



**Women's Empowerment  
13th Annual Gala  
Raises \$160,000**

Page 3

**PLUS:  
Oakmont Senior  
Living Wows  
with Open House**

Page 15



# Carmichael Times

Volume 34 • Issue 29

Serving Carmichael and Sacramento County since 1981

July 17, 2014

**Blue Ribbon  
Treats at Taj:  
East-Meets-  
West Ambiance**



Page 3

**Charity Golf Tournament  
to Benefit Public Safety  
Programs**



Page 3

**Couch Theater  
Derek Hough and BoA  
in Make Your Move**



Page 9

## Dancing Her Way Home This Local Performer is a Star and a Mom



Four generations of Carmichael's Levering family include Broadway star Kate Levering (right), her 11-month-old son, Holden, grandmother, Cathy Levering, and mother Lisa Levering.

**Story and photos  
by Susan Maxwell Skinner**

**CARMICHAEL, CA (MPG)** - After Sacramento performances of *A Chorus Line*, an elite gang awaited Kate Levering. Cousins,

nieces, nephews, mom, grand-mamma, and flocks of old dancing chums bolstered the dancer's stage-door fans.

Indeed, home town connections were what spurred the Los Angeles-based star to take

her recent Music Circus role. "It was more about my family than a professional choice," she explained. "I want my 90-year-old grandmother and my nieces and nephews to see me on stage before I get too old."

After a year's maternity leave, prepping for the principle female role of Cassie was no holiday. Baby Holden's premature delivery took Levering

*Continued on page 2*

## 41st Annual Eppie's Great Race

**SACRAMENTO REGION, CA (MPG)** - The 41st annual Eppie's Great Race (EGR), known as "The World's Oldest Triathlon," is scheduled for Saturday, July 19, 2014. The first EGR since Eppie Johnson's passing in 2013, the 41st Annual Eppie's Great Race will include both the traditional event as well as special tributes, events, and fun memorabilia celebrating Eppie Johnson's life and his community contributions such as Eppie's Great Race, and the Eppie's Kids Duathlon.



The EGR participants run 5.82 miles, cycle 12.5 miles, and paddle 6.35 miles on a racecourse located on and alongside the American River Parkway.



Father and daughter, Gordon and Tenley Ong, will be competing in the 41st Eppie's Great Race.

However, new, modern elements have also been added to this year's EGR, such as new technology and updated EGR sports gear to provide a better and more fun experience for the participants and fans. Organizers also are proud to report that the 2014 EGR will remain on its traditional, American River Parkway racecourse due to positive spring rains and American River water flow projections for July.

While the 41st annual EGR will remain the same fun race

enjoyed by tens of thousands of people worldwide, the EGR Committee has added new, modern elements to the 2014 event, such as timing chips and new technology allowing

participants to post via social media their registration, training, times during transitions on the course, and a short video of them crossing the EGR Finish Line! Additionally, EGR will

introduce its inaugural EGR Cycling Jersey and special, modern fit running t-shirts and tanks for participants.

*Continued on page 9*

## Sheriff's Dept., Kiwanis Club of Carmichael Partner Together

By Len Ohlendorf

**CARMICHAEL, CA (MPG)** - The Sheriff's Community Impact Program (SCIP) and the Kiwanis Club of Carmichael have partnered to launch the Sheriff's Fast Break Basketball Program. This program was established with the assistance of the Carmichael Parks and Recreation District and targets students in 5th to 8th grades to assist them with developing basketball fundamentals, half court offenses, man-to-man defense, as well as participation in round robin games.

The program is at La Sierra Community Center, 5325 Engle Road, Carmichael. The contact phone number is (916) 483-7826. There will be a Kiwanis hosted family and friends BBQ on Friday, July 25th at 7:15 p.m. to celebrate the program. Please come by to take a look at the kids in action.

SCIP is a non-profit organization that plays a key role in the Sheriff's plan to reduce juvenile delinquency in Sacramento County. The mission of SCIP is to foster productive citizens by engaging youth in dynamic community programs. To learn more about this great program, visit [www.sacscip.org](http://www.sacscip.org) or check out their Facebook page at [facebook.com/sacscip](https://www.facebook.com/sacscip). You can also call them at (916) 333-6464 ext. 3106.

Kiwanis Club of Carmichael, founded in 1962, has close to 90 dedicated members providing service to Carmichael and the surrounding areas. Through fundraising events, like the annual Taste of Carmichael, the Club is able to support projects and programs for schools, youth services, senior citizens, needy families and several community endeavors. In addition to service projects, the Club meets every Wednesday at 7 a.m. for a one-hour breakfast meeting. Meetings are held at the Carmichael Elks Lodge, 5631 Cypress Avenue, Carmichael, California. ★



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See inside for details



# Dancing Home

Continued from page 1

and her financier husband, Reza Jahangiri, by surprise last July. Since then, the 35-year-old mom has struggled to balance career, baby care and post-baby poundage. "I try not to obsess about it," she said. "But having an incentive to lose weight was another reason for taking the role. The costumes aren't forgiving. I did what it took: I worked with a personal trainer; I did a "Cassie boot camp."

Arriving in Sacramento with her 11-month-old, the star faced more challenges. "I had to learn my part in this iconic show [the 1976 musical has earned nine Tony Awards and a Pulitzer Prize] in 10 days," she explained. "After rehearsals, I wanted to ice my legs or work on my lines. But it was always baby's dinner or bath time."

Her own mom, Lisa Levering, observed: "Kate had very little time to herself. Often it was 12 hours from when she left for rehearsals till the time she got home. She always put baby first, but a performer can't let the team down."

In *Chorus Line's* dramatic "Music and the Mirror" dance, Levering nightly nailed hundreds of kicks, spins and leaps during the longest dance solo ever crafted for a Broadway Show. "The stamina it takes is no joke," she reported. "I can never get through it without huffing and puffing. Every bit is choreographed; a circular stage makes it even trickier. You're doing all those spins without landmarks. I got completely lost in the dress rehearsal."

The nine-minute vignette was nevertheless flawless by opening night. Levering's Grandmother, Cathy Levering, watched every step of the solo that almost stopped the second act. "She was wonderful," said the nonagenarian. "I wanted to see it again." Tickets to the final matinee granted that wish.

A show-biz professional since she was 13, granddaughter Kate feels kinship with the desperate, dance-driven character she portrayed in *Chorus Line*. During

El Camino High years, Levering was regularly hired for Music Circus choruses. Her passion led her to New York at 18 where she immediately scored a role in Chicago.

Her jackpot was the ingénue in the Broadway revival of 42nd Street. This performance garnered a Tony nomination and a Fred Astaire Award for the tapping wunderkind. Television later



Above: Carmichael-raised Kate Levering returns to her home town as a star — and a mom. Photo by Susan Maxwell Skinner



Left: In the glittering "Chorus Line" finale, Levering (center) dances with Sacramento Music Circus cast members. Photo by Charr Crail

called, offering many cameo parts. As the ruthless lawyer, Kim Kaswell, Levering channeled an inner vixen to snarl and snap through six seasons of *Drop Dead Diva*. Following the series' 2014 cancellation, her return to dance roles represents a grand-jete back-to-the-future.

"Like my *Chorus Line* character, Cassie," she explained, "I was the sweetheart of Broadway for a bit. Like Cassie, I later acted on TV. Then, like Cassie, I returned to the stage where it all began."

"Is this the beginning of my stage comeback? We shall see. Performing takes all your time and energy. Holden should have a sibling; I must have another baby soon. When you have a family, you think carefully about how you invest your time. I would consider annual returns to the Sacramento stage—if they wanted me, that is."

Despite her home city's inevitable adoration, the performer

never feels like a returning celebrity. "I'm just a working actor," she insists. "I've been blessed since I was 13 to have had the job I love."

Carmichael is memory lane for the star. Kate Christine Levering was born at Mercy San Juan Hospital; she took tap lessons from Laverne Krei at the La Sierra Community Center and danced on the Carmichael Park stage each Founders day. Dave MacDonald's Broadway Academy (Robertson Avenue) was another classroom. Carmichael Presbyterian was her church. The North Ave D.M.V. issued her driver's license.

"In Carmichael," she says, "I am back in the suburbs. I can go out without makeup. I can pawn my baby off on my sister or mom while I sleep in. Carmichael feels like being on vacation."

Learn about the 2014 Sacramento Music Circus series at [www.californiamusictheater.com](http://www.californiamusictheater.com). ★

## CARMICHAEL COMMUNITY UPDATE

By County Supervisor Susan Peters

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

### Office Hours

I will be holding "Office Hours" from 6-7 pm prior to the free Fair Oaks Thursday Night Concert in the Park on July 19. Residents are invited to drop by before the concert begins at 7 pm to talk about items of interest with no appointment necessary on a "first come basis."

The concert will be held at Village Park, 4238 Main Street, featuring the John Skinner Band. Before the show, I will have a table set up to visit with residents. I started holding "Office Hours" in 2005 at various venues around the Third District and it is now an annual tradition at selected community events.

"Office Hours" for 2014 began in March at the annual trout fishing derby held in Howe Park followed in April at the Carmichael Egg Hunt. In addition to this month's visit to Fair



Oaks, I plan to hold other "Office Hours" at other venues and I will post those dates and locations on my webpage which you can visit via [bos.saccounty.net](http://bos.saccounty.net).

### Eppie's Great Race

Eppie's Great Race (otherwise known as the world's oldest no swim triathlon) will be celebrating its 41st year this Saturday, July 19.

The race starts and finishes at the William B. Pond Recreation Area located at the end of Arden Way. It features a 5.82-mile run, a 12.5-mile bike route and a 6.35-mile kayak paddle held along the scenic American River Parkway.

Come out and cheer for the athletes, help by volunteering or consider signing up to be a Great

Race participant! For more information, visit [eppiesgreatrace.org](http://eppiesgreatrace.org).

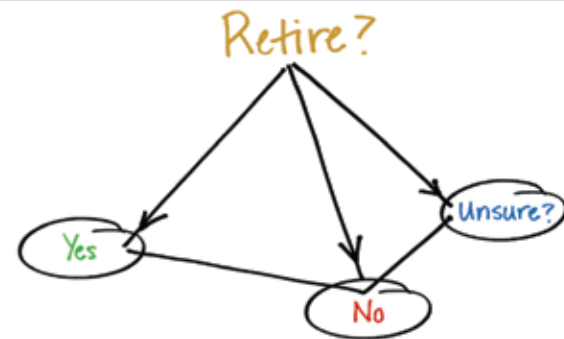
### Fresh Fruits and Veggies

Enjoy summer's fresh fruits and vegetables at any one of the local Farmers Markets in our area organized in cooperation with BeMoneySmartUSA, a local non-profit training company specializing in providing youth ages 8 to adult with financial, business, and career education programs.

Carmichael's market is held on Sundays from 9 am to 2 pm at Carmichael Park located at the corner of Grant Avenue and Fair Oaks Boulevard. This market hosts over 75 certified and organic farmers and specialty item vendors in a wonderful park-like setting making it a special occasion shopping for fresh fruit, vegetables, flowers, herbs and more.

BeMoneySmartUSA sponsors markets at other locations, too. For a complete listing, please visit [bemonysmartusa.org](http://bemonysmartusa.org). ★

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at [susanpeters@saccounty.net](mailto:susanpeters@saccounty.net).



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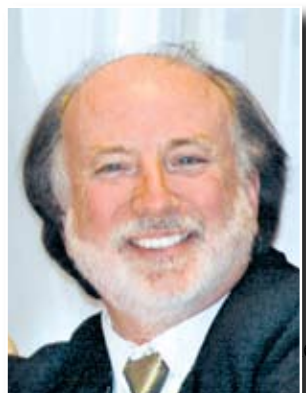
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# Blue Ribbon Treats at Taj



Carmichael Chamber of Commerce President Connie Aaron (center) admires Indian dishes with restaurant owners Bobby Singh (left) and Jay Masuta (right). Taj Bar and Grill hosted a ribbon-cutting event last week.

Words and photos by Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** - Carmichael's new Indian restaurant offers east-meets-west ambiance fragrant with Eastern

spice. Chamber of Commerce members last week joined staff and customers of Taj Bar and Grill to celebrate this new business with a traditional ribbon-cutting. The restaurant's \$7.95 buffet lunch is already

a community attraction; hosts Bobby Singh and Jay Masuta also offer an a la carte dinner menu of popular Indian dishes. Taj is located at 6400 Fair Oaks Boulevard, at the Palm Drive/Marconi Avenue corner. ★

# Charity Golf Tournament to Benefit Public Safety Programs

**SACRAMENTO COUNTY, CA (MPG)** - The Sacramento Metro Public Safety Foundation is hosting its inaugural Golf Tournament at 11:30 am, Friday, August 29th at the beautiful Rancho Murieta Country Club.

The Sacramento Metro Public Safety Foundation is a 501(c)3 tax-exempt organization, comprised of fire and law enforcement agencies throughout the region. The Foundation's mission is to support youth, family and community development projects by raising funds through grant funding, individual donations, payroll deductions, and special events such as this.

Proceeds from this year's Swing for Public Safety will directly benefit our communities.

• **Lucas Device Purchase:** The purchase and placement of life-saving tools that can double the likelihood of getting a patient's pulses back while under CPR. Lucas Devices provide constant and consistent chest compressions and will be placed on ambulances throughout the region.



Photo courtesy: Sacramento Metropolitan Fire District

• **Fire Camp for Kids:** Fire Camp provides local 11-13 year olds a once-in-a-lifetime opportunity to experience today's fire service. The one week program takes place each July and is designed to instill self-confidence, teamwork and a basic understanding of the firefighting profession, in a fun and exciting atmosphere. Funds raised will be used to provide camp scholarships to children in need.

Sign up to be a sponsor or register to golf at <http://sacmetrofoundation.org/Tournament.html>.

For more information, contact Bob Webber, Tournament Director, at 916.616.2446 or by email at [webber.robert@sacmetrofoundation.org](mailto:webber.robert@sacmetrofoundation.org) ★

Source: Sacramento Metropolitan Fire District



## Magnum Opus: Sacramento's Juried Fine Arts Show

**CARMICHAEL, CA (MPG)** - "Magnum Opus XXV," Sacramento Fine Arts Center's Annual Open Show will be held July 29-August 16, 2014 at 5330B Gibbons Drive, Carmichael, CA 95608. Magnum Opus XXV is a juried art show of the region's finest artists showing original art of all mediums, including sculpture, photography and painting.

The judge will be Gayle Rappaport-Weiland, an impressionistic artist. Her qualifications and expertise, both as an artist,

teacher, curator, juror and on-air personality are widely recognized and respected.

Magnum Opus is open to all artists. Submissions must be original, and not previously shown at SFAC, and all artwork must be for sale. Not permitted are: copies of published work, class or workshop artwork, crafts, videos, Giclees, film or work produced by any commercial printing process with the exception of photography.

The reception will be Saturday,

August 9, 2014, 5:30-8:30 p.m. Gallery hours are 11 a.m.-7 p.m. on Thursdays and 11 a.m.-3 p.m. Wednesdays through Saturdays.

Artists interested in submitting their work may download the entry form from [www.sacfinearts.org](http://www.sacfinearts.org). Submissions will be accepted on July 18th 1-5p.m. and July 19th 11-3p.m. ★

Source: Sacramento Fine Arts Center

**2013 Best of Show "Cutting Board" by Leslie DuPratt.** Photo courtesy of Sacramento Fine Arts Center.



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## Think Like Jesus

Father and the Son, Jesus Christ, every believer who possesses the Spirit then by association has the mind of Christ. But we have a problem.

"You are what you think". That's what the Bible says in Proverbs 23:7 "As a man thinks in his heart, so is he." KJV. We have all heard that sobering statement. So we must find a way to combat negative thoughts and the emotions that reinforce them. Thought control is a constant in the mind of even the most dedicated followers of Jesus. Negative thoughts and self-talk plague us daily and if we allow them to take root our behavior will soon become negative.

Here is what I do when I find my own mind bombarded by negative thoughts, thoughts that discourage me and even alarm me. I pray and declare out loud "I have the mind of Christ!" "Cleanse my mind of any thoughts that are not in line with Christ's." "Let Christ be the filter of every thought that comes along letting nothing get into my mind that is out of step with the Father's perfect will."

It works! The negative thoughts evaporate.

In another letter Paul told us to exercise self control in the area of our thought life. "...Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable- if anything is excellent or praiseworthy - think about such things."

As the old saying goes... "You can't stop a bird from flying over your head but you can stop it from building a nest in your hair!" Negative thoughts fly over constantly but you and I don't have to dwell on them. We have the power to redirect our thinking. We have the mind of Christ.

Please check us out online at [www.arconline.org](http://www.arconline.org) and view messages on [YouTube.com/ARCCOnline](http://YouTube.com/ARCCOnline).

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By Pastor Rich Reimer

"For who has known the mind of the lord that he may instruct him?" But we have the mind of christ. 1 corinthians 2:16

I am intrigued by the Apostle Paul's above statement regarding the "mind of Christ." First, I notice that he includes other believers by saying "we". That means "the mind of Christ" is not something available to just a few super Christians. Secondly, he uses the present tense. We have the mind of Christ. It is a present possession!

The Holy Spirit knows the thoughts of God as part of the Holy Trinity. Read v12 "We have not received the spirit of the world but the Spirit who is from God..." Because the Holy Spirit knows the mind of the

## Women's Empowerment 13th Annual Gala Raises \$160,000

Annual Fundraiser Benefits Homeless Women And Children



Graduates of Women's Empowerment's job-readiness program for homeless women celebrate at the organization's annual Celebration of Independence Gala.

**SACRAMENTO REGION, CA (MPG)** - More than 500 community members recently mingled with 100 graduates of the program at the 13th Annual Celebration of Independence Gala, raising \$160,000 for Women's Empowerment, a local nonprofit helping women who are homeless find homes and jobs so they can support their families. Graduates attended the program in ball gowns, and many of the women were sponsored by community members to attend the event.

The event honored the group's 1,158 graduates at the Red Lion Woodlake Hotel in Sacramento.

Guests enjoyed a formal dinner, silent auction, live auction by Keith McLane of KLM Auctions, live music and presentations from the graduates.

"Thank you to everyone who came out to celebrate and to those who sponsored our graduates for this night that celebrated their amazing accomplishments," said Lisa Culp, executive director.

Women's Empowerment offers the most comprehensive job-readiness program in the Sacramento area designed specifically for women who are homeless and their children. The 2014 Organization of the Year has

graduated 1,158 homeless women and their more than 2,500 children. Last year, 81 percent of graduates found homes and 90 percent found jobs or enrolled in school or training. The program combines self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures. Women's Empowerment is funded solely through private donations from the community. For more information and to donate online, visit [www.womens-empowerment.org](http://www.womens-empowerment.org).

Source: Kristin Thébaut Communications

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## Local Resident Reflects on 100 Years of Life

**CARMICHAEL, CA (MPG)** - On July 16th, Atria El Camino Gardens resident Barbara Robinson celebrated her 100th birthday with family and friends.

Born in Pasadena, Barbara loved her home town, but her favorite place in the world is Sacramento, Ca. She enjoys our wonderful city and everything it has to offer.

Barbara loves the Lord, and takes every opportunity to share His word.

Attending Christ Temple Apostolic Church for many years now, she is a prominent member who is looked to with admiration and respect. She had this to say about her key to longevity, "I live a sincere Christian life and hope to be a good example for others to follow!"

She enjoys reminiscing about old times, listening to music and having visitors at her home at Atria. Barbara has made several new friends at the

### Centenarian Celebrates Birthday, Offers Personal Key to Longevity

community, and engages in many of the daily events and programs.

Having a large family has enriched her life, and she is so proud of each member and their

accomplishments. She never misses an opportunity to brag about her wonderful family.

The family recently hosted a huge party for Barbara, where hundreds of people traveled from all over the United States to share their well wishes and visit with her, a true testament of how well she is loved and a great portrayal of her character and kindness. This was followed by the July 16th at Atria El Camino

Gardens where many of her family members gathered with friends to celebrate the centenarian once again.

Atria Senior Living is one of the nation's leading providers of independent living, assisted living and memory care services. Home to more than 14,000 older Americans in 27 states, Atria communities provide respectful, quality services designed to promote independence

and help seniors enjoy a fulfilling lifestyle. Atria's goal is to provide environments where older people thrive, where loneliness and isolation are forgotten and where families have confidence that their loved ones are secure and fulfilled. To learn more about Atria's innovative programming or to find an Atria community near you, please visit [www.atriaseniorliving.com](http://www.atriaseniorliving.com).

Source: Atria El Camino Gardens



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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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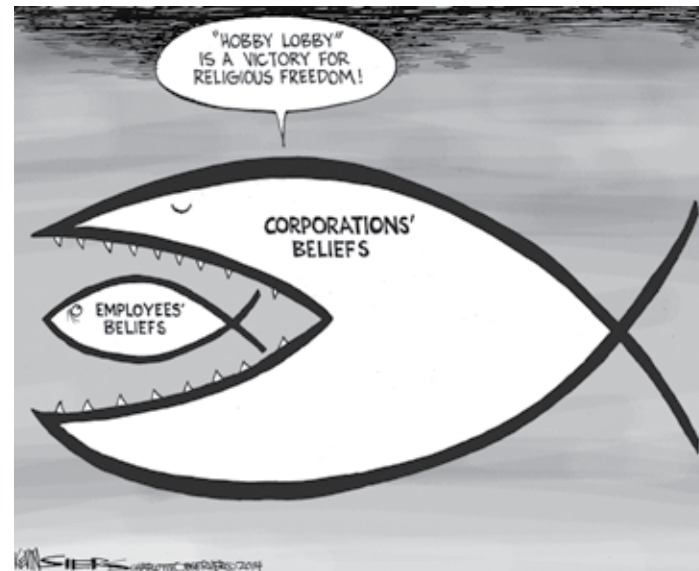
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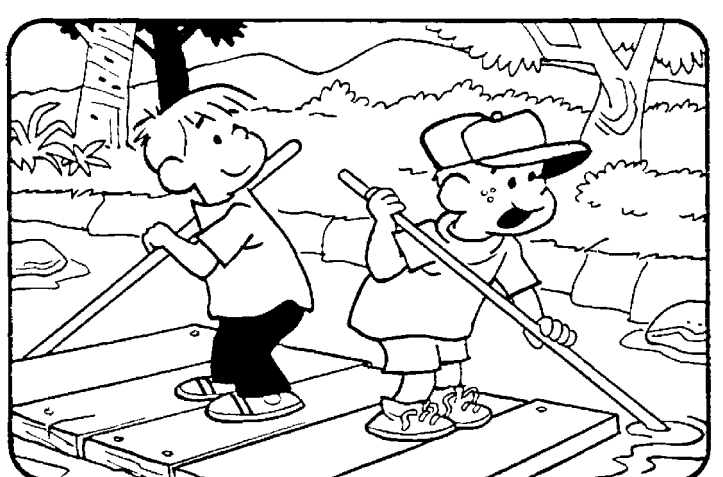
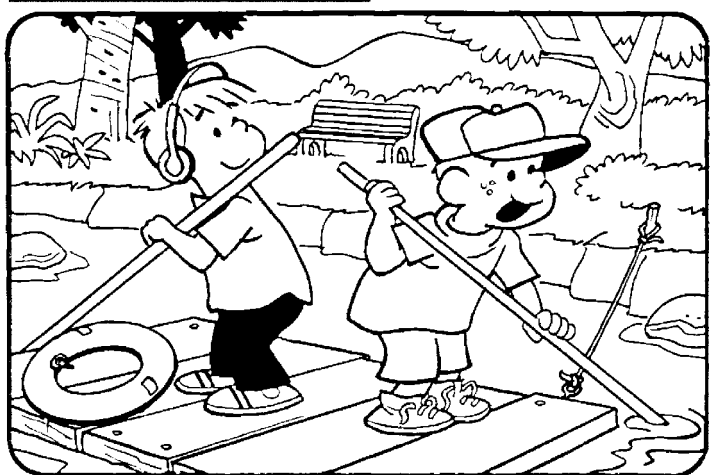
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By Rich Lowry  
**The War on Women**

It has long been suspected that the Supreme Court hates women, although it took the court's 5-4 decision in the Hobby Lobby case to fully reveal its blatant misogyny. The court held that the Religious Freedom Restoration Act forbids the administration from forcing Hobby Lobby -- an arts-and-crafts chain owned by evangelical Christians -- to cover contraceptives that its owners object to on religious grounds (specifically, four drugs that it believes act as abortifacients). If you don't see the anti-women agenda at work in this decision, you aren't as discerning as the hysterics on the left who point out, accusingly, that the five justices in the majority are all men. QED. Sen. Harry Reid, displaying his unflinching

instinct for the inane, tweeted, "It's time that five men on the Supreme Court stop deciding what happens to women." The majority leader seems to believe that the court was deliberating in the case of Hobby Lobby Stores, Inc., et al. v. The Fate of Women's Freedom in the United States. The ruling was quite limited. It didn't strike down the contraception mandate, which represents a sweeping extension of government power. The decision only says that the mandate can't apply to Hobby Lobby and other closely held corporations that oppose it on religious grounds. Of course, Hobby Lobby doesn't have the power to deny its employees the drugs it finds objectionable, nor does it claim such a power. Women who work for the company can buy them on their own. For that matter, Hobby Lobby doesn't claim the right to stop them from having abortions. The women who work for Hobby Lobby have exactly as much "choice" now as they did prior to the decision. The Religious Freedom Restoration Act, passed by Congress in the 1990s with large bipartisan majorities, created a broad protection for religious liberty. It says that government can't create a substantial burden on someone's exercise of religion unless it is using the least restrictive means of furthering a compelling government

interest. The court held that there are less restrictive means for the government to get women the drugs in question. The left can't get its head around the idea that the law or the Constitution sometimes limits the means whereby it seeks to achieve its ends. The left doesn't really do law. It often doesn't even do reasoning. It does bullying and demagoguery. In the argument over Hobby Lobby, it has brought the logic of the "war on women" -- its shameless smear job -- to the Supreme Court. There are numerous lawful ways around the Hobby Lobby decision. If it wants to get at the root of the matter, Congress can carve out an exception from the Religious Freedom Restoration Act for the contraception mandate, or repeal the act in its entirety. Surely, if liberal lions like Ted Kennedy and Bill Clinton had foreseen how the act would eventually get in the way of the left's coercive cultural agenda, they never would have supported it. But finding a way to eviscerate or kill the act is for another day. For now, inveighing against the sexist Supreme Court is the priority. Rich Lowry is editor of the National Review. (c) 2014 by King Features Synd., Inc.

**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. Tube is missing. 2. Pole is missing. 3. Rope is missing. 4. Bench is missing. 5. Trousers are shorter. 6. Radio headset is missing.

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**THE SACRAMENTO BEE** Monday, September 22, 2013

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# Whose Bottom Line?



Commentary by Doug Haaland

No wonder news outlets around the state are warning motorists that our gas prices will remain above \$4 for the foreseeable future. During the June Primary election, political yard signs were posted around the City advocating their efforts as being focused on the bottom line.

This raises the question, whose "bottom line" was the focus on? While economic indicators have shown improvements, there are millions of Californians struggling to find work and a record number who have stopped looking for jobs altogether. As rosy a picture it might seem to some, this is hardly the time to make life more expensive for California families. Our local state legislators were recently given the opportunity to lend their voice against this 12 cent increase in gas prices, and a select few found it unnecessary to stand up for the taxpaying people they represent.

In fact, two different letters were sent to the Governor and the Chair of the California Air Resources Board; the proponents of the tax, and nearly half of the State Assembly members, Republicans and Democrats alike, jointly asked for this new tax increase to be dropped. Unfortunately, as previously mentioned, a select few of our locally elected state representatives failed to join the effort to stop this new tax.

But travel is not the only financial burden facing Californians this year, as the Legislature is also considering a tax on fireworks. During the budget negotiations this year, our

elected officials were seeking another revenue source to fund state government, and this would come on the backs of California families who purchased fireworks on the fourth of July. The sad part about this new tax is that it comes on the heels of the increased sales tax imposed by the voters of California through Proposition 30.

Wasn't Proposition 30 supposed to solve our deficit problems, and in addition, help our education system stave off disaster? Schemes such as the proposed fireworks tax are exactly the opposite way government should handle funding a problem.

It is a true honor to have been endorsed by three taxpayer advocacy organizations, including the Howard Jarvis Taxpayers Association and the National Tax Limitation Committee. It's on my website, and I invite to you to check for yourself by visiting [www.doughaaland.com](http://www.doughaaland.com). I'm pleased to be the one person seeking to represent the people of the 8th Assembly District who has been endorsed by taxpayer groups and has the confidence to protect taxpayers.

I have no doubt about whose "bottom line" I'm focused on ... and that's the bottom line of the hardworking families of this district and other struggling Californians. ★

*Assembly District 8 includes the communities of Arden-Arcade, Carmichael, Citrus Heights, Rancho Cordova, Rancho Murieta, Rosemont, Wilton and portions of unincorporated Sacramento County.*

# "Let It Go, Let Go, Let It Go"

Dr. James L. Snyder

This year I celebrate my 20th year as a practicing grandfather. I am not sure that after 20 years I know anything more about being a grandfather than I did before. I have not found any books written on how to be a grandfather, maybe I should write one. I have enjoyed those 20 years and it just seems to be getting better.

One of the interesting things about a grandfather is spending time with the grandchildren, especially when they are trying to watch a movie.

I enjoy a movie every now and again, but when it comes to little girls, they do not seem to have the same taste in movies as their grandfather. This is something I will never understand. What is a grandfather to do? The only way to get them to sit still and be quiet is to show one of their movies.

One of the movies so important to little girls these days is the movie called Frozen. As it happened, we had to have a special night set aside to watch this movie with the granddaughters. I figured, how hard could it really be?

I consented on this movie because I thought this would give those tired, overworked little gray cells upstairs a chance to relax and not work so hard. After all, how can you think when you are watching something like a movie for children?

I also thought it would be nice to rest my body as well as my eyes, if I can get away with it. After all, who wants to follow the plot, if there is any such thing, in a children's movie.

We had settled down to watch this exciting little girl's movie, I was half dozing and then I began to think about the manuscript I was working on. I had been having trouble with a certain aspect of that manuscript and as I sat there, I begin

to think about how I could fix that problem. It almost came to me, but then I heard, "Grandpa, grandpa look at that, look at that!"

The cheering granddaughters brought me back to the land of the living and the reality as they were watching it. Both of them at the same time begin to explain to me what it happened and what was going to happen. Between the two little chatterboxes, I had no idea what they were talking about. What is a grandfather to do but smile broadly and pretend you are listening. After all, they are only little once.

They soon quieted down and were fixated on the screen watching the movie unfold. I sighed a deep sigh of relief and went back into my previous stupor. I try to follow the movie, but then I remembered that in the afternoon I had to write a column for my newspapers. As of yet, I did not have an idea what that column would be. I like to start with the title and then following that develop a story line. As yet, I did not have an acceptable column title. As I mused about this, thoughts were beginning to gel and that little light bulb began to flicker. Thoughts were beginning to come into place, and then I heard some loud screaming and clapping and two little girls were jumping up and down singing, "Let it go, let it go, let it go."

I sat up in my chair, looking around trying to figure out what in the world they were trying to let go. It is at this point that grandmothers are no help to grandfathers. Grandmothers can say, "You girls watch the movie with grandpa while I make supper."

Personally, I do not think it is fair. I would like to make supper one night while grandma joins the little girls watching a movie. The problem is, nobody would eat the supper that I would

prepare, not even Yours Truly.

What these little girls were all excited about was something I was trying to figure out. It did not make any sense to me, but as I watched the little grandchildren, they were excited, laughing, shouting and singing. Of course, it is hard to tell the difference between shouting and singing, especially in today's musical world. They were absolutely enjoying themselves and I tried to focus in on the source of their enjoyment.

"Grandpa," both of them yelled at me in absolute delight, "sing the song with us."

What grandpa's go through while entertaining their grandchildren.

I made a deal with them at that time, "I will sing with you, but I certainly will not dance with you." A grandfather has to draw the line somewhere. And so, I joined in singing, "Let it go, let it go, let it go." I got those words down pretty good, but the rest of the song was a mysterious blank to me. They were excited about singing it and soon I was excited about watching them sing it.

That evening when the little ones were snuggled into bed, I remember what David said, "For his anger endureth but a moment; in his favour is life: weeping may endure for a night, but joy cometh in the morning" (Psalms 30:5).

In the Hebrew, so they tell me, the word "joy," also means singing. My faith in Jesus Christ has brought me to a wonderful place where I can sing, "Let it go, let it go, let it go." ★

*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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Julie Interrante, MA, teaches the Art of Compassion to colleges, healthcare organizations, corporations, and seminaries 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*.

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## Bev's Angel Project Needs a New Home

Bev's Angel Project is an all-volunteer California non-profit corporation that serves over 3,000 children/families each December.

"Serving the less fortunate and challenged children of Sacramento".

Bev's Angel Project is reaching out to anyone who may have a space they are able to donate and make a commitment to the project.

They are in need of at least 5,000 square feet of donated space located in the Carmichael/Citrus Heights/Arden Arcade area. They will pay their own utilities and liability insurance. It is critical for them to have this space September through January in order to serve the children and families they touch during the holiday season. For many children, this is their only Christmas.



Please contact Jan at (916) 342-4689 or Judee at (916) 798-6311, or email [toprcdrv1@comcast.net](mailto:toprcdrv1@comcast.net) if you have any information or can help. You may also make monetary donations to: Bev's Angel Project, P.O. Box 204, Carmichael, CA 95609.



# 41st Annual Eppie's Great Race Includes Tributes to Founder Eppie Johnson



Continued from Page 1

Both teams and/or individuals can compete in EGR divisions from "Junior," to "Iron Person," 14 - 70 years and older. The EGR participants run 5.82 miles, cycle 12.5 miles, and paddle boats 6.35

**"Timing chips and new technology will allow participants to post via social media their registration, training, times during transitions on the course, and a short video of them crossing the EGR Finish Line!"**

miles on a racecourse located on and alongside the American River Parkway. Proceeds from EGR fund recreational programs for the disabled throughout Sacramento County. EGR volunteers, sponsors, potential exhibitors, and race participants are encouraged to go to [www.eppiesgreatrace.org](http://www.eppiesgreatrace.org) to sign up or for more information. ★

Source: [www.EppiesKidsDuathlon.org](http://www.EppiesKidsDuathlon.org)

While the 41st annual Eppie's Great Race will remain the same fun race enjoyed by tens of thousands of people worldwide, the EGR Committee has added new, modern elements to the 2014 event.

## Carmichael Emblem Club's Summer Calendar

**CARMICHAEL, CA (MPG)** - Summer marches on! And though the Carmichael Emblem Club #355 is "actively dark" during July and August (explanation, no business meetings), the calendar has been full and the members busy!

Participating in the annual Carmichael Elks Fourth of July Parade was great fun for those members available to ride on the Emblem's decorated float which featured the Club's banners and also carried President Marylyn Herbst's 2014-2015 theme. Following the parade, the Emblem ladies also assisted the Carmichael Elks Lodge #2103 with their post-parade celebration for the young at heart at the Elks facilities. Their

responsibilities centered around the game arena which the ladies had earlier set-up for the enjoyment of the neighborhood children as well as the children and grandchildren of the Elk and Emblem members present. Prizes, face-painting and refreshments were available for all children 12 and under. It was a happy time for all!

President Marylyn Herbst, Vice-President Lynn Mahoney, Marshall Rose Joss, Past State President Mary Croxen, and Emblem Past President Rosann Seale represented the club at the California Nevada Hawaii State Association of Emblem Clubs Summer Meeting recently held at Visalia, California. Highlighting

the festivities was the Massing of the Colors, a very dynamic and emotional display of members from each club present carrying our Nation's flags while accomplishing very intricate footwork.

Representing the Carmichael Emblems were Rose Joss, the club's Americanism Chairman, and P Lynn Mahoney.

Each quarterly State Meeting features workshops pertaining to the Emblems State and National philanthropic projects, which includes the Hearing Dog Program, their individual scholarship programs and various other mutual club interests which represents shared. Carmichael Emblem Club President Marylyn Herbst and P.P.



**Dare to Live Without Limits**  
Living Proactively



by **Bryan Golden**

You can either wait for things to happen in your life or you can make things happen. You are living proactively when you take charge of the direction you are headed. Although there may be circumstances that are out of your control, there are many more matters within your influence.

People who live passively feel as if they are victims with little or no power over what happens to them. They blame bad luck, the actions of others, fate, or anything else. They don't take personal responsibility for their situations. Their lives will not change until they alter their outlooks to become proactive.

Anyone can commit to a proactive lifestyle. It starts with a desire to do take the steps needed to get your life on track. Take a look at your past. Identify any instance where you were proactive and what the results were. You are looking for cause and effect. Even when you make a bad decision, you are being proactive.

Proactivity requires goals. Write down what you want to accomplish along with the necessary steps. Self-awareness is essential. You need to understand what's important to you, what you like, and where you want to be. A surprising number of people do not know this about themselves. If you don't, take

some time for reflection and figure it out.

Harness your imagination. Pay attention to what you daydream about. Daydreams are a window into how you would like to live. Your thoughts are your reality. Whatever you can conceive of and believe in, you can achieve. Conversely, your mind will not allow you to accomplish anything you consider to be impossible.

For this reason, you must constantly monitor your thoughts along with what you say to yourself. Replace limiting thoughts such as "I can't" with "I can." You are in control of your thoughts and are the only one that can change them.

Don't tolerate aspects of your life you don't like. You don't have to suffer. Anything can be improved. Identify where you want to make positive changes. These areas should be among your goals.

Take action. Without action nothing happens. Therefore, taking even the smallest step towards a goal is essential. If you've tried something that didn't work, try something different. Experiment with new approaches. Give things you try enough time to work rather than skipping around. It's a balancing act between perseverance and creativity. Where possible, you can try a variety of things at once.

For inspiration, look at other people who are where you want to be and study their strategies. After your first step, take the next. Don't stop. As long as you continue to take action you are proactive. For proactive people, action is a way of life rather than an occasional effort.

Although success requires effort, so does failure. Any perception that a passive life takes less effort than a proactive one is erroneous. Passive people have a lotto mentality; they want their dreams to become reality without having to do any work. Consequently, you should be happy and willing to do what it takes to get what you want. It's a sad feeling to look back and think that you should have done more to reach your objectives.

Living proactively takes practice. Don't get frustrated. Don't give up. If one approach doesn't work, change to another and keep going. If you slip into inactivity, pull yourself out. Make an investment in yourself. You're in this for the long haul. ★

*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@columnist.com](mailto:bryan@columnist.com) or write him c/o this paper. © 2009 Bryan Golden.*

Rosann Seale were Co-Chairmen of this quarterly event and reported that the entire three-day session was very informative and enjoyable.

Back home, it was time for Ms. Herbst and Ms. Seale to don their other hats as chairmen of the annual Emblem Rummage Sale to be held on August 1st and 2nd at the Carmichael Elks Lodge, located at 5631 Cypress Ave., Carmichael.

Doors open to the public at 9 a.m.; the sale continues through 3 p.m. each day. This is a major fundraiser for the Emblems, and it is always a Win-Win opportunity for the public with quality, gently used and new merchandise available at bargain prices. Contributions have been extremely generous this year. Come browse amongst the household and kitchen items, clothes for

both children and adults, bedding, jewelry and accessories. Please note, proceeds from this Fundraiser benefit local charities. The public is warmly invited to participate in the Emblem's *Best Bargain in Town* event. Contact President Marylyn Herbst (916) 346-5079 if you have any questions. ★

Source: Carmichael Emblem Club

## Sacramento County DA Reports

Recent cases of interest



**CASE: Delina Williams (07/11/14)**

**PROSECUTOR: Deputy District Attorney Sheri Greco, Homicide Unit**

District Attorney Jan Scully announced today that Delina Williams was convicted by jury for the first-degree murder of 27-year-old Jessica Brock. The jury also found true that Williams personally used a knife.

On October 24, 2011, Williams stabbed Ms. Brock to death in her apartment. Williams took Ms. Brock's vehicle and attempted to use her credit card to buy gas. When Ms. Brock's body was discovered in her apartment more than a week later, she had in excess of 50 stab wounds to her head, neck, chest and back.

Williams faces a potential sentence of 26 years to life in prison. Sentencing is set for September 19, 2014 at 9:00 a.m. in Department 40 before the Honorable Raoul Thorbourne.

**CASE: Sofronski Brookins (07/11/14)**

**PROSECUTOR: Deputy District Attorney Jeff Hightower, Homicide Unit**

District Attorney Jan Scully announced today that the Honorable Cheryl Chun Meegan sentenced Sofronski Brookins to 7 years to life in prison. On April 29, 2014, a jury convicted Brookins of aggravated mayhem, torture and a domestic violence assault charge. The jury also found true the allegation that he personally inflicted great bodily injury and that he had a prior conviction for domestic violence.

On August 17, 2012, Brookins became angry with the victim. He boiled a pot of water and held her against the wall while he poured it over her head, causing second-degree burns over seventeen percent of her body and significant permanent scarring.

**CASE: Deandree Johnson (07/10/14)**

**PROSECUTOR: Deputy District Attorney Jeff Hightower, Homicide Unit**

District Attorney Jan Scully announced that the Honorable Ben Davidian sentenced Deandree Johnson to 24 years in state prison after he pled guilty to voluntary manslaughter, assault, theft and robbery of an inhabited dwelling.

The charges stem from a trio of robberies Johnson committed in an apartment complex on Howe Avenue over the Halloween weekend in 2011.

On October 29, 2011, the then 16-year-old Johnson punched Christopher Salomonson one time, causing him to fall and hit his head. Mr. Salomonson died as a result of his injuries. Johnson also assaulted Brian Richards, a friend of Mr. Salomonson. Johnson committed a theft 90 minutes prior to his attack on Mr. Salomonson and committed a home invasion robbery the next night.

**CASE: Carl Murphy (07/03/14)**

**PROSECUTOR: Deputy District Attorney Andrew Smith, Homicide Unit**

District Attorney Jan Scully announced that the Honorable Robert Twiss sentenced Carl Murphy to 25 years plus life in prison without the possibility of parole. On May 29, 2014, Murphy was convicted by jury of first-degree murder during the commission of a robbery involving marijuana. The jury also found true that Murphy personally used a handgun during the murder.

The Court found Murphy had a previous conviction of robbery with the use of a gun invoking California's Three Strikes Law.

Murphy shot 35-year-old Roderick Alexander in the head on October 22, 2012 in South Sacramento. He died five days later from his injuries.

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

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

District Attorney Jan Scully announced today that Felisha Blackmon, Aaron Bonner, Darryl Cartwright, Bonita Clayborn, David Ludd and Atlakea Scott all pled no contest to felony charges of insurance fraud and personal identification theft.

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.

The defendants face a potential sentence ranging from 3 years in state prison to 240 days in the county jail. Sentencing is set for August 6, 2014 at 8:30 a.m. in Department 8 in front of the Honorable Laurel White.

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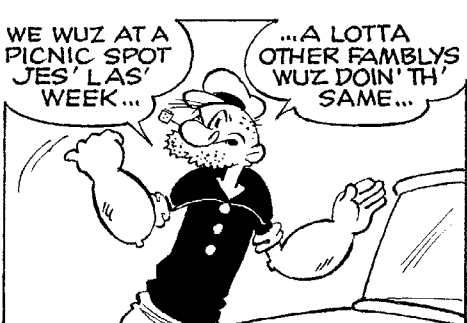
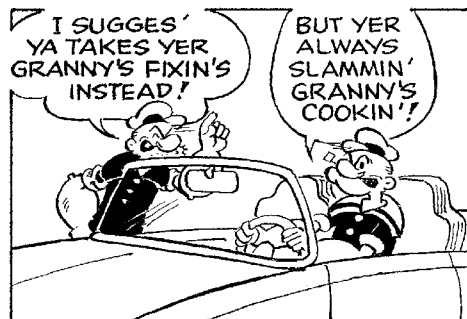
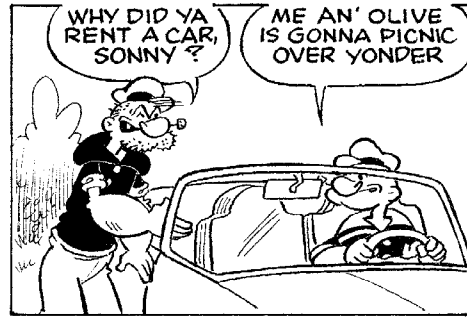
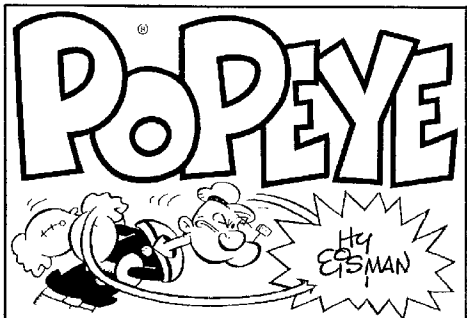
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The Initial Annual Percentage Rate (APR) is currently 4.00% for a new Home Equity Line of Credit (HELOC). The initial APR is based on the Index value of 3.25% and a margin of .75%. A qualifying transaction consists of the following conditions: (1)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

**SACRAMENTO FINE ARTS CENTER, INC.**  
Contributing to the cultural life of the Sacramento community

**Current and Upcoming Events**

**In the Style of the Old Masters**

July 15-26, 2014  
Artists Reception July 26, 1-3 pm

**Exhibition Schedule**  
July 29-Aug 16, 2014 Magnum Opus XXV Open Exhibit  
August 19-30, 2014 Sierra Pastel Society Show

**Children's Summer Program**  
June 16th - August 1st

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

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

**Sacramento Fine Arts Center Photography Club Shows in Foyer Gallery Month of July**

**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)**  
Is someone at work resisting that Aries charm? Hard to believe. But seriously, Lamb, you might want to back up your ideas with some solid data, and then watch the yeas pile on.

**TAURUS (April 20 to May 20)**  
Your hard work could pay off in ways you didn't expect, but certainly deserve. Tend to that pesky health problem now so you'll be in top shape to tackle the new projects coming up.

**GEMINI (May 21 to June 20)**  
Planning a family event can be stressful unless you make it clear from the start that you're in charge. You might accept suggestions, but it will be your decisions that count.

**CANCER (June 21 to July 22)**  
You still have a way to go to bring that professional matter to a satisfactory conclusion. Meanwhile, an important personal situation could require more of your attention by week's end.

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

**LEO (July 23 to August 22)**  
There's something about you Fine Felines that makes people want to tell you secrets. But once again, be wary of who is doing the telling. You might not want to be that person's confidante.

**VIRGO (August 23 to September 22)**  
Creating a fuss about a family matter might get everyone's attention. But it might be better to talk one-on-one with family members in order to spare a loved one unnecessary embarrassment.

**LIBRA (September 23 to October 22)**  
You're making progress on that career move, albeit not as quickly as you had hoped. But stay with it. Your personal life takes an unexpected (but very welcome) new turn.

**SCORPIO (October 23 to November 21)**  
If you feel you've been unfairly treated in a workplace decision, correct the situation now while there's still time to do so. Arm yourself with facts, and go to it. Good luck.

**SAGITTARIUS (November 22 to December 21)**  
Devising your own system of doing things might be the best way to handle an increasingly complex situation. But do it tactfully in order to avoid ruffling too many of your colleagues' feathers.

**CAPRICORN (December 22 to January 19)**  
A family member's health problem might once again require you to shift some of your current priorities around. But this time, make certain other relatives will be there to help.

**AQUARIUS (January 20 to February 18)**  
Catching up on tasks you've left undone will take a while to accomplish. But the sooner you complete them, the sooner you'll be able to take on another time-sensitive project.

**PISCES (February 19 to March 20)**  
You might feel swamped by all that you're expected to do. But take a moment to come up for air, then handle things one at a time, and you'll soon get through them all.

**BORN THIS WEEK:** *Although you love being home with your family, you also enjoy traveling and making new friends.*  
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**Strange BUT TRUE**  
By Samantha Weaver  
• During the course of filming all eight Harry Potter movies, actor Daniel Radcliffe went through 160 pairs of glasses and 70 magic wands.  
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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 July 21, 2014.

### PICKS OF THE WEEK



Derek Hough and BoA in "Make Your Move"

**"Transcendence" (PG-13)** -- Could our reliance on technology harm us? What if Johnny Depp became the all-powerful personification of the Internet? These are the questions "Transcendence," a talk-heavy sci-fi thriller, tries to answer.

Dr. Will Caster (Depp) is working to build a computer-thingy that connects to all of mankind's techno-stuff. Folks call him a lunatic, and some radicals shoot him. His loving, genius wife (Rebecca Hall) puts Dr. Caster's dying mind into an extra-big computer, making him the all-knowing techno-lord he was working on. This does not go well for mankind.

Debut-director Wally Pfister is known for his work as a cinematographer--crafting intense visual sequences in "Inception" and the new Batman movies. He brings that same visual strength to parts of "Transcendence," but it doesn't make a satisfying flick. Depp's performance is so detached that he's not much fun to watch or listen to.

**"Sabotage" (R)** -- Arnold Schwarzenegger rampages through this hyper-violent criminal action flick. The Big Guy leads nine tough-

as-nails DEA agents on a drug raid where they find a big ol' stack of money. They're all pretty crooked, so they agree to skim a few million dollars for themselves. Soon, members of the morally corrupt crew turn up viciously murdered. Is it the drug cartel's revenge, or one of their own? Everyone is a suspect! Everyone also is heavily armed and full of rage.

Even fans of shoot'em-up revenge flicks could find this movie too fixated on up-close nastiness and torment. Rent it only if you wish to see Arnold hulk-out once more.

**"Make Your Move" (PG-13)** -- Donny (Derek Hough of "Dancing with the Stars") is a street-wise dancer from New Orleans, just making his appearance on the Brooklyn club scene. He has an impromptu and electric dance on top of a bar with Aya (Korean pop-star BoA), a beautiful hip-hop dancer with an overprotective brother. They fall in love and have a series of romantically charged dance sequences. The writing is skimmed from various soap operas, and all of the expected love story tropes are included.

**"The Human Race" (R)** -- A group of strangers find themselves trapped in an abandoned detention center, when a voice in their heads tells them they are in a deadly race. Straying from the path, stepping on the grass, or getting lapped twice by another runner all result in instant death via head explosion. Among the contestants are two veterans -- one missing a leg -- two friends who are deaf, and a cyclist who's quick to outdo people in the race against death. This survival-horror movie sprang forth with almost no budget, and has many faults. Still, it can provide some unexpected thrills.

### TV RELEASES

**"Dalziel & Pascoe: Season 10"**

**"Xena: Warrior Princess -- Season Five"**

**"Hercules: The Legendary Journeys -- Season Five"**

**"The Wahlburgers: Season 1"**

**"Tanked: Season 1"**

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## Birding BITS

BY Cindy Brook

**Cardinal Babies**  
I saw my first female cardinal baby of the season. While baby females look similar to adults, it is easy to tell who the parent is and who the baby is. One difference is babies have a black beak. Also, they are so new and fresh and bright-eyed. I love watching birds!

E-mail: [birdingbits@flr.com](mailto:birdingbits@flr.com)  
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## top ten

### Most Popular Vegetables

1. Tomatoes
2. Onions
3. Lettuce
4. Green Beans
5. Corn
6. Carrots
7. Broccoli
8. Cucumbers
9. Peppers
10. Cabbage

Source: USDA

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**Now here's a tip!** by Jo Ann Derson

• The liners from cereal boxes work really well to store pies in the freezer. They can be stapled shut. — Y.L. in Indiana

Send your tips to Now Here's a Tip, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475 or e-mail JoAnn at [heresatip@yahoo.com](mailto:heresatip@yahoo.com).

## The Garden Bug

**Sage** is an herb that can be used as a garden feature, as a fragrance, in cooking and also medicinally. It is used for digestive problems such as stomach pain, bloating and heartburn, and for reducing perspiration and saliva. It is also used as a treatment for depression, memory loss, and Alzheimer's disease. It can be applied directly to the skin for swelling and to relieve pain.

Source: [www.webmd.com](http://www.webmd.com) - Brenda Weaver

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Sudoku Puzzle on Page 10

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

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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-04707. Kevin Nelson/Blundon, 6591 Pacheco Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "Blue Valley Carpet Care" at 6591 Pacheco Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on June 5, 2014. Publish: June 26, July 3, 10 and 17, 2014 BLUE 140616 07-17-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-02147. Bruce A. Mills Realtor, Inc., 1401 El Camino Avenue, Suite 200, Sacramento, CA 95815 is doing business under the Fictitious Business Name "Advantage Property Management & Real Estate" at 1401 El Camino Avenue, Suite 200, Sacramento, CA 95815. Filed with the Clerk of Sacramento County on March 13, 2014. Publish: June 26, July 3, 10 and 17, 2014 ADVANTAGE 140616 07-17-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-04615. Optimum Management Corporation, 1545 River Park Drive #300, Sacramento, CA 95815 is doing business under the Fictitious Business Names "Hybrid Broker Services and Optimum Marketing Solutions" at 1545 River Park Drive #300, Sacramento, CA 95815. Filed with the Clerk of Sacramento County on June 3, 2014. Publish: June 26, July 3, 10 and 17, 2014 HYBRID 140616 07-17-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-04982. J. D. Allman, Inc., 1730 J Street, Suite 240, Sacramento, CA 95811 is doing business under the Fictitious Business Names "HR to Go, American River Insurance Solutions" at 1730 J Street, Suite 240, Sacramento, CA 95811. Filed with the Clerk of Sacramento County on June 12, 2014. Publish: June 26, July 3, 10 and 17, 2014 HRTGO 140617 07-17-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-05174. Michael Jon and Lubertha Pleshette Carney, 5314 Iris Spring Way, Elk Grove, CA 95757 is doing business under the Fictitious Business Names "Rhema Word Ministries, International and Rhema Word Worship Center" at 5314 Iris Spring Way, Elk Grove, CA 95757. Filed with the Clerk of Sacramento County on June 20, 2014. Publish: June 26, July 3, 10 and 17, 2014 RHEMA 140620 07-17-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-05165. Alexandra DeLee, 3602 Gold Creek Lane, Sacramento, CA 95827 is doing business under the Fictitious Business Names "Prestige Legal Marketing & Focus Groups and Prestige LMF&G" at 3602 Gold Creek Lane, Sacramento, CA 95827. Filed with the Clerk of Sacramento County on June 19, 2014. Publish: June 26, July 3, 10 and 17, 2014 PRESTIGE 140619 07-17-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-05094. Jeff Bosk and Laura Carolina Luchu Alfaro, 1170 E. 22nd Street, Apt. #49, Marysville, CA 95901 is doing business under the Fictitious Business Name "CJ Pacific Goods" at 1105 Front Street, Sacramento, CA 95814. Filed with the Clerk of Sacramento County on June 17, 2014. Publish: June 26, July 3, 10 and 17, 2014 CJPACIFIC 140619 07-17-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-05010. David J. Elliot Co., LLC, 11845 Randall Island Road, Courtland, CA 95615 is doing business under the Fictitious Business Names "David J. Elliot & Sons and Stillwater Orchards" at 11845 Randall Island Road, Courtland, CA 95615. Filed with the Clerk of Sacramento County on June 13, 2014. Publish: June 26, July 3, 10 and 17, 2014 DAVID 140619 07-17-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-05019. Elliot Delta Orchards, LLC, 11845 Randall Island Road, Courtland, CA 95615 is doing business under the Fictitious Business Names "Elliot Delta Orchards and Delta Orchards" at 11845 Randall Island Road, Courtland, CA 95615. Filed with the Clerk of Sacramento County on June 13, 2014. Publish: June 26, July 3, 10 and 17, 2014 ELLIOT 140619 07-17-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-04996. DonationSafe Corp., 1279 Berry Creek Road, West Sacramento, CA 95691 is doing business under the Fictitious Business Name "DonationSafe" at 3661 63rd Street, Sacramento, CA 95820. Filed with the Clerk of Sacramento County on June 12, 2014. Publish: June 26, July 3, 10 and 17, 2014 DONATION 140619 07-17-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-05139. Dennis J. Aguilari, 3014 Chestnut Hill Drive, Sacramento, CA 95826 is doing business under the Fictitious Business Name "SoftTech Supply" at 3014 Chestnut Hill Drive, Sacramento, CA 95826. Filed with the Clerk of Sacramento County on June 18, 2014. Publish: July 3, 10, 17 and 24, 2014 SOFTTECH 140620 07-24-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-05296. Michael P. Allen, 4320 Rand Lane, Sacramento, CA 95864 is doing business under the Fictitious Business Name "MP Construction & Consulting" at 4320 Rand Lane, Sacramento, CA 95864. Filed with the Clerk of Sacramento County on June 24, 2014. Publish: July 3, 10, 17 and 24, 2014 MPOCONSTRUCT 140624 07-24-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-05253. Ginger Field, 2405 D Street, Sacramento, CA 95816 is doing business under the Fictitious Business Name "Firefly Jewelry Studio" at 2405 D Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County on June 23, 2014. Publish: July 3, 10, 17 and 24, 2014 FIREFLY 140624 07-24-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-05246. Yuriy Pittsin, 405 Avingdale Circle, Rio Linda, CA 95673 is doing business under the Fictitious Business Name "CB Cleaning" at 701 Howe Avenue, Suite C3, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on June 23, 2014. Publish: July 3, 10, 17 and 24, 2014 CBCLEAN 140623 07-24-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-05196. Jerry and Jennifer Amaral, 402 Mormon Street, Folsom, CA 95630 are doing business under the Fictitious Business Name "Pipe Dream Pottery" at 402 Mormon Street, Folsom, CA 95630. Filed with the Clerk of Sacramento County on June 20, 2014. Publish: July 3, 10, 17 and 24, 2014 PIPE 140623 07-24-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-05167. Estant Realty Inc., 3830 Watt Avenue, Suite #3, Sacramento, CA 95821 is doing business under the Fictitious Business Names "Estant Realty and BDS Ventures" at 3830 Watt Avenue, Suite #3, Sacramento, CA 95821. Filed with the Clerk of Sacramento County on June 19, 2014. Publish: July 3, 10, 17 and 24, 2014 ESTAN 140624 07-24-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-05372. Charles and Andrew Kearney, 623 Rivergate Way, Sacramento, CA 95831 is doing business under the Fictitious Business Name "River City Auto Wholesale" at 623 Rivergate Way, Sacramento, CA 95831. Filed with the Clerk of Sacramento County on June 26, 2014. Publish: July 3, 10, 17 and 24, 2014 RIVER 140626 07-24-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-05311. Premier Concours Promotions, 11300 Coloma Road, A-4, Gold River, CA 95670 is doing business under the Fictitious Business Name "Brian D. Moore Restorations" at 11300 Coloma Road, A-4, Gold River, CA 95670. Filed with the Clerk of Sacramento County on June 24, 2014. Publish: July 3, 10, 17 and 24, 2014 BRIAN 140625 07-24-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-04721. Colten O. Scott, 7444 Wisam Court, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Garage 47" at 4701 El Camino Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on June 5, 2014. Publish: July 10, 17, 24 and 31, 2014 GARAGE 140630 07-31-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-05393. Deborah L. MacDonald, 5141 Linda Lou Drive, Carmichael, CA 95608 is doing business under the Fictitious Business Name "A & M Firearms Training" at 5141 Linda Lou Drive, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on June 27, 2014. Publish: July 10, 17, 24 and 31, 2014 A&MFIREFARMS 140630 07-31-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-05069. Rusanana Coyamin, 1029 Moreno Way, Sacramento, CA 95838 is doing business under the Fictitious Business Name "Mobile Notary and Etc." at 1029 Moreno Way, Sacramento, CA 95838. Filed with the Clerk of Sacramento County on June 16, 2014. Publish: July 10, 17, 24 and 31, 2014 MOBILE 140630 07-31-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-05258. Device Brewing Company LLC, 139 Fountain Oaks Circle, Sacramento, CA 95831 is doing business under the Fictitious Business Name "Heretic Brewing Company" at 8166 14th Avenue, Suite A, Sacramento, CA 95826. Filed with the Clerk of Sacramento County on June 24, 2014. Publish: July 10, 17, 24 and 31, 2014 HERETIC 140701 07-31-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-04650. Katrin J. Hooper, 4953 Rockland Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "The Learning Wave" at 4953 Rockland Way, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on June 4, 2014. Publish: July 10, 17, 24 and 31, 2014 LEARNING 140701 07-31-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-04832. Larry Leonard, 2516 Rio de Oro Way, Sacramento, CA 95826 is doing business under the Fictitious Business Name "Leonard Enterprises" at 2516 Rio de Oro Way, Sacramento, CA 95826. Filed with the Clerk of Sacramento County on June 6, 2014. Publish: July 10, 17, 24 and 31, 2014 LEONARD 140701 07-31-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-05510. Haidari Karim, 5351 Ridgeway Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Pacific Autobody & Paint" at 3290 Luyung Drive, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County on July 1, 2014. Publish: July 10, 17, 24 and 31, 2014 PACIFIC 140701 07-31-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-05205. Blind Magic Inc., 4562 Roseville Road #B, North Highlands, CA 95660 is doing business under the Fictitious Business Name "Blind Magic" at 4562 Roseville Road #B, North Highlands, CA 95660. Filed with the Clerk of Sacramento County on June 23, 2014. Publish: July 10, 17, 24 and 31, 2014 BLIND 140701 07-31-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-05456. Troy Matthew Birkey, 7010 Lincoln Oaks Drive, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Capital Print Repair" at 7010 Lincoln Oaks Drive, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on June 30, 2014. Publish: July 10, 17, 24 and 31, 2014 CAPITAL 140630 07-31-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-05382. John Park, 5925 Brittany Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "Westcoastremodels.com" at 5925 Brittany Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on June 27, 2014. Publish: July 10, 17, 24 and 31, 2014 WESTCOAST 140702 07-31-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-04882. S & D Concrete, Inc., 7840 Kezar Street, Orangevale, CA 95662 is doing business under the Fictitious Business Name "S & D Concrete" at 7840 Kezar Street, Orangevale, CA 95662. Filed with the Clerk of Sacramento County on June 10, 2014. Publish: July 10, 17, 24 and 31, 2014 S&D 140702 07-31-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-05217. Parking Enforcement Specialist, Inc., 5140 San Jacinto Circle, Fallbrook, CA 92028 is doing business under the Fictitious Business Name "Black Rhino" at UC Davis Medical Center, 2315 Stockton Boulevard, Sacramento, CA 95817. Filed with the Clerk of Sacramento County on June 23, 2014. Publish: July 10, 17, 24 and 31, 2014 BLACK 140701 07-31-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-05474. Jeanette Graybill, 2701 Ribier Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name "House of Mailer" at 2701 Ribier Way, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County on June 30, 2014. Publish: July 17, 24, 31 and August 7, 2014 HOUSE 140702 08-07-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-05515. Bridget Duffy, 5826 Primrose Drive, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "Die-O-Mite" at 5826 Primrose Drive, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on July 1, 2014. Publish: July 17, 24, 31 and August 7, 2014 DIEOMITE 140708 08-07-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-05545. The International Brotherhood Welfare Association, 4366 Auburn Boulevard #122, Sacramento, CA 95841 is doing business under the Fictitious Business Name "Wavecrest Foundation" at 4366 Auburn Boulevard #122, Sacramento, CA 95841. Filed with the Clerk of Sacramento County on July 2, 2014. Publish: July 17, 24, 31 and August 7, 2014 WAVECREST 140707 08-07-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-05261. Christine Louise Ponczek, 7887 Olive Street, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Twin Rivers Dental Hygiene Group of Christine Ponczek, RDH&P" at 7887 Olive Street, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on June 24, 2014. Publish: July 17, 24, 31 and August 7, 2014 TWINRIVERS 140702 08-07-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-05643. Sankara R. Yaramala, 1148 Fulton Avenue, #A, Sacramento, CA 95825 is doing business under the Fictitious Business Name "Kaveri Madras Cuisine" at 1148 Fulton Avenue, Suite A & B, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on July 7, 2014. Publish: July 17, 24, 31 and August 7, 2014 KAVERI 140707 08-07-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-05544. Phuong Nguyen, 8715 Clear Star Court, Elk Grove, CA 95758 is doing business under the Fictitious Business Name "Vapebox" at 7411 W. Stockton Boulevard, Suite 130, Sacramento, CA 95823. Filed with the Clerk of Sacramento County on July 20, 2014. Publish: July 17, 24, 31 and August 7, 2014 VAPEBOX 140709 08-07-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-04651. Susan M. Osborn, 7541 Wooddale Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "LifeThread Publications" at 5141 Wooddale Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on June 4, 2014. Publish: July 17, 24, 31 and August 7, 2014 LIFETHREAD 140709 08-07-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-05611. Mykol Mason, 8151 Civic Center Drive #244, Elk Grove, CA 95757 is doing business under the Fictitious Business Name "Steady Mobbin Motorcycle Club" at 8151 Civic Center Drive #244, Elk Grove, CA 95757. Filed with the Clerk of Sacramento County on July 7, 2014. Publish: July 17, 24, 31 and August 7, 2014 STEADY 140709 08-07-14

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME FBNF2011-02920. The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Alta Sierra Services", located at 4562 Roseville Road #B, North Highlands, CA 95660. Benjamin D. Heaps and Cleone Heaps, 8815 Elwyn Avenue, Elverta, CA 95626. The Fictitious Business Name Statement referred to above was filed on March 31, 2011 in the County of Sacramento. Publish: July 10, 17, 24 and 31, 2014 ALTA 140701 07-31-14

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FBNF2011-02920. The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Blind Magic", located at 4562 Roseville Road #B, North Highlands, CA 95660. Benjamin D. Heaps and Cleone Heaps, 8815 Elwyn Avenue, Elverta, CA 95626. The Fictitious Business Name Statement referred to above was filed on March 31, 2011 in the County of Sacramento. Publish: July 10, 17, 24 and 31, 2014 BLIND 140701 07-31-14

ORDER TO SHOW CAUSE CHANGE OF NAME COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00164782. WHEREAS, Karen Adelle Martin, has filed a petition with this court for a decree changing the names of Karen Adelle Martin to Karen Adelle Meyer IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on September 2, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: June 12, 2014 David I. Brown, Judge of the Superior Court Publish: June 26, July 3, 10 and 17, 2014 MARTIN 140616 07-17-14

ORDER TO SHOW CAUSE CHANGE OF NAME COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00164782. WHEREAS, Ethan Jay Vloria, has filed a petition with this court for a decree changing the names of Ethan Jay Vloria to Ethan Jay Silva IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on August 8, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: June 12, 2014 David I. Brown, Judge of the Superior Court Publish: June 26, July 3, 10 and 17, 2014 MARTIN 140616 07-17-14

ORDER TO SHOW CAUSE CHANGE OF NAME COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00164988. WHEREAS, Ethan Jay Vloria, has filed a petition with this court for a decree changing the names of Ethan Jay Vloria to Ethan Jay Silva IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on August 12, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: June 12, 2014 David I. Brown, Judge of the Superior Court Publish: June 26, July 3, 10 and 17, 2014 VILORIA 140618 07-17-14

ORDER TO SHOW CAUSE CHANGE OF NAME COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00164970. WHEREAS, Nary Kuoy, has filed a petition with this court for a decree changing the names of Nary Kuoy to Jennifer Nakry Kuoy IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on August 11, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: June 18, 2014 David I. Brown, Judge of the Superior Court Publish: June 26, July 3, 10 and 17, 2014 KUOY 140619 07-17-14

ORDER TO SHOW CAUSE CHANGE OF NAME COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00165007. WHEREAS, Joseph McTernan, has filed a petition with this court for a decree changing the names of Joseph James McTernan, Jr. to Jaime Shaun McTernan IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on August 14, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: June 18, 2014 David I. Brown, Judge of the Superior Court Publish: July 3, 10, 17 and 24, 2014 MCTERNAN 140620 07-24-14

ORDER TO SHOW CAUSE CHANGE OF NAME COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00165007. WHEREAS, Joseph McTernan, has filed a petition with this court for a decree changing the names of Joseph James McTernan, Jr. to Jaime Shaun McTernan IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on August 14, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: June 18, 2014 David I. Brown, Judge of the Superior Court Publish: July 3, 10, 17 and 24, 2014 MCTERNAN 140620 07-24-14

ORDER TO SHOW CAUSE CHANGE OF NAME COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00165007. WHEREAS, Joseph McTernan, has filed a petition with this court for a decree changing the names of Joseph James McTernan, Jr. to Jaime Shaun McTernan IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on August 14, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: June 18, 2014 David I. Brown, Judge of the Superior Court Publish: July 3, 10, 17 and 24, 2014 MCTERNAN 140620 07-24-14

ORDER TO SHOW CAUSE CHANGE OF NAME COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00165007. WHEREAS, Joseph McTernan, has filed a petition with this court for a decree changing the names of Joseph James McTernan, Jr. to Jaime Shaun McTernan IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on August 14, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: June 18, 2014 David I. Brown, Judge of the Superior Court Publish: July 3, 10, 17 and 24, 2014 MCTERNAN 140620 07-24-14

ORDER TO SHOW CAUSE CHANGE OF NAME COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00165007. WHEREAS, Joseph McTernan, has filed a petition with this court for a decree changing the names of Joseph James McTernan, Jr. to Jaime Shaun McTernan IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on August 14, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: June 18, 2014 David I. Brown, Judge of the Superior Court Publish: July 3, 10, 17 and 24, 2014 MCTERNAN 140620 07-24-14

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ORDER TO SHOW CAUSE CHANGE OF NAME COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00159352. WHEREAS, Danielle Conley, has filed a petition with this court for a decree changing the names of Tatyano-Kamara Raeline Koslow to Tatyana-Kamara Raeline Conley IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on August 1, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: June 4, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: July 10, 17, 24 and 31, 2014 CONLEY 140630 07-31-14

ORDER TO SHOW CAUSE CHANGE OF NAME COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00165716. WHEREAS, Blayne Irving, has filed a petition with this court for a decree changing the names of Blayne Irving to Alvin Scott Blayne IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on August 26, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 2, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: July 17, 24, 31 and August 7, 2014 IRVING 140702 08-07-14

ORDER TO SHOW CAUSE CHANGE OF NAME COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00165783. WHEREAS, Philip Ray Smith, Jr., has filed a petition with this court for a decree changing the names of Philip Ray Smith, Jr. (AKA Phil R. Smith) to Phil Alexander Smith IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on September 2, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 2, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: July 17, 24, 31 and August 7, 2014 IRVING 140702 08-07-14

ORDER TO SHOW CAUSE CHANGE OF NAME COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00165783. WHEREAS, Philip Ray Smith, Jr., has filed a petition with this court for a decree changing the names of Philip Ray Smith, Jr. (AKA Phil R. Smith) to Phil Alexander Smith IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on September 2, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 2, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: July 17, 24, 31 and August 7, 2014 IRVING 140702 08-07-14

ORDER TO SHOW CAUSE CHANGE OF NAME COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00165783. WHEREAS, Philip Ray Smith, Jr., has filed a petition with this court for a decree changing the names of Philip Ray Smith, Jr. (AKA Phil R. Smith) to Phil Alexander Smith IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on September 2, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814



# How Much Do You Really Know About Long Term Care?

By Richard H. Will, Attorney at Law

**Do you know** what long term care in a skilled nursing home now costs?

Between \$7,000.00 to \$9,000.00 per month. In some cases it can be more.

**Do you know** what Skilled Nursing Centers are and when one may be required to enter one?

“Skilled Nursing Centers” are what we may call nursing homes. All Skilled Nursing Centers are required to have a full time Registered Nurse on duty at all times. They are all privately or corporately owned. There are no “Government” nursing homes.

**Do you know** that your elderly family members, or you and I, may have to enter a Skilled Nursing Center. Over 50% of all persons who reach the age of 70 will need to do so.

**Do you know why?**

1. Physical problems that prevent you from taking care of regular activities of daily living at home without major assistance, such as;

- a) Getting up in the morning,
- b) Getting dressed,
- c) Bathroom duties
- d) washing or bathing,
- e) fixing your meals,
- f) handling your medication,
- g) undressing and going to

bed

2. Memory or Dementia problems

3. Release from a hospital where you no longer require hospitalization but may need therapy and you are not able to go home to care for yourself, or where you have no one at home to care for you.

4. There are other reasons but the above are the major reasons.

**Do you know** the average time a person remains in long term care? It is over three years.

**Do you know** if a Skilled Nursing Center is paid for by Medicare at all? Many people think that they are covered for 60 or 100 days but, Medicare pays only for long term care when the client is receiving rehabilitation services. Not for 60 days or 100 days but rather, for up to such a limit of 60 days or 100 days, for rehabilitation only. Once rehabilitation is over, Medicare ceases payment. This is usually in 10 to 20 days after entry into a Skilled Nursing Center.

**Do you know** who then pays for the long term care? Well, you do. The average time you or your loved one may need care in a Skilled Nursing Center is about 36 months. You can easily deplete your life savings. How long

does it take to spend a life savings of \$100,000.00 at the rate of \$9,000.00 per month? Not long!

**Do you know** that long term insurance it will not pay all of the long term care costs?

**Do you know** what happens when you run out of life savings? By then you have so few assets that you will be able to qualify for long term care benefits in a Skilled Nursing Center by what is called in California, Medi-Cal. But your home may still be in jeopardy.

**Do you know** if there is a way of not losing your life savings and home and still receive long term care Skilled Nursing Center government benefits? There is.

**Do you know** that you can protect your assets and obtain long term care government benefits by proper planning?

If you do not know, you really need to find out and take action to develop a plan to protect your assets. This requires in-depth planning with a qualified attorney who has a comprehensive knowledge of Medi-Cal Regulations.

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



# POPPOFF!

with Mary Jane Popp

so many wonderful stories about her life and the greats she worked with and knew as friends.

After the passing of June's very dear friend, mentor, and vocal coach to the stars Barbara Klein, she told me Barbara had encouraged her to tell her stories. She asked if I would help. I hesitantly said yes, but I had no idea it would be a seven year journey to hear all her stories and pick out the pictures and get her memoirs published. It all happened with “Marilyn, Joe and Me” June DiMaggio tells it like it was. June and I remained friends til her passing late on the eve of Marilyn Monroe's birthday June 1. It was so fitting. She dearly loved Marilyn and wanted

I talked with her for just a few minutes every morning just to say hi and how are you, and I will treasure those few moments we had together. We also shared many holidays at my home with family and friends. And June could still belt out a song from her repertoire anytime someone suggested it. She starred in some eleven Sacramento Music Circus productions as well as all her performances in Hollywood on TV and movies. She always enjoyed the Romanian food we prepared, and always had a doggy bag with goodies to take home. June was also a generous and loving friend who always wanted to know how Rick and I were doing, and if we had any medical

## LOST TREASURE

I met her in early 1980. How? After I had done a radio show about Marilyn Monroe. I had a guy on who claimed he was married to Marilyn for about two and a half minutes, and then got a quickie dissolution in Mexico. What tales he had to tell about her. After the show, I got a call from this disembodied voice who, in no uncertain terms, told me this guy was full of it! I asked her who she was, and she told me she was Joe DiMaggio's niece and that her mother and father, Tom and Louise owned “DiMaggios” Restaurant on Fisherman's Wharf in San Francisco. Her name? June DiMaggio.

I invited her to come on my show and share her side of the story, which she did. Luckily, I had the opportunity to meet her mom and dad when we had dinner with them at “DiMaggios.” I say luckily, because her dad passed away later that year. Suffice to say, we became good friends, and oh the stories she had to tell about Marilyn, Joe, and her own life during the glory years of Hollywood. She knew so many stars like Barbara Stanwyck, Ann Sothern, and Carol Channing to name just a few, but especially Marilyn Monroe. She knew Marilyn for some eleven years from the time Joe was dating the starlet until the day she died. She actually saw Marilyn that fateful day. Over the years, I heard

fans to know the lovely Marilyn she called her dear friend, not the sex goddess they all thought she was. June would have been 91 June the eleventh, and I can tell you she lived life to the fullest. She loved to travel and visit with friends, and she dearly loved a party. I am so pleased we got to cruise together a few years back and we traveled the country on tour with our book.

issues, called upon her church to say prayers for us.

June, I will miss your loving smile and your good nature, but I will always be grateful that I knew and loved you my dear friend. You are a lost treasure, but some of that glitter will always remain with me! Rest in peace and sing a song for me in Heaven! ★



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**Theme Nights**  
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 August 13 *Fiesta*  
 August 27 *Mardi Gras*

*Wear your hats and boots. Come kick up your heels!*  
**Dance music for all ages!**

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 Register Online@morpd.com  
 (Ages 3-5) Child must be 3 by June 1.  
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Are you a Senior Citizen (50+)? Do you have a Microsoft Windows computer and want to learn how to use it? Senior Computer School offers computer classes exclusively for Seniors. Core courses include Computer Fundamentals, Word Processing, Internet, and Excel. Each of these classes is six 2 1/2 hour sessions, which meet either in the morning or afternoon on MWF or TTH.

Senior Computer School is a non-profit organization staffed by volunteer instructors, assistants, and office staff. We train 40-60 students every month with 8 to 16 students in each class. Step by step instructions are conducted with clearly written lessons. There is no need to take notes as the lessons are provided for you to keep after each session. Assistants provide individual help, as needed during each session.


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

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

**Courses Offered:**  
 (6 2 1/2 hr Sessions) Computer Fundamentals I, Word Processing, Internet, Excel, Graphics

**Also Workshops: (1 or 2 2 1/2 hr Sessions)**  
 Digital Camera, Computer Maintenance, Greeting Cards, Downloading, Organize and Edit Digital Camera Photographs, I Pads etc.


**Workshops \$5 for each session. Everyone is welcome.**



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

**Fair Oaks Theatre Festival Presents**

The play, presented in partnership with American River College, is about an affectionate and hilarious send-up of bad 50s sci-fi movies. "The Brain" tells the story of an alien invasion circa 1958.



**Opening June 20th**

A brain and its two alien cohorts, Zubrick and Yoni, arrive on Earth and plan to take over the San Fernando Valley. It's the first step on the road to their quest to take over the entire planet and to destroy the family unit. This rousing toe-tapping musical features a dancing, singing brain... what more could you want from a musical!

"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**

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

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*This Grammy Award-winning American folk music group will perform two live concerts as fundraisers for the Fair Oaks Theatre Festival and the New Christy Minstrels Foundation.*



Under the direction of Randy Sparks, the group has sold millions of records and launched the careers of several musicians including Kenny Rogers, Gene Clark, Kim Carnes, and Jerry Yester. Known for hits like "Green, Green," "Saturday Night," and "Today," the group played to a sold-out house last year, so get your tickets early!

**Saturday July 26th & Sunday July 27th**  
 6:30 pm: Gates Open • 7:30 pm: Performance  
 Fair Oaks Community Clubhouse  
 7997 California Avenue,  
 Fair Oaks, 95628

**Ticket Price: \$20**  
 per person  
 (no FOTF discounts apply)

**For Further Information: 916.966.3683**  
**FairOaksTheatreFestival.com**  
**www.thenewchristyminstrels.com**  
 Tickets will be available on our website, at outlets in Fair Oaks Village and at our box office at any 2014 production.



# Oakmont Senior Living Wows with Open House



(Above) Traditions Coordinator Katrina Pimentel, Marketing Director Virginia Stone, Executive Director Terry Ervin, Marketing Director Dale Masters, and Care Director Ashley Tedford.

(Left) Oakmont of Carmichael redefines senior living with a combination of resort amenities including gourmet dining; daily on- and off-site recreational and social activities; a library; a movie theater; a fully equipped fitness center with daily instructional classes; activity rooms with scheduled social events, games, arts and crafts; a salon and day spa; a resident flower and vegetable garden; walking paths; and a pet park.



Celebrity chef Rina Younan (left) provides gourmet dining at Oakmont Senior Living.

**CARMICHAEL, CA (MPG)** - Oakmont Senior Living completed construction of the model apartment homes at Oakmont of Carmichael and hosted an exclusive open house on June 28th. This event provided a premier perspective of what life will be like at the 73,000-square-foot luxury retirement community scheduled to open this summer.

Attendees enjoyed refreshments and a tour of the model homes showcasing the plans for the upscale retirement community. Oakmont of Carmichael offers custom full-time assisted living services as well as memory care services for individuals with Alzheimer's and other forms of dementia. Once completed, the beautifully landscaped and decorated community will host 50 assisted-living and 21 memory-

care apartments with studio, one and two bedroom options and high-end finishes including crown molding, 10-foot ceilings and spacious bathrooms.

More than just a retirement community, Oakmont of Carmichael redefines senior living with a combination of resort amenities including gourmet dining; daily on- and off-site recreational and social activities; a library; a movie theater; a fully equipped fitness center with daily instructional classes; activity rooms with scheduled social events, games, arts and crafts; a salon and day spa; a resident flower and vegetable garden; walking paths; and a pet park.

Oakmont of Carmichael offers specialized care services that promote continued wellness, allowing residents to age comfortably in a place with the support they

may need. Care options will be customized to the needs of each resident and will include medication management, housekeeping, health monitoring and assessments, grooming assistance, dietary guidance, diabetic programs, escort services to offsite appointments and activities, appointment coordination and temporary in-home care.

Oakmont of Carmichael is currently accepting reservations. For more information, visit [www.oakmontofcarmichael.com](http://www.oakmontofcarmichael.com) or call (916) 483-3800.

Headquartered in Santa Rosa, Oakmont Senior Living is an award-winning developer of premier, resort-style senior communities, recognized for the quality of its craftsmanship and the excellence of its care and services. ★

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Join us for this exclusive presentation to hear about Carmichael's newest senior community. Oakmont of Carmichael, offering Assisted Living and Memory Care, is scheduled to open in the Fall of 2014 and is now accepting reservations!

Savor an elegant lunch while you learn about this premier community.

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[oakmontofcarmichael.com](http://oakmontofcarmichael.com)



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

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

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

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

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

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

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

**WEDNESDAY** VA Mather Farmers Market  
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Dinner 6:30 pm

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Wednesday, August, 20  
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11:30 am to 12:30 pm

**ANDREWS & GREILICH FUNERAL HOME**  
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RSVP Required: 916.732.2026

Wednesday, July 23  
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**SIERRA HILLS MEMORIAL PARK &  
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Wednesday, July 16 Thursday, August 14  
11:30 am to 12:30 pm Dinner 6:30 pm

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*Seating is limited to 30 attendees per seminar*



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# The Exciting New World of Implant Supported Dentures

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

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

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

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

**Now there is a solution  
to these issues, Implants  
with “Snap On” Dentures!**



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

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

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

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



**2 Implants With  
Attachments to a Denture  
\$2000 Off**

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

**Carmichael Dental Group**

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