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Carmichael Times

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Serving Carmichael and Sacramento County since 1981

July 24, 2014

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Couch Theater Russell Crowe in Noah



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Smart and Final and Open



Community leaders and future customers joined managers and corporate executives to open Smart & Final's 197th North American store (above).

Carmichael Park Foundation representative Barbara Safford rejoiced in a \$2500 gift from the Smart & Final Corporation. Mike Barter (right) will manage the new Fair Oaks Boulevard store (at right).

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - With the snip of a ribbon, Carmichael last week became home to one of California's longest-serving retailers.

Investing \$4 million in the location remodel, Smart & Final opened its Fair Oaks Boulevard market. The staff honored community leaders with gourmet snacks and drinks.

Carmichael Recreation and District Park Foundation and the Carmichael Little League each scored \$2500 donations from corporate headquarters. "It's our proud tradition to provide for

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Walmart Hiring Again

SACRAMENTO REGION, CA (MPG) - Walmart will hire approximately 300 associates to work at the new Walmart slated to open this fall in Roseville. A temporary hiring center has opened at 106 N. Sunrise Ave., Suite C3, Roseville.

Applications for both full- and part-time associates will be accepted Monday through Friday, from 8 a.m. to 6 p.m., and Saturday from 9 a.m. to 1 p.m. Interested applicants may also apply online at <http://careers.walmart.com>.

Through Walmart's Veterans Welcome Home Commitment, the company will offer a job to any qualified veteran who has been honorably discharged within the past 12 months. (Veterans must be within 12 months of active duty and meet Walmart's standard hiring criteria.) Interested veterans may find out more at <http://walmartcareerswithamission.com>.

Store Manager Heidi Harman started her career with Walmart more than three years ago as a market asset protection manager. Eager to join the operations side of the business, she accepted the position of store manager for this location.

"I look forward to serving the community of Roseville and helping bring jobs to the area that will lead to people saving money so they can live better," said Harman.

Walmart provides a benefits program to eligible full- and part-time associates. For example, it provides a variety of affordable health and well-being benefits including health-care coverage with no lifetime maximum. Walmart also offers eligible associates matching 401(k) contributions of up to 6 percent of pay, discounts on general merchandise, an associate stock purchase program and company-paid life insurance. Additionally, eligible associates receive a quarterly incentive based on store performance.

The majority of new associates will begin work this September to help prepare the store for its grand opening. ★

Source: Mitchell Communications Group



California Institute of Jewelry Training

By Sarah Banks

CARMICHAEL, CA (MPG) - The atmosphere of excitement is palpable at the California Institute of Jewelry Training (CIJT). Students lean over benches, busily wielding torches as the murmur of happy chatter hums along with the sound of Freedom drills as they learn to become Master Jewelers. Part of the growing excitement comes not only from their recent move from Carmichael to Fair Oaks, but the school's new business model and fresh focus.

Touted as the first jewelry school west of Chicago, CIJT recently celebrated its 35th anniversary with an open house that showed off their new location. At the celebration, CIJT's talented staff and students displayed off their skills with artisan demonstrations like gem carving and wax carving. Alumni and friends came to help celebrate, and representatives from both the Fair Oaks and Carmichael chambers were there to commemorate the occasion with a ribbon cutting.

Always an advocate for their students, CIJT is continuing their focus on teaching usable and marketable skills for jewelry students today. Some of those skills include design, repair, manufacturing, business management,

gemology, and appraisals. Students are counseled on career choices, as well as on how to promote themselves after they complete their training. CIJT takes great care in placing their graduating students and they maintain close relationships with national and local employers in order to ensure that graduates end up in a quality location with opportunities to advance their careers.

The student diversity is immediately apparent. Teens study alongside retirees, and each has their own reason for attending school at CIJT, however, the most common is students who have always been drawn to the trade but haven't had a chance to learn and explore those desires. Current student Cindy Kramer is thrilled to be finally realizing her dream of becoming a jeweler. At 39, she enrolled in classes at the



Recent Master Valuer™ graduates Gonzalo Forero of Arkansas and Larry Pegden of Washington DC, display some examples of rare jade with jade specialist Cici Yim (center), director and founder of CIJT Dee Rouse Huth, and instructor Mel Huth.

California Institute of Jewelry Training and she couldn't be happier with her decision. Kramer currently works as a dental assistant while taking classes

at CIJT, and while she still finds her career rewarding, she did not consider it her passion. She found she couldn't stop thinking of her dream of becoming a

jeweler. One day, finally unwilling to put off her dream any longer, she began training as a Master Jeweler in February of

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Smart, Final and Open for Business



Store manager Mike Barter (right) celebrated his store's opening with a \$2500 gift to Carmichael Little League members.

Continued from Page 1

people who provide for others," said company operations vice president Mike Paul. "We measure our success by the success of the community."

The newest of 197 Smart & Final markets in the U.S.A., Carmichael's gleaming store is a far cry from an 1871 business that hatched in frontier town Los Angeles. Partners Hellman, Haas and Cohn provided rope, flour, tobacco and gunpowder to settlers. When Jim Smart and H.D. Final took over the expanded business in 1914, their monikers combined with greater snap than any ad-man could conceive. The rest is West Coast retail history.

"I am excited to have the opportunity to showcase these unique stores to the residents, businesses and community groups in the Sacramento area. Our product offering at Smart & Final Extra! is unlike any other retailer - we combine the high-quality fresh produce of a farmer's market, the low prices of a discount grocer and the large club size products of a traditional club store. In addition, we have everything that small businesses, clubs and organizations need on a daily basis - all with no club card or membership fees. We also have put together amazing teams of friendly store associates that are looking forward to serving the local communities," said Dave Hirz, Smart & Final

president and chief executive officer.

Previously occupied by Priceless Drugs, Smart & Final's location was long a problem spot for vandalism, loitering and illegal dumping. The site is now re-roofed, re-landscaped, and providing 61 jobs to augment Fair Oaks Boulevard revitalization. "We've dealt with complaints about this property for years," County Supervisor Susan Peters told the new merchants, "From the bottom of our hearts, we're so glad you're here."

The store is located at 7223 Fair Oaks Boulevard, near Engle Road. Business hours are from 6 a.m. to 10 p.m., seven days. ★

CDPH Warns Not to Use Certain Tattoo Products Due to Risk of Infection

SACRAMENTO, CA (MPG) - Dr. Ron Chapman, director of the California Department of Public Health (CDPH) and state health officer, warned consumers not to use White & Blue Lion tattoo products because testing has found microbial bacterial contamination in both the inks and needles. Use of the contaminated inks or needles may result in bacterial infection and can lead to sepsis, a potentially life-threatening complication of an infection. One illness has been linked to the affected products at this time.



Consumers are warned not to use White & Blue Lion tattoo products because testing has found microbial bacterial contamination in both the inks and needles. Photos courtesy of www.fda.gov.

White & Blue Lion, Inc. of City of Industry, California, is voluntarily recalling the following varieties of tattoo products: Tattoo Ink, Tattoo Needles, and Tattoo Kits incorporating tattoo ink and needles. These products were distributed by White & Blue Lion and sold separately by

8Decades and White & Blue Lion, Inc. online. Product labeling on the Inks indicate a "Best if used by date" of "16/12/16" (December 16, 2016). The recalled products were sold separately and in kits by 8Decades and White & Blue Lion, Inc. through www.amazon.com.

Consumers in possession of the recalled products should discard the products following acceptable biohazard and sharps disposal methods. CDPH recommends that consumers experiencing any ill effects after use of these products should consult their health care provider.

Consumers who observe the product being offered for sale are encouraged to report the activity to the CDPH toll-free complaint line at (800) 495-3232. ★

Source: California Department of Public Health

Local Families Needed for Exchange Students

SACRAMENTO REGION, CA (MPG) - ASSE International Student Exchange Programs (ASSE) is seeking local host families for international high school boys and girls. These students are 15-18 years of age, and are coming to this area for the upcoming high school year or semester. These personable and academically selected exchange students are conversant in English, bright, curious and anxious to learn about this country through living as part of a family, attending high school, and sharing their own culture and language with their newly adopted host family.

The exchange students arrive from their home country shortly before school begins and return at the end of the school year or semester. Each ASSE student is fully insured, brings his or her own personal spending money and expects to contribute to his or her share of household responsibilities, as well as being included in normal family activities and lifestyles. The students are well screened and qualified by ASSE. Families can choose their students from a wide variety of backgrounds, nationalities and personal interests.

For more information about becoming a host family, visit www.host.assec.com or call toll free: 1-800-733-2773. There are many students to choose from, so call and begin the process of selecting your new host son or daughter today! ★

Source: ASSE Western Regional Office

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Results from the 41st Annual Eppie's Great Race

SACRAMENTO REGION, CA (MPG)
 - Sacramento's Jim Michaels was both the fastest Overall, and the fastest Iron Man 50+ Division winner of the 41st Annual Eppie's Great Race (EGR) on Saturday, July 19, 2014, with a time of 1:55:25. Fair Oaks' Melanie Cleland won her second consecutive, Overall EGR Iron Woman title, as well as the Iron Woman 40+ Division, with an overall time of 2:01:32. And the Paul A. Garcia Open Division Relay Team winner was also the overall fastest Relay Team winner: Team "Don't Look Back," crossed the Finish Line with an overall time of 1:36:18.

The 41st annual EGR, known as "The World's Oldest Triathlon," was the first EGR since Eppie Johnson's passing in 2013. The late founder's bigger-than-life presence was acknowledged and felt prominently in Saturday's annual running, biking, and paddling event. Participants gathered at the Starting Line, cheering in his honor and bowing their heads in his memory during the Benediction just moments prior to the Race's start. Many participants then shouted Eppie's name and applauded when the starting horn was sounded, first at 7:58 a.m. for the Adapted Division, and then again at 8 a.m. for all other participants, by Eppie's Grandchildren, E.J. and Athena Johnson.

Throughout and following the event, EGR participants gathered and had their photos taken next to Eppie's old, personal, kayak, memorial display of photos, and past Eppie's Great Race memorabilia collected by the beloved, late EGR Founder. Eppie's children, George Johnson (Eppie's Great Race Foundation Chairman) and Lisa Mangels, as well as Eppie's Grandchildren Alex, E.J. and Athena, all had leadership roles in this year's race, demonstrating to the 3,600+ participants, fans, and volunteers, that the Johnson Family is committed to carrying on the EGR tradition in perpetuity.

"People have asked my sister and I how we plan to memorialize my Dad now that he's gone," shared George Johnson, Eppie's Son. "We always say that the best way to memorialize my Dad is to continue

and grow Eppie's Great Race. He loved this event; it's become part of the fabric of our community, and has raised over \$1.4 million for programs for the disabled. Eppie's Great Race is his legacy. And the Johnson Family plans to keep working with our volunteer Race Committee to put on annual and successful Eppie's Great Races, for another 41 years and beyond!"

Every year, EGR participants run 5.82 miles, cycle 12.5 miles, and paddle boats 6.35 miles, on the third Saturday of July, on a race-course located on and alongside the American River Parkway in Rancho Cordova and Sacramento. Proceeds from EGR fund recreational programs for the disabled throughout Sacramento County. Both teams and/or individuals can compete in EGR divisions from Junior, to Iron Person, 14 - 70 years and older. And in its 41 year history, Eppie's has attracted participants from all 50 states and over ten foreign countries. EGR is now recognized as the largest single-day kayaking event in the world.

The 41st Annual EGR included both the traditional running, biking and paddling event; but also added new, modern elements, such as enhanced technology and participant social media integration, and updated sports gear to provide a better and more fun experience for the 2014 participants and fans.

In addition to Michaels, Cleland, and Team "Don't Look Back," over 3,600 people competed in, volunteered at, or were spectators of, the 41st annual EGR Triathlon. Among the highlights and winners were:

Jim Michaels of Sacramento, CA, took the 50+ Ironman Division -- and captured the overall fastest time in all of the Iron Divisions -- with a time of 1:55:25.

Melanie Cleland of Fair Oaks, CA, captured the 40+ Year Iron Woman Division title and recorded the fastest Iron Woman time of 2:01:32.

In the Eppie's Great Race "Open Team Division," Runner Matt Airola, Cyclist Craig Tanner, and Paddler Carter Johnson, known as Team, "Don't Look Back," took first place and were the first to cross the Eppie's Great Race Finish Line



Paddler Carter Johnson proudly wears the coveted, Eppie's Great Race winner's wreath on behalf of his team, "Don't Look Back!" flanked by the children of late EGR founder, Eppie Johnson. Carter is joined by Eppie's Daughter Lisa Mangels and Son George Johnson - both of whom are proud to carry on their father's legacy by celebrating the 41st Annual Eppie's Great Race in his honor, on Saturday, July 19, 2014. Photo courtesy of Eppie's Great Race.

with a time of 1:36:18.

Winning the "Adaptive Division" for the second consecutive year with a time of 1:49:52 was Team, "Class of 74, Don't Look Back," with Runner Donald Wells of Rancho Cordova, Biker Joseph Adversalo of Elk Grove, and Paddler Steve Klinefelter of Orangevale, CA.

"Team Fast at Fifty" - featuring the first Woman crossing the Eppie's Great Race Finish Line, Eppie's Great Team Paddler Sue Lutz (with teammates Runner Jenny Hitchings and Cyclist Marianne Hernandez) won the Women's Relay Team 50+ Division and were the fastest, overall Women's Relay Team, with a time of 1:55:39.

"Sac. Co. Crime Lab," made up of teammates Brian Escamilla and Isaac Eaquintu, won the "Fire/Police Division" at a time of 2:02:30.

Team "Keeping the Dream Alive", featuring Runner Rich Hanna, Cyclist Jeff Schwing, and Paddler Kurt Kaunzinger, were both the fastest Overall Men's Relay Team leaders, and the "Men's 50+ Division Team"

winners; with a finishing time of 1:42:23.

The "Women's Open" Relay Team Division with a winning time of 2:16:04 was captured by team "Sizzlin' Sistas," made up of Runner Laurie Beyer of Orangevale, Biker Zoe Anastas of Vancouver, WA., and Paddler Niki Calastas of Redwood Shores, CA.

Capturing the Corporate Division first place title was "MBK Engineering" with a time of 1:58:22, comprised of Runner Matt Bachman, Biker Brian Brown, and Jacob Benton.

Capturing the "Junior's Team" Division title at a time of 2:26:31 was team "Fire Breathing Rubber Duckies," made up of Runner Devin Howard, Biker Jacob Howard, and Paddler Becca Howard.

Taking the "Family Division" title was Team "Johnsrud," featuring Runner Lauren Johnsrud, and Biker Matt Johnsrud, and Paddler Gary Johnsrud, crossing the finish line at 1:56:12.

In the Co-Ed Team Division, "Team Top 10" with Runner Corinne Yee, Bicyclist Kevin Whitford, and Paddler Ryan

Zahner, all of El Macero, CA, took first place with a time of 1:55:31.

Fair Oaks' Scott Cleland was the "Iron Man" 40+ Winner, with a time of 2:01:16.

Brian Fennessy won the "Iron Man Open" (Ages 40 and below) Division at 1:56:47.

Rancho Cordova's Bob Landry, won the Ironman 60+ title at 1:56:27.

Sacramento's Jake Tennant was the "Junior Iron Man," Division Winner at 2:05:09.

Barbara Bomfim of Davis was the First Place Winner for the "Iron Woman" (Open - Ages 40 and below), with a time of 2:03:02.

The Iron Woman 50+ Division Winner was past Eppie's Great Team member Cathie Simonsen of El Dorado Hills at 2:12:18.

Teresa Kennedy of Union City, CA, was the Iron Woman 60+ Division Winner with a time of 2:31:05.

The Men's Team 40+ first place winners, made up of team, "Current Adventures Kayaking," which included Runner Mike Iain, Biker Robert Smith, and Paddler

(and 39-year Eppie's Great Race participant) John Weed, with a time of 1:48:41.

The Men's Team 60+ Division first place winner was team, "Old Guys," at 1:57:47.

Claiming first place in the Tandem Kayak Division, was team, "Sun's Out Guns Out," with a time of 1:49:11 was Runner Luis Luna, Biker Jeremy Barnes, and Paddlers Tony Elwell and Chris Farley.

In the Open Canoe Division, team, "Rockfish Rangers," featuring Runner Jacob Hunter, Biker Yutch Cowie, and Paddlers Mike Ammon and Steve Wilson, took first place with a time of 1:46:14.

In the "Sit-on-Top" Division, team, "Who You Callin' Losers Now?" took their second consecutive, first place with a time of 1:54:22, by Runner Reeseey, Biker Greg Marshall, and Paddler Jeff Bushey of Sacramento.

The "City of Sacramento" retained the "Eppie's Great Race City Cup" for another year, with a finishing time of 2:28:30.

For a complete list of entrants and their cities of origin, visit <https://results.chronotrack.com/event/results/event/event-6720>.

Eppie's Great Race was founded by the late, regional businessman and philanthropist Eppie Johnson 41 years ago. Since that time, EGR has been implemented annually as a fundraising event benefiting Sacramento County's Therapeutic Recreation Services (TRS), which provide programs for mentally- and physically-challenged people. One hundred percent of EGR entry fees are donated to support TRS. To date, EGR has raised over \$1.4 Million for TRS, and now accounts for over 25 percent of the programs' overall operating budget. The 42nd Annual EGR will be Saturday, July 18, 2015. For further EGR information, visit www.eppiesgreatrace.org.

Video and photo highlights of the 41st Annual Eppie's Great Race can be seen on EGR's Facebook Page: www.facebook.com/eppies.great.race.

Source: Drisha Leggett

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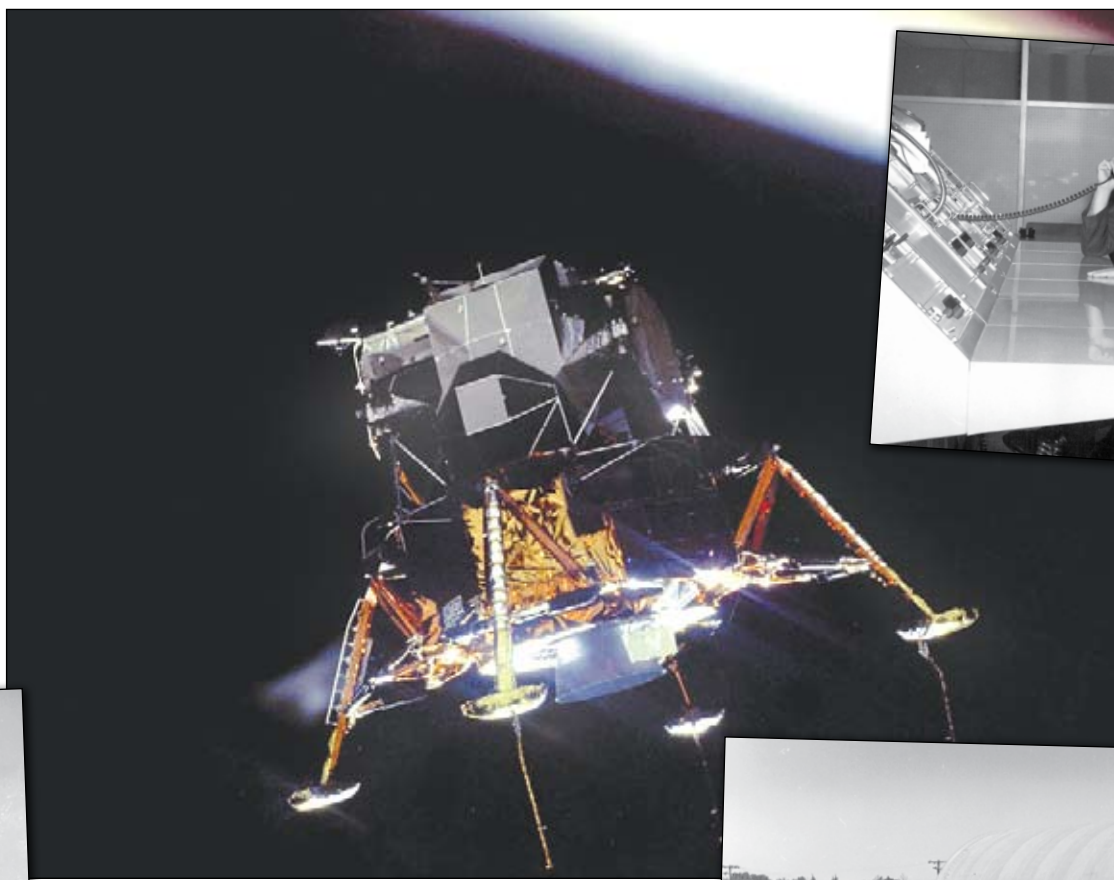
Our Connection to the Moon Landing, 1969

By Patricia Johnson, Harvey Williams, and Terri Pennello.

SACRAMENTO REGION, CA (MPG) - July 20th marked the 45th anniversary of the United States landing on the moon; it is important to remember the role Sacramento County played in that historic event. A part of the Saturn V Rocket that NASA launched in 1969, sending astronaut Neil Armstrong on his journey, was initially tested in Sacramento, California before being sent to Florida for launch into space. The Douglas Aircraft Company tested the third stage of the rocket known as S-IVB at its test site, the Douglas Aircraft Sacramento Test Facility, in

what is now Rancho Cordova at Sunrise Boulevard and Douglas Road. Testing of the S-IVB began in 1963 and was a significant component of the Saturn V Rocket in the future moon missions.

NASA awarded the Douglas Aircraft Company the contract for the Saturn S-IVB lunar vehicle in 1963. This vehicle was needed to support the Saturn 1 program development of the Saturn V Launch Vehicle. The S-IVB was 21 feet in diameter and 59 feet in length, and would be the third stage of the giant Saturn 1B vehicle with a payload capacity of 37,000 pounds. The Saturn 1 vehicle's primary objective was to develop a large two-stage vehicle for use in earth



Wernher Von Braun (center), a leading rocket engineer and space architect in WWII Germany and then the U.S., was the chief architect of the Saturn V launch vehicle. Von Braun visited the Sacramento Test Facility on multiple occasions. Photo courtesy of Center for Sacramento History, Douglas Aircraft Company/NASA Employee Collection, 2014/015.



The Eagle Prepares to Land

The Apollo 11 Lunar Module Eagle, in a landing configuration was photographed in lunar orbit from the Command and Service Module Columbia. Inside the module were Commander Neil A. Armstrong and Lunar Module Pilot Buzz Aldrin. The long rod-like protrusions under the landing pods are lunar surface sensing probes. Upon contact with the lunar surface, the probes sent a signal to the crew to shut down the descent engine. Photo courtesy: NASA

orbit operations. The S-IVB was a single stage liquid propellant (liquid oxygen and hydrogen) vehicle with a Rocketdyne 233,000 pound thrust engine capable of restarting in outer space.

The S-IVB was manufactured at the Douglas Aircraft facility in Huntington Beach, California and shipped to the Sacramento Test facility by barge up the Sacramento River to a dock at Hood and then transported by back roads to the test facility. Wernher Von Braun, the chief architect of the Saturn V launch vehicle, visited the Sacramento Test Facility on multiple occasions.

The S-IVB stages travelled from the Bay Area up the Sacramento River on barges. Once they arrived at the specially built dock in Hood, they were transferred to flatbed trailers for the trip to the test site traveling at seven miles per hour on narrow county roadways and bridges. Workmen along the route had to lift telephone wires and trim trees to enable the stage to make the journey to the test center. Douglas tested nineteen S-IVBs at the test site between 1964 and 1971.

Once the stage arrived at the test site, the stage was lifted from the flatbed truck and onto the test stand. Upon testing completion, the stage was initially transported by barge back to the Bay



The S-IVB stages travelled from the Bay Area up the Sacramento River on barges. Once they arrived at the specially built dock in Hood, they were transferred to flatbed trailers for the trip to the test site traveling at seven miles per hour on narrow county roadways and bridges. Workmen along the route had to lift telephone wires and trim trees to enable the stage to make the journey to the test center. Photo courtesy of Center for Sacramento History, Douglas Aircraft Company/NASA Employee Collection, 2014/015.

Area where it was loaded onto another barge headed for Florida. However, this process was too lengthy, and a modified C-97 aircraft called the "Pregnant" or "Super Guppy" was later used to transport the stages to Florida.

Source: Center for Sacramento History, Douglas Aircraft Company/NASA Employee

Collection, 2014/015
Photo Source: <https://www.flickr.com/photos/centerforsacramentohistory/14492042780/in/set-72157645335720119>

Once the stage arrived at the test site, the stage was lifted from the flatbed truck and onto the test stand. The Douglas Aircraft Company tested the third stage of the rocket known as S-IVB at its test site, the Douglas Aircraft Sacramento Test Facility in what is now Rancho. Testing of the S-IVB began in 1963 and was a significant component of the Saturn V Rocket in the future moon missions. Photo courtesy of Center for Sacramento History, Douglas Aircraft Company/NASA Employee Collection, 2014/015.

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THE RICH LOWRY COLUMN
By Rich Lowry

Obama's Border Crisis

It's hard to imagine a more apt summation of the lunatic state of the nation's immigration debate than the split screen over the past weeks.

In Washington, most respectable opinion lined up, yet again, to condemn Republicans for not passing an amnesty under the guise of defunct-for-now "comprehensive immigration reform."

Meanwhile, the crisis on the Southern border continued. A massive influx of people -- largely driven by Central Americans, many of them children -- drawn here in the expectation of lax immigration enforcement is overwhelming border officials and facilities.

A Wall Street Journal story about the crisis was headlined "Obama Plans Executive Action to Bolster Border Security," which has a man-bites-dog feel to it after all of

the administration's executive actions to undermine immigration enforcement.

House Speaker John Boehner spoke imprecisely when he excoriated the president for "giving false hope to children and their families that if they enter the country illegally they will be allowed to stay." Actually, the hope is quite real.

A leaked memo from a high-ranking Border Patrol official said that only 3 percent of non-Mexicans apprehended at the border are being returned to their native countries.

"It will not be open arms," Vice President Joe Biden thundered in Guatemala City, attempting to dissuade would-be migrants. "We're going to hold hearings with our judges, consistent with international law and American law, and we're going to send the vast majority of you back."

The only part he had right is that we will hold hearings. The immigrants themselves may or may not be part of them.

The administration is waving the families and children into the United States, dispersing them around the country, and giving them a date -- often quite distant because of a huge backlog -- to appear in immigration court. Experience says only about a quarter will actually show up.

Why would they? As Byron York of the Washington Examiner points out, once illegal immigrants are in the country, they fairly quickly can become part of the broad category of people that the administration

has exempted from interior enforcement.

Even many of the illegal immigrants who go all the way through the system and get a removal order don't go anywhere. According to Jessica Vaughan of the Center for Immigration Studies, there are roughly 800,000 aliens who have been ordered removed but are still here.

The administration's policy of eviscerating interior enforcement is entirely its own creation. That policy, together with the president's de facto amnesty of young illegal immigrants and all the talk of a more wide-ranging amnesty over the past year, has had a predictable effect.

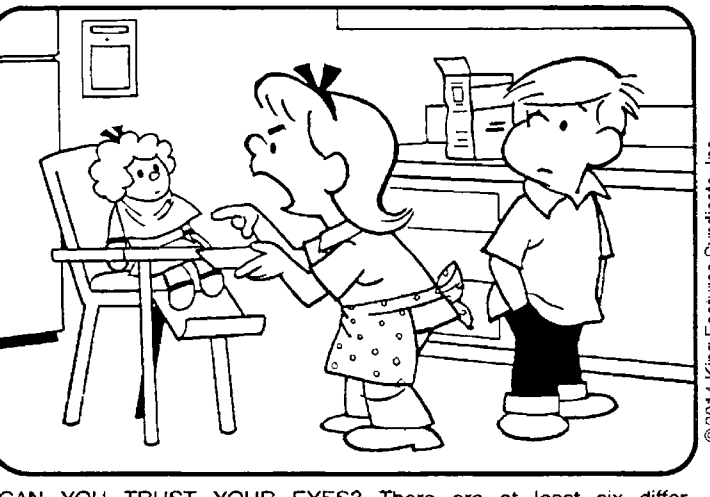
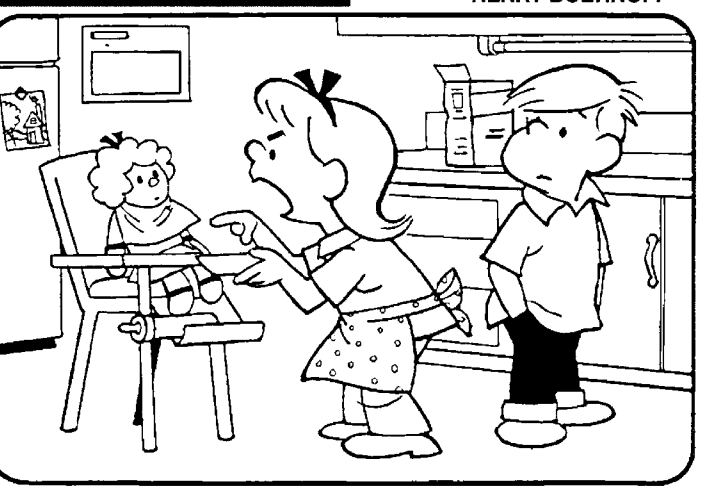
The key to reversing the tide is enforcement, and not just at the border. But the same Wall Street Journal story with the headline about Obama bolstering the border reported he "will make at least minor adjustments to deportation policy later this summer that would shield some illegal immigrants from deportation" -- with his base agitating for even more far-reaching action.

For the left, and its fellow-travelers in the business community and on the libertarian right, there is only one side of the split screen that matters. It's always amnesty.

Rich Lowry is editor of the *National Review*.

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HOCUS-FOCUS BY HENRY BOLTINOFF



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.

Differences: 1. Drawing is different. 2. Wall oven is missing. 3. Bottle is missing. 4. Apron is different. 5. Light is missing. 6. Door is missing.

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Dare to Live Without Limits

Anger, Resentment, and Bitterness



by Bryan Golden



"Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else – you are the one that gets burned."

There's a common misconception that our anger has a negative impact on someone else. In reality, anger, resentment, and bitterness, harm only you. Yet how often have you felt that your anger would hurt the offending person?

You have probably said to yourself, "that person makes me so angry!" However, no one has the power to control your emotions. How a person acts is up to them. How you respond is up to you. Although this is a simple concept, it's still common to feel as if another person is making you feel a certain way.

There are numerous sources of anger. Typically you feel anger when someone does something you don't like or in reaction to unfavorable circumstances. Even your own actions can cause anger; when you make a mistake or a bad decision. Bad luck also evokes anger. Feelings of anger are intensified whenever you believe you are powerless or unable to take mitigating action.

Anger, resentment, and bitterness cause many problems. They are often accompanied by sadness, depression, and anxiety. You may also feel tense, irritable, or frustrated. Your tolerance level drops and you tend to lash out at others. You are also more likely to blow things out of

proportion. Additionally, anger diminishes your ability to think clearly.

Whether it be with a spouse, significant other, relative, or friend, anger damages relationships.

Whenever you say things you don't mean or behave in a destructive manner, you alienate all those you come into contact with.

There are no benefits to harboring anger, resentment, or bitterness. It's to your benefit to be able to identify when you are experiencing these emotions and then immediately take corrective action to pull yourself out.

You need to be in touch with your feelings so that you know when you are getting angry.

Although this seems obvious, there are those who don't realize they're angry. This is because they are so used to living with a constant level of anger that it has become their normal emotional state.

It's important to understand your sensitivities. Once you detect anger, you must identify the source. Is it another person, your own actions, or circumstances? Remember that you can't go back in time so don't waste any energy lamenting the past. Once you recognize the origin of your anger, you can formulate a plan to dissipate it.

Don't take action when you are angry. The heat of the moment is the worst time to make decisions. Give yourself some time

to cool down. In many situations, the immediate rush of anger will diminish substantially if you allow a cooling off period. This strategy also gives you a chance to put things in perspective. When you are calmer, the offending issues will appear much more insignificant than you initially thought.

Next, determine whether you have any control over what made you angry. If it is something outside of your influence, all you can do is work on your response. You can't control your environment but you can control your reaction. Don't waste any time trying to change something you have no power over.

For those issues you do have some control over, take action. Doing so will immediately make you feel better. When you take action you are being proactive rather than passively waiting for things to improve.

With practice you will be able to substantially reduce any anger, bitterness, and resentment you experience. Regardless of where you are now, you can improve. It's an ongoing process. Keep at it. **★ 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.

A Year Older but Not That Much Smarter

Dr. James L. Snyder

I think I am in a rut. No matter how hard I work, I do not seem to be getting any further along in life. Could it be that somewhere in my past, I peaked and did not realize it? If so, I wish I knew about it so at least I could have the consolation that I have peaked.

This week I celebrate another birthday. This is a rut I am talking about. After all, I celebrate my birthday every year on the same day. The only reason I celebrate it on that day is because my mother said that was the day I was born. What if she lied about my birthday? After all, there is that issue with Santa Claus!

I cannot prove one way or the other that I was born on a particular day because knowing what I do know now it is very easy to manipulate paperwork and birth certificates. It might be old age, but I just do not trust anybody about anything these days. I do not even trust myself.

In the early days of my life, my parents told a few things that have proven not exactly true. I would not say they were lying to me they were just protecting me from the gruesomeness of truth.

I mentioned Santa Claus. The thing that irks me about Santa Claus is that now that I am older and have children and grandchildren I am supposed to be Santa Claus. Who in the world made up that rule?

Then there is the whole issue about the tooth fairy. It took me a long time to figure out that the tooth fairy did not really exist. Several times I extracted teeth ahead of time in order to get some cash from the tooth fairy. I frequently questioned why the tooth fairy was so stingy with his giving until I figured out that the

tooth fairy was none other than my father, known for his closed cash policy.

Growing up in Pennsylvania one of the big factors had to do with Punxsutawney Phil. It took me a long time to figure out that that little rodent was not who my parents said he was. If he was who they said he was, he sure was not very good at predicting the future.

A lot of things my parents told me turned out not to be true, so why should I put a lot of stock in believing that my birthday is the exact day I was born?

According to them, I get to celebrate my birthday one day out of the year and a specific day that I believe they picked out. Now what I want to know is, why can I pick my own birthday? After all, it is MY birthday!

While I am on that subject, why can't I celebrate my birthday whenever I want to, why can't I celebrate my birthday every month? After all, nobody gets tired of eating birthday cake.

Now that I am older (I am not quite sure how old I really am because I am not sure my parents were exactly forthcoming in telling me the year I was born) what am I supposed to do?

Personally, I would like to establish a set of rules associated with "my birthday." I do not care what other people do about their birthday, it is my birthday and I should be able to set the rules.

I think the first rule I would establish is, there should be no "surprise" birthday parties. If it is my birthday, I know when it is. If it is my birthday, I should be in charge of planning the party. After all, I know what I would like.

Who in the world started putting birthday candles on a

birthday cake. I have been to several birthday parties and watched the "birthday boy" blow out those candles. After seeing him blow out those candles, I had no desire to eat the cake subjected to his spit-laden breath. After all, germs and I are not amigos.

Do not let this get around, but when there are candles on my birthday cake, I make sure my tongue is well lubricated before I start blowing out those candles. After all, I love to share.

Another rule I would like to put in place has to do with birthday presents. It seems quite hypocritical for somebody to go out and buy a birthday present, wrap it up in fancy birthday wrapping paper and then bring it to me so that I can unwrap that paper to get to the birthday present.

If I am going to have birthday presents I think I should be the one to buy those presents. Everybody who wants me to celebrate my birthday could slip me a fiver and let me go out and buy what I really want. Nobody knows what I want better than I do.

Finally, I think if it is my birthday and I am celebrating it, I should get to pick what year I am celebrating.

Good old King Solomon had it right when he wrote, "The glory of young men is their strength: and the beauty of old men is the grey head" (Proverbs 20:29).

You are only young once but you can be old for a very long time. I am learning to live with it. ★

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.

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Monthly Meeting Schedule

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Thurs, July 17 **Wed, Sept. 17**

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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.




DR. COY F. CROSS

Author Coy Cross II, Ph.D
 "The Dhance" A Caregiver's Search for Meaning

Fear: A Divine Gift

STRENGTH IN UNITY



A couple of years ago I met with "The Rock Group," seven extraordinary men who love and trust each other enough to share their innermost fears and hopes. One man talked of fear as being both an impediment and a motivator in his life. Later two other men and I created a weekend retreat on "Fear: A Divine Gift."

Working on the retreat brought to mind an earlier incident. The subject of fear came up at our Thursday night men's group meeting and several men shared what they most feared. I couldn't relate to any of their fears, so I began thinking "What do I most fear?"

At the time my wife Carol was in remission and recovering well. I realized my greatest fear

was that her cancer would come back. At lunch the next day, I shared this with my friend Greg. As was my habit, after lunch I called Carol to tell her I was on my way. She told me she had scheduled a doctor's appointment for that afternoon, because something did not feel right in her abdomen. The doctor referred her for a CT scan to determine if the cancer had returned. Since it was Friday afternoon, the results would not be available until Monday afternoon or Tuesday morning.

Over the weekend she and I talked and we both realized that if the cancer returned, we could confront it together as we had with her original diagnosis. Monday afternoon the scan revealed two hernias along

the incision line from her surgery. This experience was a gift that showed me I could face my greatest fear and move through it. When the cancer did return a year later we both knew that we would be able to be present with whatever life presented.

Share with us each month here and visit Facebook to learn more at *The Dhance*. See author Cross as he discusses discoveries, lessons and shares insights on YouTube.

You also can learn to cope in delving into the mind, life and acceptance of life and death that is the heart of Coy Cross's experience related for all to learn from in "The Dhance" (Available from KohoPono Press, ISBN 978-0-9845424-2-0, visit kohopono.com or call 503-723-7392).

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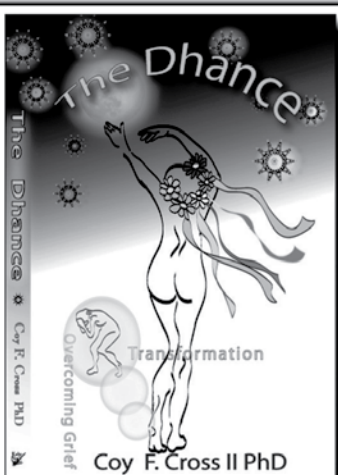


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CSLB Local Undercover Sting Busts Many Unlicensed Contractors

FOLSOM, CA (MPG) - A procession of suspected unlicensed contractors submitted bids for construction work at a Folsom home last week and walked into the waiting hands of Contractors State License Board (CSLB) undercover investigators. The undercover sting operation on Thursday, June 26, 2014, was conducted at a two-story home near Folsom Lake College by CSLB's Statewide Investigative Fraud Team (SWIFT) with the help of Sacramento County District Attorney's Office investigators and Folsom Police Department.

The newer home restricted the range of projects that could be sought for bid to exterior ones such as painting, fencing, landscape, retaining walls, and pool tiling.

Despite that limitation, there was no shortage of unlicensed operators who gave bids to investigators who posed as homeowners. The median bid was about \$4,000, SWIFT investigators reported, with a high of \$10,000 for an exterior painting job.

In California, all home improvement jobs valued at \$500 or more (combined labor and material costs) must be conducted by a company or person with a CSLB-issued license (Business and Professions Code section 7028).

All 11 suspects were cited for contracting without a license. Nine face an additional misdemeanor charge of illegal advertising (Business and Professions Code section 7027.1). State law requires contractors to place their license number in all print, broadcast, and online advertisements. Those without a license can advertise for jobs valued at less than \$500, but the ad must state that they are not a licensed contractor. One of

the men showed investigators a contractor license number that did not belong to him and was cited on an additional charge (Business and Professions Code section 7027.3).

About 70 percent of the suspect leads were found on the online bulletin board craigslist.

"We have warned consumers many times about the importance of taking an extra minute to check CSLB's website to make sure the contractor has a license in good standing if they're going to use craigslist or other online bulletin boards," CSLB Registrar Steve Sands said. "Licensed contractors use craigslist and other online sources as an advertising tool, but so do many unlicensed and unqualified people."

Suspects received Notice to Appear citations for 8:30 a.m. on September 17 or 18, 2014, in Sacramento County Superior Court, 720 Ninth St., Sacramento, CA 95814 to answer to illegal contracting charges.

This is a list of the suspects and each suspect's city of residence, license classification, and violations:

- **Jason Andrew Muller, West Sacramento, C8 - Concrete, Contracting without a license, Illegal advertising**
- **Christopher Ray Cunningham, Sacramento, C33 - Painting and Decorating, Contracting without a license, Illegal advertising**
- **Patrick Richard Beals, Folsom, C13 - Fencing Contracting without a license**
- **Joshua Elias Valencia, Carmichael, C29 - Masonry, Contracting without a license**
- **Gabriel Cortez, Citrus Heights, C33 - Painting and Decorating, Contracting without a license, Illegal advertising**
- **Gregory Alan Hayes, Grass Valley, C33 - Painting and Decorating Contracting**

without a license, Illegal advertising, Displaying a license not belonging to him

- **Jose Luis Tolentino, Roseville, C8 - Concrete, Contracting without a license, Illegal advertising**
- **Alejandro Arturo Diaz, Sacramento, C33 - Painting and Decorating, Contracting without a license, Illegal advertising**
- **Soroosh Reinhanhoseinabad, Citrus Heights, C33 - Painting and Decorating, Contracting without a license, Illegal advertising**
- **Bruce Timothy Aziz, Citrus Heights, C13 - Fencing Contracting without a license, Illegal advertising**
- **Abenida Stephen Olenlager, Sacramento, C13 - Fencing, Contracting without a license, Illegal advertising**

CSLB encourages consumers to always "Check the License First" by visiting www.cslb.ca.gov or calling CSLB's toll-free automated line, (800) 321-CSLB (2757). Also, visit CSLB's website for tips about how to hire a contractor and to sign up for CSLB Email Alerts.

The Contractors State License Board operates under the umbrella of the California Department of Consumer Affairs. More information and publications about hiring contractors are available on CSLB's website or by calling (800) 321-CSLB (2752). You also can sign up for CSLB email alerts. CSLB licenses and regulates about 300,000 contractors in California, and is regarded as one of the leading consumer protection agencies in the United States. In fiscal year 2012-13, CSLB helped recover nearly \$44 million in ordered restitution for consumers. ★

Source: CSLB Public Affairs Office

LETTER TO THE EDITOR

Hobby Lobby, Another Point of View

Dear Editor,

I was somewhat amazed to read the letter to the Editor in the July 10th edition where the writer made a request for diverse viewpoints. Looking all around us, there are many opportunities for an opposing viewpoint, including the major Sacramento newspaper which does not take the time to investigate or tell the complete story and local TV stations

which are in the same camp. At least with the Carmichael Times we have an opportunity to hear a different point of view.

For the writer's information, Hobby Lobby has for years included contraception in its medical plan; it is only when HHS added 4 medications which are designed to remove a fertilized egg, that Hobby Lobby decided to object. For many

people fertilization is considered the beginning of life and the 4 drugs mandated by HHS destroy that. How curious to talk about "rights"; where was the hue and cry about personal rights when an entire nation was forced to buy a health care plan they don't want and don't need?

Carole M., Carmichael

Bera Speaks in Support of Not My Boss' Business Bill

SACRAMENTO REGION, CA (MPG) - Congressman Ami Bera, M.D. spoke out in support of the Not My Boss' Business bill Thursday. The bill would address the Supreme Court's misguided decision in Hobby Lobby v. Burwell.

"I look at this not as a member of Congress, but as a doctor," said Bera. "I took an oath to put my patients first and my job is to sit with my patient, answer her questions, talk about the risks and benefits of the various options available, and then to empower her to make the decision that best fits her life. That's why I'm proud to support the Not My Boss' Business Act, which ensures that employers can't pick and choose what health services women can receive. Health care decisions should be made between a patient and her doctor, not her boss."

Watch Bera's full remarks: http://youtu.be/ge_SaFBvByU.

The legislation, formally known as the Protect Women's Health from Corporate Interference Act of 2014 would explicitly prohibit for-profit employers that maintain a group health plan for its employees from using religious beliefs to



Congressman Ami Bera

contraceptive purposes.

House Republicans blocked the bringing the bill up for consideration twice this week. Senate Republicans also blocked companion legislation introduced by Senators Patty Murray (D-WA) and Mark Udall (D-CO) earlier this week.

Congressman Ami Bera, M.D. represents Sacramento County. Born and raised in California, Bera is a physician and the only Indian American currently serving in Congress. He's fighting to rebuild an economy that works for middle class families and to reduce our country's debt in a responsible way. One of Bera's first acts in Congress was to help lead the effort to pass the No Budget No Pay Act, which says if members of Congress don't pass a budget, they don't get paid. As a leader of the No Labels' Problem Solvers, he's working with people from both parties to find bipartisan solutions to our nation's challenges. He and his wife Janine live in Elk Grove with their daughter Sydra. ★

For more updates on Rep. Bera follow @RepBera on Twitter, like Congressman Bera on Facebook, or visit <http://www.bera.house.gov>.

Sacramento County DA Reports

Recent cases of interest



CASE: Herbert Alvarez, Arlonzo Banks, Darnell Williams & Abdul Tanko (07/21/14)

PROSECUTOR: Deputy District Attorney Morgan Gire, Gangs & Hate Crimes Unit

District Attorney Jan Scully announced that the Honorable Timothy Frawley sentenced Herbert Alvarez to 50 years to life in prison, Arlonzo Banks was sentenced to 45 years to life in prison and Darnell Williams was sentenced to 35 years to life in prison. Abdul Tanko was sentenced to

12 years in prison. On May 15, 2014, Alvarez and Banks were convicted by jury of first-degree murder. The jury also found true firearm use enhancements as to each. Williams was convicted of second-degree murder and a firearm use enhancement. Tanko was convicted of voluntary manslaughter and a firearm enhancement.

On March 12, 2011, Alvarez, Banks, and Williams shot and killed the victim, Rashad Alexander, in the parking lot of the American Spirit Bar in north Sacramento. The shooting stemmed from a dispute involving the victim, members of Tanko's family and street gangs.

CASE: Demarea Brown (07/18/14)

PROSECUTOR: Deputy District Attorney Tim Carr, Adult Sexual Assault Prosecution

District Attorney Jan Scully announced today that Demarea Brown was convicted by jury of two counts of rape, one count of forcible oral copulation and one count of kidnapping for the purposes of accomplishing rape.

In November 2012, Brown encountered the adult victim on the grounds of a middle school after dark and punched her in the face, knocking her to the ground. He then forced the victim go to a secluded location on the school grounds, away from security cameras, and sexually assaulted her.

Brown faces a potential maximum sentence of 75 years to life in prison. Sentencing is set for September 12, 2014 in Department 24 in front of the Honorable Shelleyanne Chang.

CASE: Linda Gabaldon (07/18/14)

PROSECUTOR: Deputy District Attorney Andrew Smith, Homicide Unit

District Attorney Jan Scully announced today that the Honorable Sharon Lueras sentenced Linda Gabaldon to 75 years to life in prison. On June 17, 2014, a jury convicted Gabaldon of first degree murder and found true a use of a handgun allegation.

Gabaldon was a roommate of the victim. The two got into an argument and Gabaldon shot the victim four times the next morning. Gabaldon testified that the victim pulled a gun on her and it went off during a struggle. The autopsy showed that at least two of the gunshot wounds would have caused the victim to drop to the floor immediately, contradicting Gabaldon's testimony about a struggle.

Due to a prior robbery conviction from 2001 being found true, Gabaldon's first-degree murder conviction was doubled from 25 years to 50 years to life in prison. She also received an additional 25 years for the use of the gun.

CASE: Lisa Dawn Perez (07/18/14)

PROSECUTOR: Deputy District Attorney Kari Reeve, DUI Vertical Prosecution Unit

District Attorney Jan Scully announced that Lisa Perez was convicted by jury of second-degree murder, gross vehicular manslaughter while intoxicated and driving on a suspended license.

On September 18, 2012, Perez was spotted by witnesses driving recklessly on Jackson Road. She was speeding, crossing over the double yellow lines and ran multiple red lights. Cars in the opposite lanes of traffic had to pull to the shoulder to avoid colliding with her. She ultimately ran the red light at Jackson Road and Sunrise Blvd. and was struck by a school bus that had the green light. Her passenger died on scene and the school bus driver suffered minor injuries. A blood draw revealed her blood alcohol to be .20%.

At the time of the collision, Perez had two open DUI cases. One case was in Yolo County from a June 2012 DUI arrest and one was in Amador County from a September 2012 DUI arrest, which was just four days before the Jackson Road collision. She also had a prior DUI conviction in 2004 and was ordered to attend an 18 month DUI education class, which she completed.

Perez has a prior strike conviction which will enhance her maximum potential sentence to 30 years to life plus one year in prison. Sentencing is set for September 12, 2014 in Department 37 before the Honorable Ben Davidian.

This case was prosecuted by the Sacramento County District Attorney's DUI Vertical Prosecution team, funded by the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

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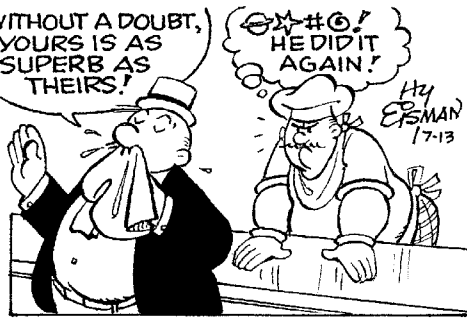
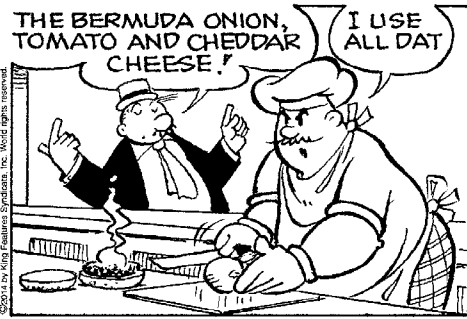
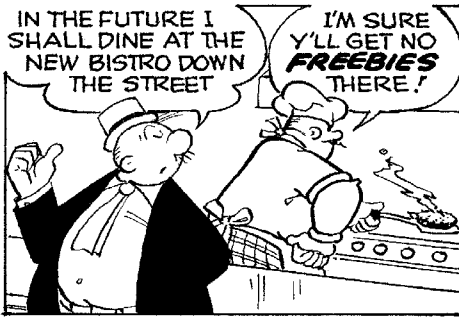
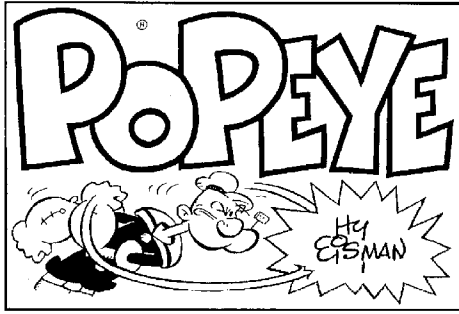
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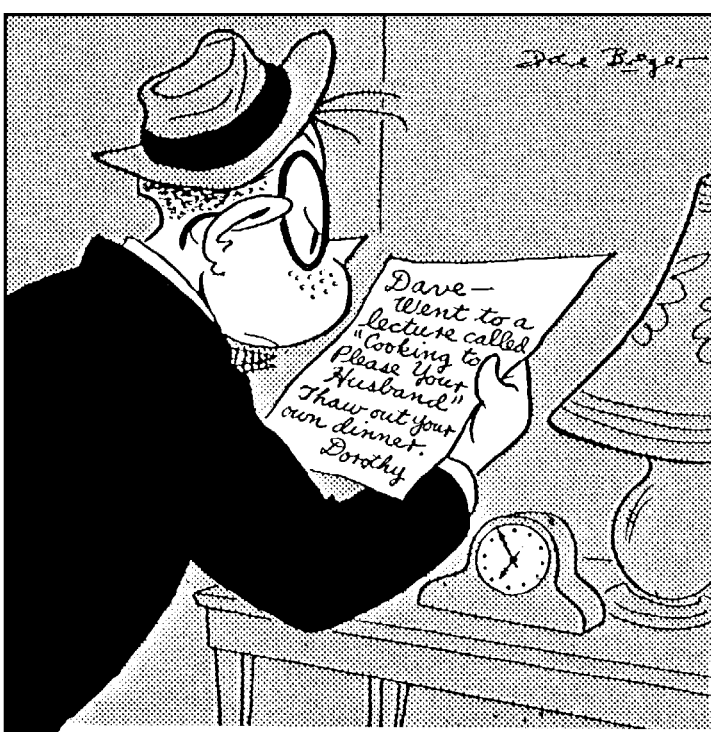
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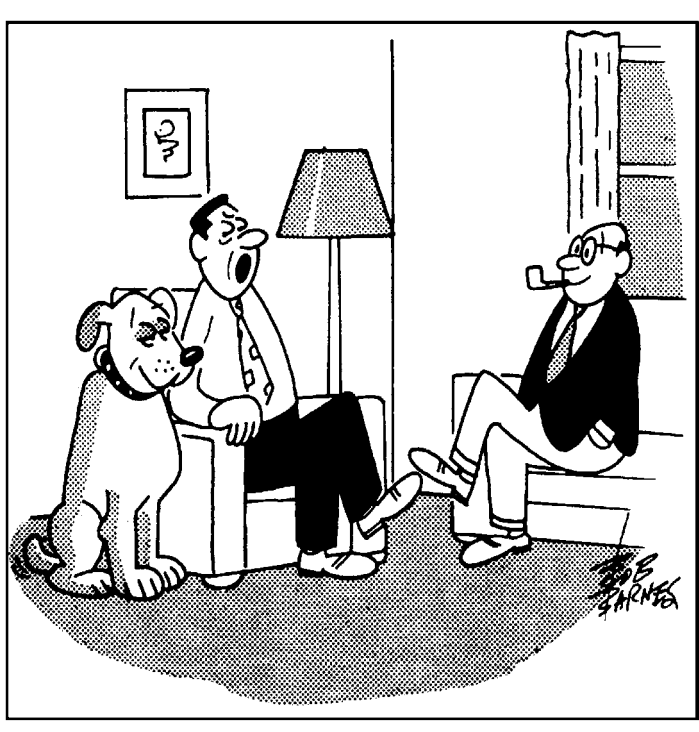
Just Like Cats & Dogs by Dave T. Phipps



MISTER BREGER By Dave Breger



LAFF - A - DAY



"Oh, yes, he's a good watchdog. Last week he watched the garage burn down, then he watched somebody steal my lawn mower, then..."

HUBERT - - By Dick Wingert



"How much do you love me?"

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David Hanlon Shows in our Studio/Gallery 3 Month of July

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

Salome's Stars

ARIES (March 21 to April 19) Your honesty is, as always, admirable. But you might want to be more tactful in discussing a sensitive issue with a family member. Remember: You can give advice without giving offense.

TAURUS (April 20 to May 20) An unexpected workplace snag should be handled quickly and efficiently so that it leaves you time for family get-togethers. Also, you might soon get that long-sought apology.

GEMINI (May 21 to June 20) Aspects favor family matters, especially where children might be involved. Spending time with loved ones helps restore some much-needed balance to your typically busy schedule.

CANCER (June 21 to July 22) That seemingly clear-cut agreement might not be quite so straightforward after all. Recheck for language that could make you liable for hidden costs and other unpleasant surprises.

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LEO (July 23 to August 22) Careful, Kitty. Better to deal with someone with proven reliability than with a big talker who promises much but can't confirm that he or she will deliver. Your social life really zings this weekend.

VIRGO (August 23 to September 22) Your matchmaking skills are at peak performance levels both in helping to staff workplace teams for upcoming projects and for bringing people together on a more personal basis.

LIBRA (September 23 to October 22) You're finally seeing some progress with your new venture. But be prepared for it to continue at a slower pace than you're used to. Meanwhile, a loved one could be preparing a surprise.

SCORPIO (October 23 to November 21) A family member's success pulls you into the spotlight as well. Enjoy it, but don't let it overshadow or otherwise obstruct what you're doing with your own creative projects.

SAGITTARIUS (November 22 to December 21) Using what you already know might not be quite enough to get a proposed project off the ground. Look for any new information that might help tilt the scales in your favor.

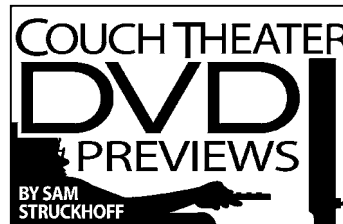
CAPRICORN (December 22 to January 19) Good news: While a changing workplace environment can be daunting for some, it could be the challenge you've been hoping for. If so, confront it with confidence and move on.

AQUARIUS (January 20 to February 18) It's a good time to recheck travel arrangements for any changes that could work to your advantage. Aspects also favor strengthening and restoring old, fraying relationships.

PISCES (February 19 to March 20) Using your intuitive reasoning helps you cut right through the double-talk and go straight to what's really going on around you. Stay the course until all your questions are answered.

BORN THIS WEEK: You radiate light and warmth, and others love being close to you.

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COUCH THEATER -- DVD PREVIEW
By Sam Struckhoff
EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of July 28, 2014.

PICKS OF THE WEEK



Russell Crowe as Noah

"The Other Woman" (PG-13) -- Three women team up for slapstick revenge when they realize they are being strung along by the same guy. Cameron Diaz plays a super-busy, extra-classy Manhattan lawyer who tries to surprise her boyfriend, but ends up finding out he's married. The cheated wife (Leslie Mann of "This Is 40," "Knocked Up") confronts and then befriends Diaz. Together they discover that Mann's husband (Nikolaj Coster-Waldau from "Game of Thrones") is cheating on both of them with a voluptuous beach bunny (Kate Upton).

This might not be the hilarious and empowering ladies-get-revenge the producers had in mind. While Diaz and Mann try to bring balance between warmth and goofy comedy, the script and the direction just don't support them.

"Noah" (PG-13) -- The Bible story of Noah and the Ark gets a different spin in this somewhat darker and grungier retelling. Russell Crowe plays Noah with gravel-voiced conviction. He receives visions from the silent

"creator" who seems to give him instructions. Noah puts together the boat, rounds up the animals and fights off hordes of enemies -- all with a little help from giant rock monsters who used to be angels.

Darren Aronofsky handles the material as reverently as he can. The movie tries to fill in the gaps while pleasing both devout and secular audiences. There are some genuine thrills in the film, as well as some truly impressive special effects.

"Lullaby" (R) -- Jonathan (Garrett Hedlund) left his family years ago to pursue a music career out in California, and now he's come back to New York City for his father's final days. Dad (Richard Jenkins) has decided he wants to be pulled off life support after a very long battle with cancer. Now the whole clan has a lot of feelings to work out and only 48 hours to do it. Jonathan finds some peace when he meets Meredith (Jessica Barden), a terminally ill teen who teaches him a few things about living with death.

"Five Dances" -- Chip (Ryan Steele) is talented, young, broke and all but alone in New York City. He's in a small dance troupe rehearsing five classical pieces of choreography, dedicating himself to the art while still receiving phone calls from his alcoholic mother, begging or demanding that he return to Kansas or else she'll follow him to the city. Chip has a connection with one of the other dancers, but he doesn't know how to react to it. The driving force of this film is the expert dancing -- shot almost entirely in a small dance studio with natural lighting and minimal schmaltz.

TV RELEASES

"Midsomer Murders, Set 24"

"Mystery Science Theater 3000: XXX"

"Teen Titans Go: Couch Crusaders Season 1 -- Part 2"

"My Little Pony Friendship Is Magic: The Keys of Friendship"

"Bubble Guppies: Get Ready for School"

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• On Aug. 1, 1498, Italian explorer Christopher Columbus sets foot on the American mainland for the first time, in present-day Venezuela. Thinking it was an island, he christened it Isla Santa and claimed it for Spain. Columbus, a deeply religious man, decided that Venezuela was the outer regions of the Garden of Eden.

• On July 29, 1862, Confederate spy Marie Isabella "Belle" Boyd is arrested by Union troops and detained for providing crucial information to the Confederates during the war. It was the first of three arrests. Boyd was just 18 years old.

• On Aug. 2, 1876, "Wild Bill" Hickok, one of the greatest gunfighters of the American West, is murdered in Deadwood, South Dakota. Hickok was playing cards with his back to the saloon door when a young gunslinger named Jack McCall shot him in the back of the head.

• On July 31, 1937, Charles Martine, an Apache scout who played an important role in the surrender of Geronimo in 1886, dies on the Mescalero Reservation in New Mexico. After being found, Geronimo agreed to a meeting with Gen. Nelson Miles, during which he gave his unconditional surrender. Martine and Geronimo were exiled, and Martine never did receive his promised reward.

• On July 28, 1945, a United States military plane crashes into the Empire State Building, killing 14 people. Upon impact, the plane's jet fuel exploded. One engine from the plane went straight through the building and landed in a penthouse apartment across the street.

• On July 30, 1956, two years after pushing to have the phrase "under God" inserted into the pledge of allegiance, President Dwight D. Eisenhower signs a law officially declaring "In God We Trust" to be the nation's official motto and be printed on all U.S. paper currency.

• On Aug. 3, 1965, CBS-TV news shows pictures of men from the First Battalion, Ninth Marines setting fire to huts in the village of Cam Na, Vietnam, despite reports that the Viet Cong had already fled the area. The film report sparked indignation and condemnation of the U.S. policy.

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Thought for the Day: "Forever is composed of nows." — Emily Dickinson

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- Brenda Weaver

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- ACROSS
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6. Western tribesman
9. Rigatoni relative
13. Deposit the ashes
14. Computer simulation
15. Courted
16. In-place, legally speaking
17. Common Market initials
18. Repetitions
19. **Should old acquaintance be forgot and never brought _____
21. Swellings
23. **The day my Mama socked it to the Harper Valley _____
24. Confined
25. Financing acronym
28. **Back in the U.S., back in the U.S., back in the _____
30. Tree of Life to ancient Egyptians
35. They will inherit the earth?
37. *The O'Jays, "Ship _____"
39. You can be fined for hitting these in NYC
40. Vigor
41. Specific site
43. Warsaw Pact opponent
44. "The Raven" author
46. **It was rare, I was there, I remember it all too _____
47. **_____ the nights are better
48. Small stream
50. Scorch
52. Bard's "before"
53. Oration station
55. Hawaiian Mauna
57. **"Good times never seemed _____"
60. **"Where _____ is heard a discouraging word..."
63. Vessel pointed at both ends
64. **"You ain't seen nothing _____"
66. Musical duo Hall & _____
68. Makes eyes at
69. Caustic chemical
70. Anti-elderly
71. **"Father Christmas...Don't mess around with those silly _____"
72. **"_____ it be"
73. Tooth trouble
- DOWN
1. Belarus+Russia+Ukraine, originally
2. **Get down _____
3. Camera setting
4. Donald or Ivanka
5. Unmoved
6. Hand-me-down
7. **I keep the ends out for the _____ that binds. Because you're mine...
8. Mike holder
9. Camera feature
10. Bit
11. Found in a caddie's pocket
12. Dog tags, e.g.
15. **How sweet the sound that saved a _____ like me...
20. Like Fran Drescher's voice
22. Chain letters
24. A particular course of action
25. **"Oh beautiful for spacious skies, for _____ waves of grain..."
26. Hidden or placed on watch
27. Monarch's duration
29. **"One for the money, two for the _____"
31. Top notch
32. Hunger for
33. Lay to rest
34. **"I hope some day you'll join us, and the world will be _____"
36. Riddle without solution
38. Christmas season
42. Satisfy, as in thirst
45. Does over again
49. _____ Tsu
51. Load again
54. Tennyson poem, e.g.
56. "Haste makes waste," e.g.
57. Kind of palm
58. **"_____ the good die young"
59. **"There _____ my baby"
60. Editor's mark
61. Auricular
62. Tableland
63. Soldier's bed
65. **"It's the _____ of the tiger. It's the thrill of the fight."
67. Chester White's home

CROSSWORD														
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For Solutions See Page 11

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Most Frequently Asked Questions

By Richard H. Will, Attorney at Law

For years people have asked me questions about Trusts. And because of the overwhelming response to my recent article "Why a Revocable Trust?", I am sharing those questions and my answers below:

1. QUESTION: What can a trust do that a will cannot?

A: A trust can provide for someone to be legally authorized to handle all of your financial affairs related to your support and care in the event that you become disabled or incompetent; a will has no effect until you die. A Trust, along with appropriate Powers of Attorney and Powers of Attorney for Health Care can prevent the need for a Court appointed Conservator to run your life if you become incapacitated.

2. Q: Can I provide a trust for my grandchildren in a Revocable Living Trust?

A: This is a very frequent question and it can easily be accomplished. A trust for the benefit of grandchildren can be set up within a Revocable Living Trust if you want to be certain that they receive a part of your Trust Estate. Assets do not have to be distributed outright to the beneficiaries of a trust. They can be held in trust for educational purposes of for a gradual distribution over a period of time or in many other ways other than as an out-right distribution.

3. Q: Can I leave part of my estate to take care of someone who is an alcoholic or who might just waste it if given to them all at once?

A: Yes, you can create a trust within your trust to care for such a person. Disbursement of funds can be at the discretion of your successor trustee or in increments that you specify or in any other manner which you think appropriate for the beneficiary involved.

4. Q: I have a disabled adult child who receives Medi-cal benefits and SSL. Can I leave him something in my Trust so that he will not lose his government benefits?

A: Yes. Absolutely- you can set up a Special Needs Trust for the child providing that it can be used only for the Special Needs that are not provided for by government programs but which will improve quality of life. These items can include: incidental spending money, travel funds, personal items such as radios and televisions, paid companions, training programs and special equipment not available through government programs and all kinds of goods and services not provided by government benefits.

5. Q: Can anyone else change the terms of my trust?

A: Generally speaking only you can change the terms of your

trust. If you are married, you and your spouse can change the terms of the trust. But it is possible, but not common, for a person, in writing, to authorize a successor Trustee to change the terms of a Trust and in some cases it is legally possible to authorize an agent under a power or attorney to modify a trust. These are unusual situations however, and most trust do not authorized others to modify the trust except under very specific conditions usually related to obtaining long term care government benefits.

6. Q: Will my assets held in a trust help me to qualify for the Medi-Cal benefits of long term care (convalescent hospital) if I need it?

A: Your trust does not help you qualify for Medi-Cal Long Term Care Benefits. Remember the trust is revocable so the assets are still yours and will be counted when you apply for Medi-Cal Benefits. A Revocable Living Trust does not help you qualify for Medi-Cal Benefits.

Keep the questions coming and I'll try to answer them.

Richard H. Will is an Elder Law and Probate Attorney in the Greater Sacramento Area and can be reached at 916-482-8897.

California Institute of Jewelry Training

Continued from Page 1

this year and hasn't looked back. Kramer said she was inspired by a family member, well-known jewelry designer, Sam Kramer, to go into the trade and is excited to carry on the family tradition. "This has always been my dream since I was a little girl. I love it and I think to myself all the time, 'Why didn't I do this before?'" It's exciting to find your passion, finally. I've waited a long time. It means a lot to me."

Besides helping students to realize their dream of becoming Master Jewelers, CIJT is a resource for budding artisans in the community, with some coming as far the bay area to take classes and practice their craft. Their weekend community classes offer a perfect setting for beginners who are curious about the trade but don't want the commitment of a formal long-term program. The response for the weekend classes has been overwhelmingly positive. Offering classes like precious metal clay, enameling, silversmithing and wax carving, students with little to no experience can learn the skills needed to design and create their own jewelry.

Joe Knowles was drawn to the school because he had a long-time interest in making and designing his own jewelry. "One of the coolest things anyone can do is to take an image from your head and make it real," he said. Often, after working with a project for a few hours and mastering skills such as soldering, bezel setting and polishing, new students leave the classes with a newfound love for the art and a deeper appreciation and respect for the jewelry trade. To



Cutting Metal: Students Cindy Kramer and Joe Knowles are learning to cut, pierce and polish metals using saws and muslin polishing wheels to make jewelry in one of their first lesson modules in jewelry making and design.

the students and artisans at CIJT, this new knowledge and respect is invaluable.

CIJT has grown to become a resource for the local artisan community and those interested in the trade. School founder and director Dee Huth is thrilled to see the growing need to provide a place for them gather to work on their projects. "This is a community within a community. This is a place where people just show up. They get to meet people with like interests and get to work in an environment with others to share ideas and encourage each other," said Huth. That growing need for a place for artists to gather to support one another or to simply work in a fully stocked studio and laboratory has

prompted a new round of growth at the school. The school is in the process of expanding their space to provide more private studio space for jewelers as well as bench rentals for those who lack the private space to work.

Former CIJT student and current part-time instructor, Laynee Campbell of Datura Modified Designs, attributes the success of the school and its classes to that same sense of community. She explained, "This is a place where you can really open up as an artist," and judging the from the low hum of happy chatter between the students and the constant hustle and bustle coming in and out of the school, she's right. ★

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DOVIA Celebrates Sacramento's Volunteers

By Jennifer Trovato

SACRAMENTO, CA (MPG) - Representatives of Sacramento's volunteer community gathered Thursday, July 18th to acknowledge the dedication, hard work and value of Sacramento's volunteers. This marked the Directors of Volunteers in Agencies (DOVIA) annual awards reception, which was held at the Wellspring Women's Center in Sacramento.

Youth volunteers and volunteer coordinators were nominated for the Outstanding Youth Volunteer of the Year Award and Outstanding Volunteer Coordinator of the Year Award. All present this evening were either active in the volunteer community or there to support those who were, and the positive energy was a palpable presence in the room.

Cole Forstedt, director of volunteerism and community engagement for the United Way Capital Region, was the awards presenter. Assemblyman Roger Dickinson spoke, and Steven Stenzler represented Assemblyman Ken Cooley. Forstedt honored all of the nominees for their dedication and special talents, and by the end of the evening, the winners were announced.

The winner of the Outstanding Volunteer Coordinator of the Year was Suzi Lawton of Project R.I.D.E. Inc. Being recognized for her dedication and passion for the work she loves and excels at was a moving experience for Lawton. A \$100 donation will be awarded to Project R.I.D.E. on her behalf.

Also nominated for Outstanding Volunteer Coordinator of the Year was



The Outstanding Youth Volunteer and Volunteer Coordinator nominees at DOVIA's awards reception: (left to right) Casey McCormell, Tara Cormier, Meisha Jackson, Sierra Bird, Suzi Lawton, Mia Bersola-Isaguirre, Nicolas Barry, Gloria Torres (accepting on behalf of Alex Stamas). Photo by Jennifer Trovato.



Alex Stamas, winner of the Outstanding Youth Volunteer award and the Margaret Einspahr \$500 scholarship. Alex volunteers with the Leukemia & Lymphoma Society. Photo courtesy of Sacramento Food Bank & Family Services

Nicolas Barry, volunteer coordinator for the office of Senate pro Tem Darrell Steinberg.

The winner of the Youth award was Alex Stamas, who volunteers with the Leukemia & Lymphoma Society (LLS). Gloria Torres, an LLS volunteer and outreach and education coordinator at La Familia Counseling Center, Inc., accepted the award on Alex's behalf as he could not be present at the awards ceremony. Among Alex's accomplishments was that he won the LLS Man of the Year award by raising over \$125,000 on his own, more funds than any other team in the competition. As the winner of the Outstanding Youth Volunteer award, Alex will

receive the Margaret Einspahr \$500 scholarship.

The other youth volunteers, all impressive in their own right, were: Syndee Bender (American Cancer Society), Mia Bersola-Isaguirre (Ronald McDonald House) Sierra Bird (Effie Yeaw Nature Center), Walker Durant (Leukemia & Lymphoma Society), Kloe Helms (Habitat for Humanity), Alyssa Hinds (Girl Scouts), Meisha Jackson (Folsom Cordova Community Partnership), and Casey McConnell (Ronald McDonald House).

They and their families should be proud of their accomplishments and of the caring,

dedication and effort given by each of these impressive young people.


The winners were selected by a panel of three judges: Tina Reynolds, founder, principle and owner of Uptown Studios; Tricia Rosenbaum, executive director of the Nonprofit Resource Center; and Dr. Bill Wittich, speaker, author, coach and consultant.

This was a gathering of people who strive daily to make the world a better place. For information on how to join or support DOVIA, visit www.doviasacramento.org. Other volunteer and support opportunities are available with many local organizations, including: City of

Sacramento, www.sacvolunteers.org; United Way, www.yourlocalunitedway.org; Project R.I.D.E., www.projectride.org; First Call Hospice, www.fchosp.com; and Ronald McDonald House Charities, www.rmhcnc.org. ★


Source: DOVIA

These awards began with the support and efforts of Margaret Einspahr, one of the founders of DOVIA. In her honor, DOVIA created the Margaret Einspahr Memorial Fund which is the source of the scholarship awarded to the youth recipient.



Fair Oaks Theatre Festival Presents

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"The Brain From Planet X" will be directed by Bob Irvin and featuring the Fair Oaks Theater Festival award winner cast.

The play is from a book written by David Wechter and Bruce Kimmel, with music and lyrics by Bruce Kimmel.

The play premiered in Los Angeles to rave reviews. The Los Angeles Times call "The Brain From Planet X", "Wildly funny... wittily staged, sharply cast and graced with some catchy numbers." The Beverly Hills Outlook called "The Brain, "Fun theatre! Silly, spoofy, and goofy!"

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

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 Continued from Page 12

NOTICE OF PUBLIC SALE OF LIENED PROPERTY

Notice is hereby given that a public lien sale will be held at:

Hazel Mini Stor
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On 08/07/14 at 10:00 AM in accordance with Section 21700 et seq of the Business and Professions Code of the State of California. The Auctioneer is Forrest O'Brien, Bond # 001040533207, telephone # (925) 679-8679. General Description of the goods: clothing; furniture; appliances; misc. household goods; bicycles, scooters, misc. motorized & non-motorized wheeled transportation devices; hand/garden and power tools; construction and hardware equipment/supplies/tools and materials; musical instruments; exercise equipment; ambulatory equipment; beds and bedding materials and soft goods; misc. boxes/containers and bags, contents unknown; craft, hobby and pet supplies/materials; artwork; sporting goods; engine and auto parts and accessories; toys; electronic and audio/video equipment; office machinery, supplies and equipment; misc. computer parts and components; fishing equipment; electric scooter; deer (buck) taxidermy; rototiller; drill press; lathe; tool chest; restaurant equipment incl. drink mixer, soup warmer; meat slicer and heat lamp; comic book collection; beverage case/cart; baseball gear/equipment.

The self-service storage units under contract with the following tenants will be auctioned at this public lien sale: Michelle Adamski, Stacey Austin, Danny Aznoe, David G. Buck, Stephanie Cabral, Eileen Castonguay, Anna Corrington, Reberta Edd, William Esbit, Jennifer Flachman, Ronald Friel, Michelle Harrison, Danielle Hyzdu, Angela Ivey, Wayne Jobbins, Jessica Mace, Elizabeth Murphey, Michael Pratt, Susanna Sanchez, Jeffrey Vanacore, Christina White and Aaron Zimelman.

All purchased goods are sold "as is" and must be removed by 12:00 PM (Noon) on the second day following the sale. This sale is subject to cancellation.

Published: July 24, 25, 31 and August 1, 2014.

NOTICE OF PUBLIC SALE OF LIENED PROPERTY

Notice is hereby given that a public lien sale will be held at:

Auburn Blvd. Mini Stor
 6230 Auburn Blvd.
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On 08/07/14 at 12:00 PM in accordance with Section 21700 et seq of the Business and Professions Code of the State of California. The auctioneer is Forrest O'Brien, Bond # 001040533207, telephone # (925) 679.8679. General description of the goods: clothing; furniture; appliances; misc. household goods; bicycles, scooters, skateboards and similar misc. motorized & non-motorized transportation devices; hand/garden and power tools; construction equipment/tools and materials; musical instruments; exercise equipment; beds and bedding; misc. boxes/containers and bags, contents unknown; craft, art, hobby and pet supplies/materials; artwork; sporting goods incl. snowboard equipment; engine and auto parts and accessories; toys; electronic equipment; office furniture, machinery, equipment and supplies; large flat screen TV; SCUBA diving gear; child rocking horse; +/-5' cigar-store-type carved American Indian figure.

The units belonging to the following self-service storage unit tenants will be auctioned at this public lien sale: Jeff Arnett, Rozalyn R.Besso, Courtney Brazelton, Anthony Catalano, Tyler Chalais, Melissa Davis, Kathleen A.Fagliano, Adriane Fairchild, Hope Frazier, Cheryl Hart, Sonya Howell, Mark Jensen, Michael J. Johnson, Ericka Kendrick, Crissy Layne, Kenneth Leger, Kenneth Logans, Kenneth Logans, Alfonso Lopez, Danika Mouton, William E. Oder, Kevin Odlozil, Jhamia C.Parker, Lawrence (Ron) Salazar, Martha Delia Villapando, Kimberli Washington and Rene E. Whitlock.

All purchased goods are sold "as is" and must be removed by 12:00 PM (noon) on the second day following the sale. This sale is subject to cancellation.

Published: July 24, 25, 31 and August 1, 2014.

Sacramento County Board of Education Elects Brian Rivas as President
Trustee Eleanor Brown Chosen as Vice President

SACRAMENTO, CA (MPG) - New officers were elected at the July 15, 2014, meeting of the Sacramento County Board of Education.

The Board elected Brian M. Rivas, Area 2, to serve as Board President. He currently serves as Director of Policy and Government Relations for The Education Trust - West. Mr. Rivas has a B.A. in Political Science from UC Berkeley and an M.P.P. (Master's in Public Policy) also from UC Berkeley.

Area 2 represents the communities of Antelope, Del Paso Heights, Elverta, Gardenland, Hagginwood, North and South Natomas, North Sacramento, Rio Linda, and Robla. The area also includes the following school districts: Center Joint Unified, Elverta Joint, Natomas Unified, Robla, and Twin Rivers Unified.

President Rivas succeeds outgoing 2013-14 Board President Jacquelyn Levy, who represents Area 3.



The Sacramento County Board of Education elected Brian M. Rivas, Area 2, to serve as Board President.

and a small portion of Twin Rivers Unified School District.

Dr. Brown is a former teacher, vice principal, principal and assistant superintendent for the San Juan Unified School District, where she served for 35 years. In addition, she has served on the State Curriculum Developmental and Supplemental Materials Commission. She earned a B.A. from UCLA and an Ed.D. in Policy/Curriculum from the University of Southern California.

Taking the oath of office for terms that will expire in 2018 were President Rivas and Trustees Levy and Greg Geeting, Area 1. Trustee Thomaysa Glover, Area 5, took the oath of office for a term that will expire in 2016.

The Board of Education postponed action on the adoption of its 2014-2015 meeting schedule and referred the matter to the Executive Committee for further consideration.

The Sacramento County Board of Education works with the County Superintendent to provide numerous instructional programs, teacher/administrator training and administrative services through the Sacramento County Office of Education (SCOE). The Board holds student expulsion and student inter-district transfer appeals and serves as the County Committee on School District Organization to hear transfers of territory and election issues.

Source: Sacramento County Office of Education



Eleanor L. Brown, Ed.D., was selected to serve as Sacramento County Board of Education Board Vice President.

Trustee Eleanor L. Brown, Ed.D., was selected to serve as Board Vice President. Dr. Brown represents Area 4, which is comprised of the following communities: Orangevale, Citrus Heights, Fair Oaks, and portions of Carmichael, Folsom, and Foothill Farms. The area also represents a major portion of the San Juan Unified School District

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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
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- SATURDAY** Sunrise Mall Farmers Market
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