. Likes to travel, attend church, read. Loves animals. I have white hair, 5'7" tall, have 3 years of college. Like to sew & play board games. Phone (916) 496-5740 (MPG 08-31-14)

**Looking for a special man.** I am healthy and active and have many interests. Quiet time with a special person. Long or short trips, little theatre, dancing, cruising, dining and conversation. The ideal man should share some of these and be in his seventies. 916-967-6289. (MPG 10-31-13)

**Sudoku Puzzle on Page 10**

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

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**DOG RESCUE**  
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Because so many really great dogs are dying for a good home... ShelterMOU @hotmail.com

**Position Wanted**  
Classy Senior Lady with 16 yrs experience seeks caregiver/companion position including house-keeping, cooking, transportation, etc. Call 896-5882 (MPG 03-31-14)

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**Hope for Troubled Homeowners**  
WE PROVIDE SOLUTIONS  
Call Our Short Sale Hotline for a FREE Consultation (916) 331-3311  
Sac Short Sale Pros License #01128753 (MPG 06-30-13)

**Real Estate Sales**  
Oregon Home For Sale  
On river 5 miles to ocean, well maintained 2bdr 2ba 1/4 ac, fenced yard garden & sheds. \$119K. Low taxes. (720)315-3252. Please ask for Russ. (MPG 07-31-14)

**Volunteers Needed**  
LIKE TO PLAY BINGO?  
Support Veterans While You Play! Bingo Volunteers needed every Thursday, Friday, Sunday nights from 4-10pm at Sacramento Bingo Center. 916-533-9811. (MPG 03-31-14)

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Retired Carmichael native looking for a 1950s or 60s Porsche for restoration project. Not running OK. I'm not a dealer or reseller. I sold my '63 years ago and always regretted it. Honest and friendly. 916-803-0480 Jack. (MPG 06-30-14)

**Want to purchase minerals** and other oil/gas interests. Send details to: PO Box 13557, Denver, CO 80201. (NANI)

**Cash for unexpired DIABETIC TEST STRIPS!** Free Shipping, Best Prices & 24 hr payment! Call 1-855-440-4001 www.TestStripSearch.com. (NANI)

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**Want to Buy**  
CASH PAID FOR DIABETIC TEST STRIPS Cash Paid On-The-Spot. Factory Sealed & Unexpired Only. We Are Local & Will Meet With You. Call Donna or Mick: 916-549-0576 Or 916-729-5154. (MPG 02-28-14)

**Work Wanted**  
I do pruning, weeding and painting, interior painting, garage and house cleaning. And de-cluttering and organizing. Senior services. I transport to medical, other appointments, shopping etc. and errands. And healthy cooking and companionship. No job to small. Health and Security background. References. College grad. Tim 503-460-7149. (MPG 08-31-14)

**Yoga**  
Restorative Yoga. 1st Class Free. The Cabin, Citrus Heights. Call for Louise. (916) 729-0103 (MPG 05-08-14)

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sponsored by boat angel outreach centers STOP CRIMES AGAINST CHILDREN

**LANDA'S HOUSE CLEANING**  
Serves Sacramento Areas. Residential & Commercial Cleaning Services. For More Information: www.landashousecleaning.com (MPG 04-30-14)

**LOST DOG**  
Black & white adult male Boston Terrier, lost on evening of 6-16-14, near Router & Mills Stration Road, Rancho Cordova. Please call (916) 802-0807

**Yoga**  
Restorative Yoga. 1st Class Free. The Cabin, Citrus Heights. Call for Louise. (916) 729-0103 (MPG 05-08-14)

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**NOTICE TO READERS**  
California law requires that contractors taking jobs that total \$500 or more (labor and/or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license numbers on all advertising. Check your contractor's status at www.csllb.ca.gov or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.

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Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.

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We







**LEGAL ADVERTISING**

*Continued from previous page*

**NOTICE OF PETITION TO ADMINISTER ESTATE**

NOTICE OF PETITION TO ADMINISTER ESTATE OF CHARLES F. FRANK (decedent) ESTATE NO. 34-2014-00166896

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of CHARLES F. FRANK (deceased): A petition has been filed by MANDI LOPEZ in the Superior Court of California, County of Sacramento, requesting that MANDI LOPEZ be appointed as Executor to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. Bond is not required.

A hearing on the petition will be held in this court as follows: September 10, 2014, 9:00 a.m. in Dept. No. 129 at Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 59(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Petitioner is: MANDI R. LOPEZ, 301 Crystal Street, New Orleans, LA 70124 (504)920-5299. Publish: August 14, 21 and 28 2014. FRANK 140807 08-28-14

# BOE Notifies California Retailers of Upcoming Visits

**SACRAMENTO REGION, CA** - Retailers throughout the state are receiving letters from the California State Board of Equalization (BOE) notifying them about upcoming visits from Statewide Compliance and Outreach Program (SCOP) teams. The visits are intended to educate retailers about properly reporting sales and use tax, increase compliance with tax laws, and maintain outreach efforts to assure taxpayers that the state's tax system is fair and equal for all Californians.

The BOE is mailing letters to 8,539 business owners in the area including Sacramento (95827).

SCOP teams conduct door-to-door, in-person visits in the zip code areas they cover. It is important for retailers to understand that the BOE asks only business-related questions, and does not inquire about personal financial information. Businesses found to be operating without a seller's permit are provided instructions on how to register with the BOE, as well as information about other

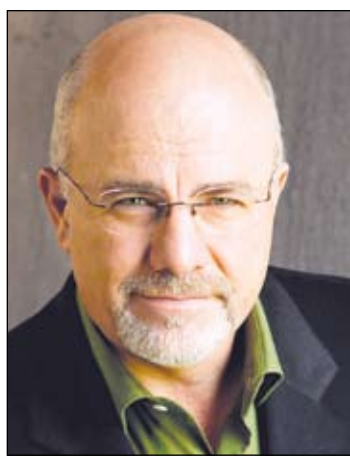
necessary licenses. Home-based businesses are not visited.

Since 2008, SCOP has visited 489,056 businesses statewide to verify that retailers are registered and to ensure noncompliant businesses do not have an unfair advantage over registered businesses that are reporting their sales and use taxes and/or fees to BOE.

The BOE has found that more than 98 percent of the California businesses are operating with the correct permits. However, noncompliance contributes to more than \$2 billion in uncollected sales and use taxes that make up part of the state's "tax gap" - the difference between the amount of taxes owed and the amount paid, negatively impacting all state taxpayers.

If business owners have any questions about these upcoming visits, they may contact their local BOE SCOP Team or visit the BOE's SCOP Web page at [www.boe.ca.gov/sutax/SCOP\\_Overview.htm](http://www.boe.ca.gov/sutax/SCOP_Overview.htm).

Source: State Board of Equalization



# Dave Says

at 100 percent, but that kind of thing isn't your problem. It's the company's problem, because she works for them and not you.

If you honestly feel like you deserve a raise because of your effort and performance, that's fine. Sit down with your leader and make a logical and reasonable argument for why you deserve more money. But don't bring up your co-worker and what he or she makes in the discussion. That's just not relevant. What is relevant is your worth and the value you bring to the organization.

But a comparative analysis with someone else on staff just isn't a good idea. I'd stay away from that, Vanessa.

- Dave

## Paying the Insurance Penalty

Dear Dave, My wife and I live in New York, and we've had whole life insurance for several years. There's a seven percent penalty if we cash out the policies now. If we wait a few years, we won't have to pay into the premiums anymore. Should we cash out the policies anyway?

Brian

Dear Brian, The reason you won't have to pay into the premiums anymore is because you built up enough savings, and they are not paying you enough on the savings to amount to anything. The amount

they should have been paying you versus the way they were ripping you off will buy the life insurance.

It's not like you can pay for it because you still have probability of death. As long as there's a probability of death there's a cost to life insurance. The only question is whether you're paying out of your savings account or your checking account. In this case, you're paying out of savings.

The seven percent figure is just your surrender charge, so I'd get out of that policy soon. Here's the problem, Brian. If you die today, do you know what they'll pay? Face value. They won't pay face value plus the savings you paid for. In other words, you'll lose your savings.

I'd get term life insurance in place by the end of the week. Compare prices on term, because you'll be surprised at the difference some companies charge for term insurance. Make sure you get good 15- to 20-year level terms policies valued at 10 to 12 times your annual incomes.

- 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](http://daveramsey.com).



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*Before*



*After*

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# AUGUST 15, 2014

## The POWER OF WORDS 2

### SPEAKER SUMMIT

Summit 1pm-5pm ♦ Mixer 5pm-7pm

### The Dante Club

2330 Fair Oaks Blvd, Sacramento, CA 95825

Presented by:

- ♦ Jordan's Referral Network
- ♦ Michael Row Productions
- ♦ InfoPrincess
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- ♦ Napoli Culinary Academy

What's your next level? What's holding you back?

How do our words affect our life?

Power of Words 2 - Leveling Up has amazing speakers that will share how the power of words can change your life and business by showing you keys to becoming a business-attraction speaker, gain exciting new direction and fresh creative focus. Strategies for transforming your business through words and the effect of words.

These amazing speakers have great knowledge to share with you.

Proceeds from this event will benefit:



This is also a Networking, Business Expo & Mixer to benefit Albie Aware

Admission to Speaker Summit Mixer is \$20

#### Scheduled Speakers:



# POPPOFF!

with Mary Jane Popp

### THE MILLIONAIRE MASTER PLAN

So you want to be a millionaire? How would you like your own personalized plan to financial success? Well, Social Entrepreneur and Asia's best known wealth educator Roger James Hamilton went from serious debt to being that millionaire. Now he shares that road to success in "The Millionaire Master Plan." When he set out to create his plan, he found that there is no one-size fits all formula to creating wealth. Instead, your own path is determined by what kind of inner genius you already have. There are four kinds. Which one are you?

**1. DYNAMO GENIUSES.** They love to Create (Richard Branson, Bill Gates, Steve Jobs, Michael Jackson, Thomas Edison).

**2. BLAZE GENIUSES.** They love to Connect (Bill Clinton, Oprah Winfrey, Ellen DeGeneres).

**3. TEMPO GENIUSES.** They love to Serve, take their time, and persevere with care (Warren Buffet, George Soros, Woodrow Wilson, Gandhi, and Michael Phelps).

**4. STEEL GENIUSES.** They love the Details (John Rockefeller, Henry Ford, Mark Zuckerberg).

You can even take an online companion assessment to discover which kind of genius you are and your current level of wealth in order to find your flow. When you follow your genius compass and grow your flow, you'll move across a spectrum of nine levels of wealth from "victims" to legends". You can chart your own path to developing positive cash flow, designing the life you deserve to live, and making impact on the world.

So why do so many people seeking wealth creation get it wrong, rushing into solutions without first mastering the skills needed? According to Hamilton, it's because we have been taught things about wealth that are not or are no longer true. The first challenge for most is unlearning the five biggest myths of wealth.

**1) Myth: You can get wealthy by going into debt to buy assets that will give you positive income so you can no longer have to work for a living.**

**TRUTH:** You've just dug a hole, not a river. All income needs to be managed, which means you need to know how to manage a team and experts who can manage your portfolio of assets.

**2) Myth: The more income streams you can start, the wealthier you become.**

**TRUTH:** Success comes from growing teams, not streams: multiple teams of income.

**3) Myth: Wealth comes when you sell out: Plan an exit strategy where you can work hard now and earn the money later.**

**TRUTH:** Don't strive to make a pie so you can sell it. Own the bakery so you can bake as many pies as you want, sell some, and keep the rest.

**4) Myth: The path to wealth begins by being your own boss and choosing what you do and when you do it.**

**TRUTH:** Wealth comes from not being your own boss, but from choosing who your boss will be.

**5) Myth: The hero's journey is the nature of entrepreneurship and comes from putting everything on the line for your big idea. Big risks achieve big rewards.**

**TRUTH:** From climbing Mount Everest to going to the moon, the most heroic journeys are the ones that minimize risk: the ones in which you progress deliberately, testing and measuring each step before you take it to stay on the path to success.

That's the start, and now you can go to [www.millionairemasterplan.com](http://www.millionairemasterplan.com) for more information. The book "The Millionaire Master Plan" is not an infomercial, it's Roger James Hamilton's true story. Good Luck! ★

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## Sacramento River Cats

S	M	T	W	T	F	S	S	M	T	W	T	F	S
JULY							AUGUST						
1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21
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29	30	31					29	30	31				
							SEPTEMBER						
							1	2	3	4	5	6	7

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### 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' 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.

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.



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](http://FairOaksTheatreFestival.com)

Fair Oaks Theatre Festival  
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# Mercy San Juan Medical Center Guild

**CARMICHAEL, CA (MPG)** - Come join us! Add a new and interesting facet to your life. Mercy San Juan Medical Center Guild is a non Profit Group of men and women who spend time every month guiding, assisting, comforting, and encouraging patients and their families in the hospital.

We help by streamlining patient registration, escorting visitors, selling those much needed gifts, assisting the worried families of surgery patients, soothing infants, making Snoopy's for Kids and Heart Bears for adults, as well as collecting and distributing clothing to patients as needed.

We work to raise money to fund scholarships for students and adults working toward their medical educations, buy specialized equipment, and assist in the Annual Breast Cancer Survivor Tea.

We also gather to enjoy four luncheons annually. Come be a part of Mercy San Juan Medical Center's Volunteer Guild. If you are interested, call Carol Lee at (916) 965-3479. ★

Source: *Mercy San Juan Medical Center Guild*



Marty Delgado of Mercy San Juan Medical Center Guild, a non Profit Group of men and women who spend time every month guiding, assisting, comforting, and encouraging patients and their families in the hospital. Photo courtesy of Mercy San Juan Medical Center



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Wednesday, August, 20  
(Spanish & English)  
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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  
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Reservations Required, please RSVP  
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9249 Folsom Blvd, Sacramento (at Unity of Sacramento Church) on Saturdays  
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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  
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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  
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For more information: [www.bemoneysmartusa.org](http://www.bemoneysmartusa.org)

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

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

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

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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.

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