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## Ubisoft's Videogame Diversity Failure

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# Carmichael Times

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Serving Carmichael and Sacramento County since 1981

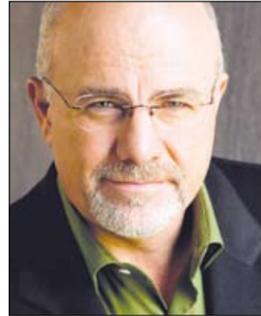
July 31, 2014

### Power of Words Speaker Summit



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## Arden Middle School Celebrates San Juan District School 100 Years Old



Current Arden Middle School pupils and Principal Jeff Banks (center, in vest) recently broke ground for the school's centenary project. Palm trees (background) were planted in 1920. The school will celebrate its first 100 years on September 14. Photo by Susan Maxwell Skinner. Inset: Twin bell towers featured in Arden Middle School's 1930s architecture. Picture courtesy Arden Middle School. Photo courtesy Arden Middle School.

Story and photos by Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** - A school that began with 20 kids under an oak tree at Watt Avenue and Arden Way is now 100 years old. Arden Middle School (San Juan School District) will celebrate with a party at Arden Park on September 14th.

Foundation students were farmers' children. They studied in a meadow that is now the Rite Aid parking lot. The kids graduated to a tent while waiting for their wooden school house to be finished.

By the 1920s, a Mrs. Gertrude Knoll taught all grades. School

lore recalls one little boy so enamored of this teacher that he purposely botched spelling tests so he could stay in at recess with his school ma'am. Older children vied for the task of coming to school at 5 a.m. in winter to stoke up the stove for classroom heating. Though school beautification was negligible in the 1920s, two palm trees were planted near the flagpole. These still stand.

Farm chores took priority for pupils. They milked cows, picked crops and studied in stained bib overalls. During lessons, their horses grazed beside a school so isolated that the principal's house, known as the teacherage, was the only home in Arden

Park. The closest neighbor was a goat farmer, "Goatman" George Zwirkis, at Cottage Way.

The school was pressed into service for draft registration in WWII. PTA volunteers also rolled bandages, assembled care packages and distributed ration books. "Any number of community defense meetings were held at the school," recalled wartime Principal Herbert Winterstein. "The auditorium was filled with anxious and fearful residents. Our film projector was pressed into use to show defense films, even some of the London bombings." In his history of the

school, Winterstein wrote that students collected scrap metal; teachers practiced evacuation plans with wide-eyed children. "I recall some who held the teacher's hand just a little bit tighter," he said.

With post-war population growth, subdivisions proliferated like mushrooms on the vast Arden Arcade grasslands. So many new schools were built, that by 1970 the San Juan Unified School District was among the largest in California. Arden Middle School is one of the district's oldest institutions.

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### Gold Rush Days Activities Cancelled due to Drought

**SACRAMENTO REGION, CA (MPG)** - Due to California's drought conditions and the enormous amounts of water needed to put on the annual heritage event, the traditional Gold Rush Days activities in Old Sacramento have been cancelled for 2014. The decision was made by Steve Hammond, President & CEO of the Sacramento Convention & Visitors Bureau, along with the City of Sacramento and other stakeholders of the event.

Each year, nearly 200 tons of dirt or decomposed granite is used to help transform Old Sacramento into a scene out of the 1850s. In addition to the visual transformation, the dirt also creates a safe foundation for the horses, wagons and various skits and performances taking place in the streets. However, it takes up to 3,000 gallons of water per day to keep the dirt dampened and dust down during the event, plus up to 100,000 gallons of water to clean up the dirt at the conclusion of the event.

Even without the traditional Gold Rush Days activities, guests are encouraged to visit Old Sacramento over Labor Day weekend. "With four museums and more than 100 shops, eateries and entertainment venues, there's always something happening in Old Sacramento," said Chris McSwain, Executive Director of the Old Sacramento Business Association. "We invite guests from near and far to visit Old Sacramento over Labor Day Weekend and stay tuned for some fun surprises that will be announced at a later date." For continually updated information about events and activities happening in Old Sacramento, visit [www.old-sacramento.com](http://www.old-sacramento.com). ★

Source: T-Rock Communications



## Volunteers of America Saves Voiceless Heroes Organization Gives Homeless Veterans Hope for the Future

**SACRAMENTO, CA (MPG)** - Volunteers of America Northern California & Northern Nevada (VOA), is "helping America's most vulnerable" rebuild their lives and reach their full potential. Among these vulnerable individuals are veterans who are experiencing a difficult time transitioning from military to civilian life. From assisting in employment opportunities, to providing stable housing, VOA continues their search for veterans who are homeless or soon-to-be homeless and is need of support in Sacramento, Yolo, El Dorado, and Placer counties.

A large number of men and women who have served our country are currently living on the streets. In most cases, these homeless veterans are unaware that organizations such as VOA provide services specifically designed for those in their current situation.

"We are proud to support the courageous men and women who have fought for the freedom of our country," said Becca Bettis, VOA Veterans Services Director,

"Our passion to provide programs to assist veterans everyday reminds us of what truly matters: coming together as a community for a greater good."

The leading cause of homelessness is directly related to an individual's inability to find and maintain, sufficient employment. In turn, young veterans, ages 18 to 30, are twice as likely as the general population to be homeless, not to mention female veterans are two to three times more likely to be homeless than male veterans. Aiming to provide homeless veterans, and their families, with a second chance at life,

VOA recognizes its impact on a specific situation that may have seemed unattainable to those fighting through an unwavering transition. Since inception, VOA's Veterans Services have given 509 veterans the tools to build brighter futures and a healthy living.

For those individuals who served in the military, but never experienced combat firsthand, many do not self-identify as veterans. In turn, these individuals are unaware of the programs available to them in order to assist in building a life after the military. One in five homeless individuals in the United States (U.S.) is

a veteran, with California having the largest veteran population in the U.S. The goal of VOA Veterans Services is to empower these men and women and provide them with the best tools for reintegration through human service programs including emergency shelter, transitional housing and referrals for substance abuse treatment. It is never too late to touch the minds and hearts of those in need.

To learn more about VOA's Veterans Services, visit [www.voa-nccn.org](http://www.voa-nccn.org) or call (916) 228-3153.

Founded nationally in 1896 and established in Sacramento

in 1911, Volunteers of America is a national, non-profit, faith-based organization dedicated to ending homelessness, supporting the most vulnerable populations and transforming the community into a safer, healthier place. Sacramento Area's Volunteers of America currently offers more than 40 locally managed and delivered programs. Services provided include food and shelter, counseling, independent living and parenting skills, substance-abuse treatment and rehabilitation, and job development. ★

Source: Augustineldeas



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# Carmichael Agent Recognized for Outstanding Volunteerism

**CARMICHAEL, CA (MPG)** - Allstate agency owner Alain Ionescu received three Agency Hands in the Community Awards for his commitment to helping others. With these awards came \$1000 grants from The Allstate Foundation to the following nonprofits where Ionescu volunteers: Learn - Learn English for Romanian Natives; Capital Valley Youth Soccer League; Romanian Community Center of Sacramento, Inc.

Allstate agents and employees have a proud history of putting their good hands to work in supporting California communities, promoting volunteerism and

providing financial resources to enable local organizations to help others.

The Allstate Foundation awards more than \$1 million every year to nonprofit organizations across the country in honor of dedicated Allstate agency owners who give back. To be eligible for nomination, Allstate agency owners must volunteer with, mentor or lead a nonprofit of their choice.

Established in 1952, The Allstate Foundation is an independent, charitable organization made possible by subsidiaries of The Allstate Corporation (NYSE: ALL). Through partnerships

with nonprofit organizations across the country, The Allstate Foundation brings the relationships, reputation and resources of Allstate to support innovative and lasting solutions that enhance people's well-being and prosperity. With a focus on teen safe driving and building financial independence for domestic violence survivors, The Allstate Foundation also promotes safe and vital communities; tolerance, inclusion, and diversity; and economic empowerment. For more information, visit [www.allstate-foundation.org](http://www.allstate-foundation.org). ★

Source: Allstate Foundation

## Join the Symphony of 1,000!

**SACRAMENTO REGION, CA (MPG)** - Attention musicians of all ages and levels! Here is your chance to participate in the Symphony of 1,000, the largest assembled orchestra in the history of Sacramento. This one of a kind musical and cultural event will bring musicians together for an inspiring and enriching musical experience that encourages more musical and artistic collaboration in the community.

One day at one place, one thousand musicians will convene and play—and you can be one

of them! That will be Sunday, October 12, at the Sacramento Memorial Auditorium. Check-in is at noon, rehearsal will be at 1 p.m. followed by the performance at 4 p.m. Friends and family are welcome to attend the concert. This one of a kind musical and cultural event is the creation of Michael Neumann, the conductor and artistic director of the Sacramento Youth Symphony. It is designed to bring musicians of all ages and all levels together for an inspiring and enriching musical experience.

Dust off your old instrument and join in the excitement. Music is now available to download for practice for the big event. The participation fee is \$20 and includes a Symphony of 1,000 T-shirt and music. To register and for more information, please visit the Sacramento Youth Symphony website. The registration deadline is October 2nd. ★

Source: Sacramento Youth Symphony and the office of Supervisor Susan Peters

## Power of Words Speaker Summit 2



Summit Speakers from L to R: Kari Hagensmith, Victor Irving Jenkins, Ilesha "Coco" Graham, Rikk Hansen, and Janice Jordan.

**SACRAMENTO REGION, CA (MPG)** - Power of Words Speaker Summit 2 - Leveling Up has amazing speakers who will share how the power of words can change your life and business. They will show you the keys to becoming a business-attraction speaker and how to gain exciting new direction and fresh creative focus as well as strategies for transforming your business through words and maximizing the effect of your words.

Janice Jordan, of Jordan's Referral Network, knows how to put on a great event that will change your life. She has invited four other talented experts to share the stage; they will inspire and motivate you with great information you can put to immediate use for both personal

and business growth. You will learn from Victor Irving Jenkins, Ilesha "Coco" Graham, Kari Hagensmith, and Rikk Hansen.

**What's your next level?**  
**What's holding you back?**  
**How do our words affect our life?**

This is more than a speaker summit; it is also a business expo and mixer benefiting Albie Aware Breast Cancer Foundation. We will have 20 vendor tables, Raffle prizes, networking and more. The first 100 attendees get a goodie bag filled with valuable items, coupon, and discounts.

These amazing speakers have great knowledge to share with you. We are bringing them to you for only \$20 per person. You will leave with tools you can use today. Come out to support Albie Aware, local businesses and speakers.

Power of Words Speaker Summit 2 - Leveling Up, is Friday, August 15th at the Dante Club, 2330 Fair Oaks Blvd., Sacramento, CA. The speaker summit is 1 p.m.-5 p.m., and the mixer is 5 p.m.-7 p.m. For additional information and to register, go to [www.powerofwordssummit.com](http://www.powerofwordssummit.com) or [www.powerofwords.eventsbot.com](http://www.powerofwords.eventsbot.com), or call Janice Jordan at (916) 803-7247. ★

Images courtesy of Jordan's Referral Network.

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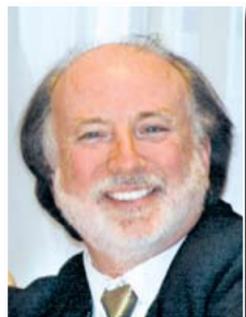
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**Publisher, Paul V. Scholl**

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# Arden Middle School Celebrates 2nd Annual Super Parent Day



California Supreme Court Justice Goodwin Liu (second left) graduated from Arden Middle School and entered the San Juan District Hall of Fame last year. Co-honorees were Lt General John Goodman, Fox News correspondent Laura Ingle and Nobel Prize winner David Wineland. Presenter (left) was broadcaster Beth Ruyak. Photo by Susan Maxwell Skinner.

Continued from Page 1

From its roots beneath a tree, the once rural school has gained state-wide distinction in science, music, and sport. Famous alumni include: national Book Award author Joan Didion; California Supreme Court Justice Goodwin Liu; State Assemblyman Roger Niello; philanthropist Dr Fred Teichert; national tennis champion Alycia Moulton and baseball pro John Bowker. "Our students' names pop up on Broadway, in operas, sports, medicine, education and business," says Bonnie Reynolds, school secretary for 36 years "But our most important role was to prepare responsible citizens to raise families and support our community. I felt like a second mother – then grandmother – to so many them."

Current enrolment is 950 students. Where a two-classroom school once occupied three acres, a 17-acre campus

has grown. Under construction till spring 2015, Arden Middle School's centennial project will



A 1922 photo recalls Arden Middle School enrolment. Gertrude Knoll (center) was the teacher. Little Joe Keaton (third row far right) was nephew to famous comedian Buster Keaton. Photo courtesy Arden Middle School.

add a \$5.5 million multi-purpose facility, funded through voter-approved Measure 1.

In the meantime, the September 14th centennial day will stage festivities between 2 and 6 p.m. at Arden Park (1101 La Sierra Drive). Proceeds from food sales will benefit school programs.

Organizers seek former students, teachers and parents to attend or to help plan the party. For information, contact arden100years@gmail.com.

Retired music teacher Rick Baker will assemble an alumni band to entertain; interested musicians may contact rbaker1021@yahoo.com. ★

Source: *The Arden Story* by Principal Herb E, Winterstein

**CARMICHAEL, CA (MPG)** - The 2nd Annual Super Parent Day was held on July 19th at Carmichael Park. This event brings awareness to the Positive Dual Role Models in our communities in and around Sacramento.

The event opened with the Grant High School Drumline, which has been invited to Washington DC to perform in the 2015 4th of July Parade. They were fantastic! Drumline Director James Van Buren is doing a great job with these students. The drumline was followed by Congressman Ami Bera; Mayor of Carmichael, Virginia Stone; and CALEB Dance.

Super Parent Day is one way of helping strengthen our family-oriented community. We make information for resources available to parents who may need to get help for their families.

The next Super Parent Day will be July 18th, 2015 at Carmichael Park, 11 a.m.-3 p.m. ★

Source: Marie Youngcain

**Super Parent Day strengthens our family-oriented community and makes resource information available to parents who may need help for their families.**

Photo courtesy of MarieYoungcain



## Governor Brown Nominates Jonathan K. Renner to the Third District Court of Appeal

**SACRAMENTO, CA (MPG)** - Governor Edmund G. Brown Jr. announced the nomination of Jonathan K. Renner for associate justice of the Third District Court of Appeal on Friday, July 25th.

Renner, 44, of Sacramento, has served as legal affairs secretary in the Office of Governor Edmund G. Brown Jr. since 2011. He served as senior assistant attorney general at the California Department of Justice, Office of the Attorney General from 2009 to 2010, where he was supervising deputy attorney general from 2006 to 2009 and deputy attorney general from 2000 to 2006. Renner was an associate attorney at Kronick, Moskovitz, Tiedemann and Girard from 1998 to 2000 and at Porter, Scott,



Jonathan K. Renner was nominated for associate justice of the Third District Court of Appeal on Friday by Governor Brown.

the Pacific, McGeorge School of Law and a Bachelor of Arts degree from the University of California, Davis.

This position requires confirmation by the Commission on Judicial Appointments. The Commission consists of Chief Justice Tani Cantil-Sakauye, Attorney General Kamala D. Harris and Presiding Justice Vance W. Raye. If confirmed, Renner will begin his term on January 5, 2015 and will fill the vacancy created by the elevation of Justice Tani Cantil-Sakauye to the California Supreme Court. Renner is a Democrat.

The compensation for this position is \$211,260. ★

Source: *The office of Governor Edmund G. Brown*

Weiberg and Delehant from 1997 to 1998. He earned a Juris Doctor degree from the University of



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# Hometown Hero



Jessica L. Teeters has been selected for promotion to the rank of technical sergeant in the U.S. Air Force. She will pin on her new stripes Aug. 1.

Teeters is currently serving as Fuels Information Manager with 509th Logistics Squadron, Whiteman Air Force Base, Mo. She has served in the military for 12 years.

Teeters is the daughter of Debbi Augerlavoie-Wiegel of Sacramento, Calif.

Teeters is a 2002 graduate of Casa Roble Fundamental High School, Orangevale, Calif. She earned an associate degree in 2008 from the Community College of The Air Force, Maxwell-Gunter Air Force Base, Ala.

Jessica Teeters was selected for promotion to Technical Sergeant. She is slated to pin on her new stripes Aug. 1, 2014.

Source: Joint Hometown News Service

## Game Plots

### Ubisoft's Videogame Diversity Failure

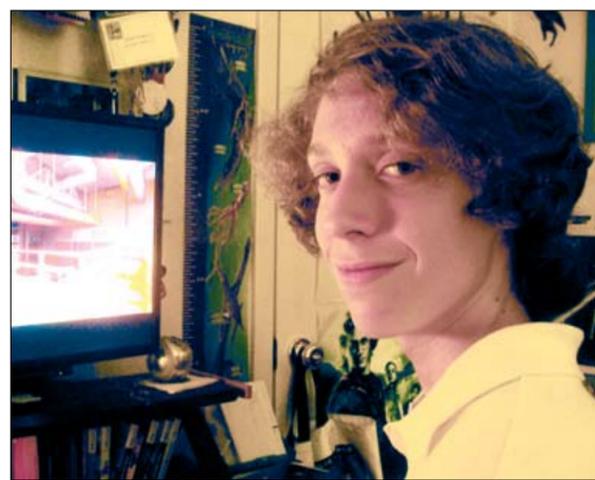
By Noah Howard

During Microsoft's press conference at the annual Electronics Entertainment Expo (E3) videogame show this past June, developer Ubisoft's new videogame Assassin's Creed Unity was one of many show-stealers. The four-player cooperative gameplay demonstration painted a chaotic, grand picture of the tumultuous French Revolution, complete with ornate manors, haughty aristocrats, rampaging crowds, and, of course, decapitation. But one of the questions on the minds of game aficionados post-E3 was "Where are the women?"

As it turns out, there'll be no playable female characters in Unity. Maybe Ubisoft could've escaped with this oversight if they hadn't mentioned that playable women had been actively cut from the game. In an interview with Polygon, Ubisoft creative director Alex Amancio explained why. "It's double the animations, it's double the voices, all that stuff and double the visual assets. It was really a lot of extra production work."

This excuse carries some weight. Making a game is no easy task, and the teams at Ubisoft are already on crunch time trying to meet the game's October release date.

However, Ubisoft is a worldwide development powerhouse



Protagonist diversity is a major problem facing gaming today, with big games typically featuring white male leads. Photo courtesy Noah Howard.

with virtually unlimited resources. Ubisoft's ex-animation director Jonathan Cooper, noted for his work on the animation-heavy Assassin's Creed III, begged to differ from his former employer's statement. He stated that adding playable female characters would only be "a day or two's work," plenty of time considering the many months before release.

Amancio's statement loses even more credibility when you look at Unity's immense scale. Unity reportedly has the largest city of all Assassin's Creed games, and because it's being built on new generation consoles, it's also the best looking and most detailed. Clearly the amount of money, time, or labor available is not a problem.

However, we can't be too quick to judge. Protagonist diversity is a major problem facing gaming today, with big games typically featuring white male leads. The Assassin's Creed series, on the other hand, has featured protagonists of Native American, Syrian, Creole, and African descent. Not only that, women are regularly playable either in multiplayer or as the main character.

In some ways, this makes Unity's decision to cut female characters even more disappointing. It seems like Ubisoft is on the right track to pioneer diversity among big-name developers, especially when their other major game this year, Far Cry 4, features a Himalayan protagonist. However, Amancio made sure to mention that Unity will feature strong female characters in supporting roles.

The Assassin's Creed series holds a special place in gaming not only because it allows us to explore history, but because it allows us to explore history from perspectives that other games rarely touch upon. The cut of playable women from Assassin's Creed Unity is disheartening, especially because of the weak excuse given for their non-inclusion. Women were integral to and active in the French Revolution, and we should be able to play as them. Considering that the casts of Ubisoft games have historically been far more diverse than that of other large developers, it's unfortunate to see them take a backwards step.

To respond to Noah's articles email him at [digitalartsnoah@yahoo.com](mailto:digitalartsnoah@yahoo.com)

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## Grief Support Group

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

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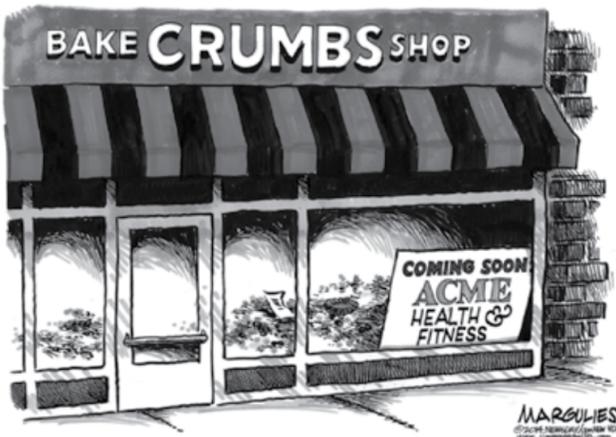
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THE RICH LOWRY COLUMN  
By Rich Lowry

**President Obama's Man-Caused Disaster**

As a defender of the nation's borders, President Barack Obama is a hell of a pool player. Obama's recent game in a Denver bar with Colorado Gov. John Hickenlooper was bright and cheery, as one would expect of a president who didn't have any depressing visits to frightened ranchers, overwhelmed border agents or desperate migrants on his future itinerary.

The first rule in a crisis for any executive is put on his windbreaker and boots and get out on the ground. President George W. Bush didn't do it soon enough after Hurricane Katrina and, politically, could never make up for it, no matter how many times he visited New Orleans. Obama's bizarre resistance to visiting the border on his

fundraising swing out West fueled talk of the influx as Obama's "Katrina moment."

The Katrina analogy is over the top because the border influx isn't a deadly catastrophe swallowing an American city. It also is too generous because Bush didn't do anything to bring on Hurricane Katrina, whereas Obama's policies are responsible for the influx of immigrants. It is, in the argot of his administration, a "man-caused disaster."

According to the Los Angeles Times, the number of immigrants younger than 18 who were deported or turned away from ports of entry declined from 8,143 in 2008 to 1,669 last year. There were 95 minors deported from the entire interior of the country last year. At the same time, the number of unaccompanied alien children arriving from El Salvador, Guatemala and Honduras exploded from less than 4,000 several years ago to 40,000 since last October.

The White House brushes off criticism that Obama is avoiding the border as mere "optics," in contrast to its highly substantive focus. But it is still not taking the crisis seriously. The nearly \$4 billion the president is requesting is not fundamentally about enforcement that will reverse and end the tide, but about managing the influx.

A devastating critique by the Center for Immigration Studies notes that about half of the money goes to the Department

of Health and Human Services "for acquisition, construction, improvement, repair, operation and maintenance of real property and facilities." The enforcement portion of the request, according to CIS, "is not truly geared toward removal," but instead to "recouping costs for temporary detention and subsequent transporting of aliens."

The administration's reaction to the crisis is just another in a long series of acts of bad faith on immigration. It is asking Congress for more money for its priorities at the same time the president is promising, in effect, to suspend yet more immigration laws in response to the failure of "comprehensive immigration reform."

Republicans in Congress should crumple up the president's border request in a ball and start over, with an emphasis on holding migrants near the border and working through their cases quickly to address the short-term crisis, and provisions for interior enforcement to address illegal immigration more broadly.

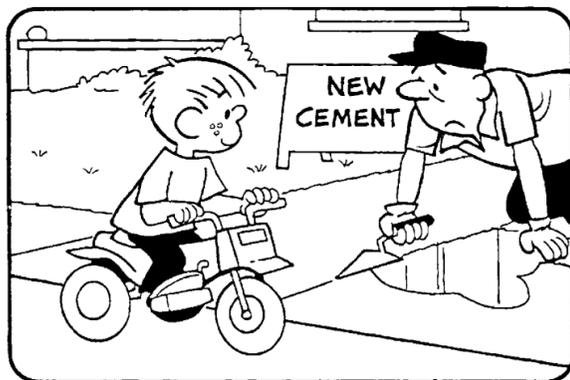
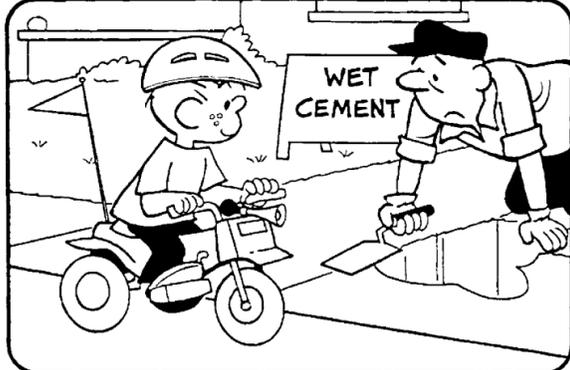
Of course, even if such a bill were to pass and to be signed into law, that'd be no guarantee that the president of the United States would enforce it. That speaks to an entirely different man-caused disaster.

Rich Lowry is editor of the National Review.

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**HOCUS-FOCUS**

BY HENRY BOLTIHOFF



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. Flag is missing. 2. Helmet is missing. 3. Horn is missing. 4. Sign is different. 5. Flag is different. 6. Sleeve cuffs are missing.

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## Dare to Live Without Limits

Self-sufficiency



by Bryan Golden

Able to maintain oneself or itself without outside aid: capable of providing for one's own needs.

"Our remedies oft in ourselves do lie." — William Shakespeare

"The worst thing you can do for those you love is the things they could and should do themselves." — Abraham Lincoln

"Happiness belongs to the self-sufficient" — Aristotle

Self-sufficiency provides freedom. A dependency on others erodes your independence. The timeless adage, "Give a hungry person a fish and he eats once, teach someone how to fish and they eat for a life time," encapsulates the essence of self-sufficiency.

Linda and her husband, Jim are always struggling financially. They have two young kids and Jim is constantly bouncing around from one job to another. Linda's father, Paul, feels bad for them and often "loans" them money. Needless to say, Linda and Jim are dependent on Paul to make ends meet.

Since an emergency source of cash is always available, Linda and Jim have little incentive to become self-sufficient. Although Paul feels he is acting benevolently, in the long run he is inadvertently keeping his daughter dependent. This scenario has been going on for a number of years and no one is willing to

break the cycle.

By relying on others to provide for your needs, you become dependent on them. As a result, they hold a great deal of power over you and the decisions you make. Being able to provide for yourself gives you options which in turn affords freedom. There is no end to the frustration caused by feeling there are few options in your life.

Consider one's occupation. When someone feels they can't get another job or one that pays as well as the one they have, they are entirely dependent on their employer. What can they do should they have a distasteful boss or undesirable working conditions? Invariably they feel trapped at work.

Regardless of your current job, you can become more self-sufficient. If you don't feel you have enough marketable skills, do whatever is needed to acquire them. There are more options for self improvement than ever. Take classes, visit your library, and use the internet. Many skills can be expanded without getting a college degree. If you need a degree for what you want to do, get one. It's never too late and you are never too old.

Strive to become an expert at whatever line of work you are in. The more you know, the more self-sufficient you will be. Competent, knowledgeable, and reliable people are always in

demand, regardless of the economy. As the demand for your services increases, so does your level of self-sufficiency.

Financial self-sufficiency is also very important. What are your answers to these questions? Are your expenses less than your income? Do you save money on a regular basis? Do you have enough savings to support you for a year without any additional income? Being able to answer "yes" to these questions indicates that you have a comfortable level of economic self-sufficiency.

Happiness is another area of self-sufficiency. You should be happy with who you are without needing the approval of others. Those who look to others to make them happy are often disappointed. Other people can't control your emotions unless you let them.

Regardless of where you are now, you can become more self-sufficient. When you are self-sufficient in the major areas of your life, you will be happier, freer, more satisfied, and have more options. ★

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

# Things I Have Learned in My Lifetime

Dr. James L. Snyder

In celebrating my recent birthday, I found myself caught up in a case of nostalgia. I never imagined I would really get this old. Not that I am old, mind you, but I have reached the point in life I never thought I would when I was younger. Had I known I would get this old, I would have saved some of the energy I wasted during my teenage years.

How was I to know that as you got older your supply of energy began diminishing?

When I was younger, I could not sit still for long and no matter where I went, I ran. It was impossible for me just to walk. Often my mother chided me by saying, "Slow down, young man." But I never could. I have finally come to the point where I am in harmony with my mother's desire. The only problem is, I am not a young man anymore.

Today, I can sit in my easy chair for hours and not even move. I keep a little mirror on the stand next to my chair so my wife can periodically check to see if I am still breathing. Often, the only indication of life is the occasional snoring.

One thing I have learned in growing older is that my eyes are not quite what they used to be. For example, the mailbox used to be rather close to the front door of our house. Now, I can barely see it from the front door and it takes over an hour to reach it by walking. To be truthful, halfway to the mailbox I have to pause and catch my breath.

And, when I look at my checkbook, I can barely see to the end of the month. When I was young, I used to hear the saying, "A penny saved is a penny earned." Now, my eyes are so bad, I cannot see anything to buy for a penny.

Not only are my eyes going, but my hearing is not quite what it used to be when I was young.

It is not as bad as it might seem. There is a good side to diminished hearing. When I am in a crowd with people talking, I can sit back, smile, nod my head occasionally and not have to be bored with what everybody is saying.

Experience has taught me that people are not really interested in hearing what I have to say. Rather, they want me listening to what they have to say. Usually, people have a lot to say and all they require are two ears. It does not have to be ears that hear, just ears that appear.

Most things heard in such circumstances are not worth hearing. Perhaps that is the genius of our ears. In aging, they develop a little bit of wisdom and after a while, they just give up, not hearing anything really worth hearing. I cannot remember the last time I heard something under such circumstances worth hearing the first time, let alone remembering.

This brings me to my memory. The best thing about memory is, you can remember things the way you want to remember them. After all, it is your memory and it should be up to you to remember what you want. My memory has a way of bringing out the positive to the absolute exclusion of the negative. And who wants to dwell on the negative?

Whoever said you cannot live in the past is probably not old enough to have any past worth remembering. And the marvelous thing about remembering things in the past is that you can remember them as you like. It is your version of the past. Some people write journals, I like to trust my memory.

As my memory has aged, it has become better, just like a fine wine. In fact, my memory is so good I can distinctly remember things that never happened. And the details I remember are

simply astounding. Each time I recount a memory I remember new details.

The Gracious Mistress of the Parsonage has quite a different take on all of this. She remembers everything that actually happened. She has a photographic memory, whereas I have, according to her, a problematic memory. At her discretion, she can marshal all of the facts of the incident in the order in which it happened. Usually her memory throws my memory in a different light.

No matter how I recount my memory, she always has some correction to it. More than once, she has claimed I stretched the truth. But I believe, if the truth cannot handle some stretching what good is it in the first place? If it is so fragile and cannot handle a little bit of stretching, I am not sure it is worth remembering.

As my body gets weaker, my memory gets stronger.

In the Old Testament, David spoke often of the importance of memory. "I remember the days of old; I meditate on all thy works; I muse on the work of thy hands" (Psalms 143:5 KJV). For David, in his old age his memory brought him a great deal of comfort. "I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread" (Psalms 37:25 KJV).

My goal is to live each day in such a way that years down the road I will have a good memory. ★

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

## Don't go back to school! Start a Business. You know you want to.

By Shaun Tuch

Thousands of students have learned the unpleasant lesson that the college degrees they paid for do not always guarantee a steady job, or a job at all. "In response, many have opted for grad school to give their status, pay, and job security a bump," says David Koepfel of Fortune magazine.

We all know people who went back to school after graduating. Are they now better off? Was this wise? Let us delve further.

If you had to spend another \$100k + for another degree, would this put you in debt? Maybe it will or maybe it won't. If it won't, will the extra degree guarantee a better job, or a job at all? Maybe it will or maybe it won't? If it does, consider yourself lucky, you're one of the few, the minority.

The truth is, spending money on another degree won't guarantee a better job, or job at all! One thing it will guarantee is, more debt. And on the flip side, you may miss out on real world experience. Damon D'Amore, founder of wayfounder.com, says "And at the end of the day, a lot of college graduates want to do

be a part of the new innovation economy. For those who don't have a technical background but still want to be entrepreneurs, there are a lot of great options to find and run a business."

So, save the money and do something else. Here's an idea! Why not invest in something tangible? A business is a good start, or even better, a franchise. Why a franchise?

By starting a business but investing in a franchise, you minimize start up risk. A franchise helps to alleviate some of the pains when starting a business by providing you all necessary training and support. New, low cost franchise opportunities, like Professor Egghead, make it hard not to consider franchise opportunities. "To invest \$30-\$40k for something tangible and become your own boss versus spending \$100-\$200k for an MBA with no guarantee, is an easy decision," says Rick Wetzels, founder of Wetzels' pretzels.

Gary Tuch, co-founder of Professor Egghead Science Academy, a children's franchise that promotes STEM education says, "We're not only offering business opportunities, we're offering positive

opportunities for those that want to promote STEM education to future innovators, entrepreneurs, and leaders. Our business has a feel good aspect to it, and that's important for today's generation looking to also make a difference in society."

From graduate students to adults, franchising is for all ages. According to the Bureau of Labor Statistics, fewer than half US adults are now working full time. For many reasons, including an unstable economy, adults over 40 are now heading back to the college campus as well. According to the National Center for Education Statistics, in 2000 there were 857,000 undergraduates 40 and older, by 2010, they numbered 1.3 million.

"With no guarantee of a reward of a great job and student loan debt that can be \$40,000-\$50,000 or more, is the payoff worth the investment?" asks Sheryl Nance, a contributor for Forbes.

Investing in a Franchise or starting your own business is not for everyone, but if you're going back to school, think twice, consider all your options. ★

Shaun Tuch is Co-Founder of Professor Egghead Franchise Systems, LLC.

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## Two Arrested in Tierra Way Homicide

**SACRAMENTO, CA (MPG)** - Sacramento County Sheriff Homicide Detectives have arrested two men in connection with the shooting and homicide of a man inside of his residence in Fair Oaks on the night of Sunday, July 20th.

Deonte Lindel Upchurch, 25, and Matthew Brownwood, 31, were arrested yesterday afternoon and booked into the Sacramento County Jail on murder and

robbery charges. Detectives believe Upchurch and Brownwood were invited inside of an acquaintance's residence in the 7400 block of Tierra Way Sunday night and attempted to take items within the home that did not belong to them. A resident of the home, identified as Wesley J. Camp, 34, confronted Upchurch and Brownwood and was shot during the altercation. Wesley Camp died at the scene from his injuries.

Homicide detectives ask anyone having further information regarding this incident to contact the Sheriff's Department at (916) 874-5115. Tip information may also be left anonymously at [www.sacsheriff.com](http://www.sacsheriff.com), by texting 274637 (CRIMES) and entering the keyword "SSD" or by calling (916) 874-TIPS (8477). ★

Source: Sacramento County Sheriff's Department

## Man Pleads Guilty To Sex Trafficking with Underage Girl in Sacramento Area

**SACRAMENTO, CA (MPG)** - Marquist Piere Bradford, 28, of Chicago, pleaded guilty on Thursday, July 24, 2014 to sex trafficking of children by force, United States Attorney Benjamin B. Wagner announced.

According to court documents, in early 2012 Bradford recruited a 15-year-old girl to travel from Fresno to Sacramento where she was used by Bradford as part of a prostitution business from January 19 through February 5, 2012. According to court documents, Bradford maintained an apartment in Rancho Cordova, which he used as a base of

operations for a prostitution business that spanned the Sacramento and Bay areas, as well as cities outside California. At least two of Bradford's victims were under the age of 18. Bradford fled from Sacramento to the Chicago area after law enforcement recovered the victim in this case.

This case was the product of an investigation by the Sacramento County Sheriff's Office and the Sacramento FBI Innocence Lost Task Force. Assistant United States Attorney Matthew G. Morris is prosecuting the case.

Bradford has remained in custody since his arrest in

Springfield, Ill. in April 2012. He is scheduled to be sentenced by United States District Judge Morrison C. England, Jr. on October 23, 2014. Bradford faces a maximum statutory penalty of life in prison and a \$250,000 fine. The actual sentence, however, will be determined at the discretion of the court after consideration of any applicable statutory factors and the Federal Sentencing Guidelines, which take into account a number of variables. ★

Source: [www.usdoj.gov/usao/cae](http://www.usdoj.gov/usao/cae)

## Sacramento County Residents Indicted For Tax Refund Fraud Scheme

**SACRAMENTO, CA (MPG)** - A federal grand jury returned an eight-count indictment on Thursday, July 24th against Sergey Shchirskiy, 38, of Carmichael, and Vladislav Atamanyuk, 27, of Rancho Cordova, charging them with conspiracy to defraud the United States and aggravated identity theft, United States Attorney Benjamin B. Wagner announced.

According to court documents, the defendants conspired to file multiple fraudulent tax returns using other people's identities. The returns falsely claimed refunds based on fraudulently

reported income and the Earned Income Tax Credit. The defendants caused the fraudulent refunds to be directly deposited into bank accounts that they controlled.

This case is the product of an investigation by the Internal Revenue Service, Criminal Investigation and the Federal Bureau of Investigation. Assistant United States Attorney Michele Beckwith is prosecuting the case.

If convicted, the defendants face a maximum statutory penalty of 10 years in prison for

the conspiracy, and a mandatory two years in prison for identity theft, as well as a \$250,000 fine. Any sentence, however, would be determined at the discretion of the court after consideration of any applicable statutory factors and the Federal Sentencing Guidelines, which take into account a number of variables.

The charges are only allegations; the defendants are presumed innocent until and unless proven guilty beyond a reasonable doubt. ★

Source: [www.usdoj.gov/usao/cae](http://www.usdoj.gov/usao/cae)

## Governor Brown Signs Agreement with Mexico to Reduce Dangerous Greenhouse Gases

**MEXICO CITY** - On Monday, July 28th, the first full day of California's Trade and Investment Mission to Mexico, Governor Edmund G. Brown Jr. and Mexican environment officials signed an agreement to help reduce greenhouse gas emissions and combat climate change.

"California can't do it alone and with this new partnership with Mexico we can make real progress on reducing dangerous greenhouse gases," said Governor Brown.

This agreement was signed by Governor Brown, Mexico's Ministry of Environment and Natural Resources Undersecretary Rodolfo Lacy and Mexican National Forestry Commission Director General Jorge Rescala Pérez.

"Mexico and California have a long and rich history of environmental cooperation, and recognize each other as strategic partners in coping with climate change challenges and protecting and preserving our natural resources. The agreement signed will take our joint work to a whole new level of cooperation, which will reflect in tangible and concrete results that will inure to our mutual benefit," said Mexico's Ministry of Environment and Natural Resources Undersecretary Rodolfo Lacy.

Monday's pact seeks to enhance cooperation through a range of activities, including: Aligning greenhouse gas reduction programs and strategies; Collaborating on fire emergency response along the border and other climate change adaption strategies; Improving air quality, including reducing pollution and expanding markets for clean energy technologies; and Strengthening fuel and truck efficiency standards and supporting green freight initiatives.

"In line with the priorities of the Mexican Government for the forestry sector, the Memorandum of Understanding signed today with the State of California lays down the conditions and excellent opportunities for mutual cooperation to strengthen our capacity to prevent and respond to forest fires, a key issue in our common border," said Mexican National Forestry Commission Director General Jorge Rescala Pérez.

The agreement with Mexico comes on the heels of similar agreements signed in 2013 with the governments of British Columbia and the states of Oregon and Washington and China's National Development and Reform Commission - the first agreement of its kind on climate change between the commission and a subnational entity. For the past

several years, the California Air Resources Board and Quebec have worked together to fully harmonize their cap-and-trade programs.

The Governor first announced the Trade and Investment Mission to Mexico in his 2014 State of the State address and met with Mexican Consuls General from cities across California in March. Last week, ahead of the trip, Governor Brown met with Mexico's Secretary of Foreign Affairs José Antonio Meade Kuribreña in Sacramento and invited Mexican President Enrique Peña Nieto to meet later this year in California.

The Governor is joined on the Trade and Investment Mission to Mexico by a delegation of state legislators and senior administration officials. A delegation organized by the California Chamber of Commerce with the help of the California Foundation for Commerce and Education that includes approximately 90 business, economic development, investment and policy leaders from throughout California is also participating in the trade mission.

For more information, visit [www.business.ca.gov/MexicoTrade.aspx](http://www.business.ca.gov/MexicoTrade.aspx). ★

Source: The office of Governor Edmund G. Brown

## Governor Brown Announces Appointments for July

**SACRAMENTO, CA (MPG)** - Governor Edmund G. Brown Jr. recently announced the following appointments.

**Daniel Curtin, 66 of Carmichael**, has been appointed to the California Water Commission, where he has served since 2010. Curtin has been director of the California Conference of Carpenters since 2001, where he was a legislative advocate from 1987 to 2001. He was chief deputy director at the California Department of Industrial Relations from 1999 to 2001. This position requires Senate confirmation and the compensation is \$100 per diem.

**Patricia Kinnard, 63, of Sacramento** has been appointed special assistant at the Office of the State Librarian. Kinnard has been a staff services analyst at the California State Library since 2008, where she was an office technician from 2005 to 2008. She served as an executive secretary at the California Department of Transportation in 2007 and was a clerk at American River College from 2004 to 2005. Kinnard was a librarian at Cordova Garden Elementary School from 2000 to 2005 and a library clerk at Cordova High School from 1999 to 2000 and at Peter J. Shields Elementary School from 1995 to 1999. This position does not require senate confirmation and the compensation is \$58,848. Kinnard is a Republican.

**Marta Green, 35, of Rocklin**, has been appointed chief deputy director at the California Department of Managed Health Care, where she has served as deputy director of communications and planning since 2012. Green served in multiple

positions at the California Health and Human Services Agency from 2010 to 2012, including associate secretary of media relations and assistant associate secretary of health care reform. Green was assistant director of external affairs at CaliforniaVolunteers from 2007 to 2010 and was acting assistant associate secretary at the California Health and Human Services Agency from 2006 to 2007. She was a senior information officer at the California Department of Rehabilitation from 2005 to 2006 and served in multiple positions at the California Department of Transportation from 2000 to 2005, including information officer and right-of-way agent. This position does not require Senate confirmation and the compensation is \$124,872. Green is registered without party preference.

**Kimberly Delfino, 46, of Sacramento**, has been appointed to the California Water Commission, where she has served since 2010. Delfino has been California program director at the Defenders of Wildlife since 2000. She was legislative director at the California Public Interest Research Group in 2000 and staff attorney at the U.S. Public Interest Research Group from 1997 to 2000. Delfino was an associate attorney at Meyer Glitzenstein and Crystal from 1994 to 1997. Delfino earned a Juris Doctor degree from the University of the Pacific, McGeorge School of Law. This position requires Senate confirmation and the compensation is \$100 per diem. Delfino is registered without party preference.

**Anthony Saracino, 55, of Sacramento**, has been appointed

to the California Water Commission, where he has served since 2010. Saracino has been a water resources consultant since 1995. He was principal at Saracino and Mount LLC from 2012 to 2013 and was California water program director at the Nature Conservancy from 2005 to 2012. Saracino was principal at Schlumberger Water Services from 2001 to 2005 and president of Saracino-Kirby Inc. from 1999 to 2001. He is a member of the Water Education Foundation. Saracino earned a Master of Science degree in geology from Colorado State University. This position requires Senate confirmation and the compensation is \$100 per diem. Saracino is a Democrat.

**Michael Erickson, 70, of Gold River**, has been appointed to the California Board of Psychology, where he has served since 2010. Erickson has been a clinical and forensic psychologist in private practice since 1980. He was assistant clinical professor of psychiatry and clinical instructor at the University of California, Davis School of Medicine from 1987 to 2003 and clinical psychologist and acting director for the Eskaton-American River Mental Health Center from 1975 to 1980. Erickson was a management psychologist at the Weyerhaeuser Company from 1973 to 1975 and served as a Peace Corps volunteer in Colombia from 1965 to 1967. Erickson earned a Doctor of Philosophy degree in clinical psychology from the University of Oregon. This position does not require Senate confirmation and the compensation is \$100 per diem. Erickson is a Democrat. ★

Source: The office of Governor Edmund G. Brown



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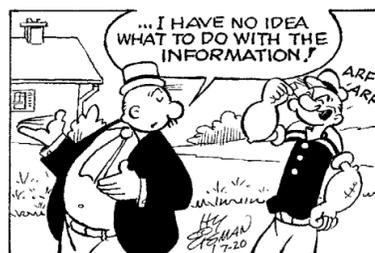
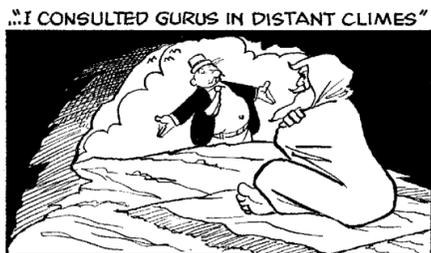
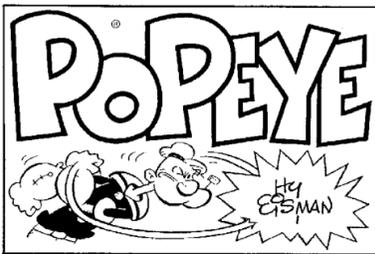
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Kevin Kitrell Ross

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Club Meetings

Wash Inc. No Summer Meeting • Next Meeting September 8, 2014 1:30 pm

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Exhibition Schedule

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

### Salome's Stars

**ARIES (March 21 to April 19)** Technology snafus tax your patience. But before you throw that computer or other bulky hardware into the trash, take a deep breath and call someone knowledgeable for help.

**TAURUS (April 20 to May 20)** Don't be too upset if your generosity goes unappreciated. These things happen, and rather than brood over it, move on. A new friend could open up some exciting new possibilities.

**GEMINI (May 21 to June 20)** A loved one helps you get through an especially difficult emotional situation. Spend the weekend immersed in the body and soul restorative powers of music and the other arts.

**CANCER (June 21 to July 22)** You are pretty much in charge of what you want to do this week. However, it might be a good idea to keep an open mind regarding suggestions from people you know you can trust.

**LEO (July 23 to August 22)** Another chance to shine (something always dear to the Lion's heart) might be resented by others. But you earned it, so enjoy it. The weekend brings news about a family member.

**VIRGO (August 23 to September 22)** A suggestion that never took off could become viable again. Dust it off, update it if necessary, and resubmit it. In your personal life, a new relationship takes an "interesting" turn.

**LIBRA (September 23 to October 22)** Confronting a new challenge to your stated position could work to your advantage by settling all doubts once you're able to present a solid defense backed up by equally solid facts.

**SCORPIO (October 23 to November 21)** You enjoy doing nice things for others. But this is a good time to do something nice for yourself as well. You might want to start by planning a super-special getaway weekend.

**SAGITTARIUS (November 22 to December 21)** Some changes you feel you need to make might be reasonable and appropriate. But others might lead to new problems. Think things through carefully before you act.

**CAPRICORN (December 22 to January 19)** Good instincts usually keep the sure-footed Goat on the right path. So, what others might see as stubbornness on your part, in fact reflects your good sense of what is worth supporting.

**AQUARIUS (January 20 to February 18)** A period of introspection could lead to some surprising conclusions -- and also equally surprising changes -- involving a number of your long-held positions on several issues.

**PISCES (February 19 to March 20)** The financially practical Pisces might want to take a sensible approach to spending as well as investing. Being prudent now pays off later. A romantic situation moves into another phase.

**BORN THIS WEEK:** Your sense of curiosity keeps you continually alert for what's new about people, places and things..

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**Thought for the Day:** "If you can't get rid of the skeleton in your closet, you'd best teach it to dance."  
— George Bernard Shaw

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COUCH THEATER -- DVD PREVIEW

BY SAM STRUCKHOFF  
EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of July 28, 2014.

**PICKS OF THE WEEK**



Brenton Thwaites, Karen Gillan in "Oculus"

**"Divergent" (PG-13)** -- In a grimy gray futuristic version of Chicago, people are assigned to groups based on personality types and aptitudes. Teenage Triss (Shailene Woodley) is a Divergent -- she doesn't fit into any of society's groups. An uptight faction ruler hatches a plot to exterminate the Divergents, forcing Triss to team up with a hunky peer named Four (Theo James) in a fight against the forces that keep humanity contained.

This is the latest young-adult fiction sensation to jump from book to big screen. Viewers will notice some stark similarities to other movies spun from young-adult novels -- a strong female protagonist in a dystopian setting forced to fight against an oppressive society, for starters. Unfortunately for this semi-sleek thriller, it does not stand a chance in a head-to-head challenge with "The Hunger Games."

**"Oculus" (R)** -- Two young siblings, Kaylie and Tim, fall victim to a cruel supernatural evil lurking inside an old mirror. The spirits of the mirror kill the kids' parents

and make young Tim look like the murderer. Now grown up, the brother and sister (Karen Gillan and Brenton Thwaites) are determined to prove to the world that the mirror is truly evil, clearing Tim of any guilt. As they try to document the terror that ruined their lives, Kaylie and Tim are forced to relive the nightmare of their childhood.

This family-based horror flick goes for the suspense-and-atmosphere style of scares, and doesn't do much with gore-and-guts. It's a slow burn. The film bounces back and forth between the childhood trauma and the adults who are trying to deal with it -- it builds the dread if you're able to ride with it.

**"God's Not Dead" (PG)** -- In a college introduction to philosophy class, the first assignment is to write "God is dead," on a piece of paper and sign your name. Josh (Shane Harper) is a freshman student who refuses to forsake his faith, and he is then challenged to prove God exists and debate the professor in front of the class. This is all stretched out by a bunch of subplots where all non-Christians are hilariously awful people. There's even a cameo by some "Duck Dynasty" people, for some reason. This movie only knows how to preach to the choir.

**"Twelve O'Clock Boys" (NR)** -- This short documentary explores an urban phenomenon: dirt bikes and four-wheelers screeching down the street of Baltimore's poorest neighborhoods. The Twelve O'Clock Boys are a local nuisance who do stunts on their illegal vehicles, able to elude a cash-strapped police force operating under a no-chase policy. The documentary follows "Pug," a little boy who dreams of nothing more than riding with the gang.

**TV RELEASES**  
"Community: Season 5 -- DVD"  
"Last Tango in Halifax: Season 2"  
"Top Gear 21"  
"Californication: Season 7"  
"The Broker's Man, Series 2"  
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• If you have a little bit of touchup paint left in your gallon can, transfer it to a mason jar. Write the exact color and brand on the lid, and it will be much easier to store.

• "Our basement was dark and a little claustrophobic. My husband painted it a lovely sunny yellow and that helped, but it needed something else. I took a photo of the spectacular view at our son's house in Montana, and had the photo blown up. We mounted it on the wall with some dummy curtains! It's perfect, and it reminds me of him." — R.W. in New York

• Need to chill a bottle of wine quickly? Wet a kitchen towel, then wrap it around the wine. Twist the ends to secure, and put the whole thing in the freezer for 30 minutes.

Send your tips to Now Here's a Tip, c/o King Features Weekly Service, P.O. Box 336475, Orlando, FL 32853-6475 or e-mail JoAnn at heresatip@yahoo.com.

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**Blooms at night**

Trees and shrubs such as lindens, basswood, summersweet, French lilacs and mockoranges give out their fragrances at night. Some night-blooming perennials are Honeybells hosta and daffodils. Annuals like heliotrope, night-scented stocks and jasmine-scented tobacco also provide wonderful scents in the evening.

Sources: www.northscaping.com and forums.gardenweb.com/forums/moon/

**top ten**

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9. Coin jars
10. Your identity

Source: SimpliSafe

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### CLUES

- CROSSWORD**
- ACROSS  
 1. Shrub or tree especially common in Africa  
 6. \*"Toy Story" child antagonist  
 9. "That was close!"  
 13. \_\_\_-\_\_\_-la  
 14. \*He confronted Jafar in Disney's "Aladdin"  
 15. This one should beware  
 16. Asteraceae flower  
 17. Presidential election month  
 18. State indirectly  
 19. \*Cuckoo's nest guardian  
 21. Open-mouthed  
 23. Fa follower  
 24. December stone  
 25. Fitting  
 28. Embarkation location  
 30. \*"The Exorcist" possessor  
 35. Brooding  
 37. Last word in radio transmission  
 39. Flax plant fabric  
 40. Calcium oxide  
 41. \*He's evil in "the Jungle Book"  
 43. Penpoints  
 44. Hipbone-related  
 46. Like the White Rabbit  
 47. \_\_\_ Crawley, The Countess of Grantham  
 48. The enlightened one  
 50. Post-deductions amount  
 52. "Uh-uh"  
 53. To a remarkable degree, in U.K.  
 55. \_\_\_ or decaf  
 57. Right-hand page  
 59. \*"Seven" sadist  
 63. Floorboard sound  
 65. \_\_\_ Beta Kappa  
 67. Spacious  
 68. Ancient  
 69. Bro or sis  
 70. Amnion, pl.  
 71. "\_\_\_ all work out"  
 72. \*All about her  
 73. Egg holders
- DOWN  
 1. "The first \_\_\_ I see tonight"  
 2. "Major" animal  
 3. \*He played a sociopath in "The Talented Mr. Ripley"  
 4. Smart \_\_\_ pl.  
 5. Drive-in employee  
 6. Sometimes used for timing  
 7. U.N. labor agency  
 8. Parlor piece  
 9. Shoe option  
 10. Sensational promotion  
 11. Moray \_\_\_  
 12. Kind of humor  
 15. With two axes  
 20. Poet T.S.  
 22. To swindle or cheat  
 24. Kitchen herb  
 25. Wing it  
 26. WWI French soldier  
 27. Abnormally distended, especially by fluids  
 29. \*Funny and a Dr.  
 31. Dietary mineral  
 32. "For better or worse?"  
 33. Camouflaged equine  
 34. Take back what one said  
 36. Decode letters  
 38. Network of nerves  
 42. Old but in  
 45. \*No ordinary doll  
 49. Aardvark's meal morsel  
 51. Ali Khamenei's capital  
 54. Bush thicket  
 56. Lawn ornament  
 57. Bona fide  
 58. \*Voice of Darth Vader, James \_\_\_ Jones  
 59. Be compatible  
 60. Cheadle and Rickles  
 61. Bypass  
 62. Unfledged or nestling hawk  
 63. Fraternity letter  
 64. Process of decay  
 66. It destroys helper T cells

CROSSWORD													
1	2	3	4	5	6	7	8	9	10	11	12		
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71						72				73			

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3	2							

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

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Sudoku Puzzle on Page 10

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FICTITIOUS BUSINESS NAME STATEMENTS

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 FBNF2014-06544. 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 2, 2014. VAPEBOX 140709 08-07-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-05927. Morgan Spiller, 1000 Fulton Avenue #15, Sacramento, CA 95825 is doing business under the Fictitious Business Names "One and Eight Design and One and Eight Designs" at 1000 Fulton Avenue #15, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on July 16, 2014. PUBLISH: July 24, 31, August 7 and 14, 2014. ONEANDEIGHT 140716 08-14-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-06137. G Punjab TV USA LLC, 40W 39 Street, New York, NY 10018 is doing business under the Fictitious Business Names "G Punjab TV USALLC and Global Punjab TV" at 5109 Gibbons Drive #13, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on July 25, 2014. PUBLISH: July 31, August 7, 14 and 21, 2014. GPUNJAB 140725 08-21-14

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-0016620
WHEREAS, Thomas Paul and Melissa Fuller, have filed a petition with this court for a decree changing the names of Rebecca Mae Meehan to Rebecca Mae Fuller IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on September 4, 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 9, 2014. Raymond M. Cadei, Judge of the Superior Court. PUBLISH: July 17, 24, 31 and August 7, 2014. FULLER 140709 08-07-14

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-0016644
WHEREAS, Lauren Nicole Skees, has filed a petition with this court for a decree changing the name of Lauren Nicole Skees to Lauren Nicole Bertolani. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on September 22, 2014, in Department 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 23, 2014. Raymond M. Cadei, Judge of the Superior Court. PUBLISH: July 31, August 7, 14 and 21, 2014. SKEES 140723 08-21-14

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT 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

ORDER TO SHOW CAUSE CHANGE OF NAME

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-0015932
WHEREAS, Danielle Conley, has filed a petition with this court for a decree changing the names of Tatyana-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

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

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 16, 2014. David I. Brown, Judge of the Superior Court. PUBLISH: July 17, 24, 31 and August 7, 2014. SMITH 140702 08-07-14

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00165442

WHEREAS, Rachael Ronke Lepe, has filed a petition with this court for a decree changing the names of Rachael Ronke Lepe to Rachael Ronke Omole IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on August 22, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. 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 25, 2014. Raymond M. Cadei, Judge of the Superior Court. PUBLISH: July 17, 24, 31 and August 7, 2014. LEPE 140710 08-07-14

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00166022

WHEREAS, Adam Fasolo and Pamela Aragon, have filed a petition with this court for a decree changing the names of Raylana Rene Aragon to Raylana Rene Fasolo IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on September 5, 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 9, 2014. Raymond M. Cadei, Judge of the Superior Court. PUBLISH: July 17, 24, 31 and August 7, 2014. FASOLO 140709 08-07-14

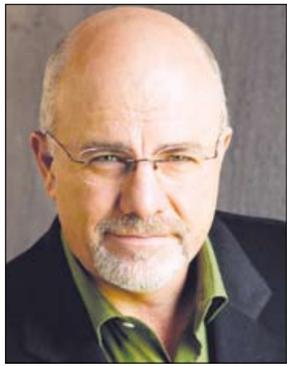
COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00166202

WHEREAS, Peter M. Noble and Laura S. Wong, have filed a petition with this court for a decree changing the name of Kathryn Isabella Kensington Noble to Kathryn Isabella Noble. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on September 23, 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 23, 2014. Raymond M. Cadei, Judge of the Superior Court. PUBLISH: July 31, August 7, 14 and 21, 2014. NOBLE 140723 08-21-14

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10 X 10 Storage Unit at 8310 Sunrise Blvd at 6:00 a.m. on 8-3-14. Call Manager Dave at 349-6007. Published: July 31, 2014. DOMON 140725 73/14



# Dave Says

Chapter 13 bankruptcy is a payment plan structured over five years. In it, you have to pay all of your secured debt. If it has a lien on it, you pay 100 percent to keep the item. You also have to pay a portion of your unsecured debt. Again — like in Chapter 7 — debt to the IRS, child support and student loans don't go away. For any other unsecured debt, you can pay a percentage of what's owed. An overall payment plan is developed, and you make those payments for five years.

I'm not a big fan of either one.  
- Dave

### 100% Mortality Rate

Dear Dave,  
Do you think it's unreasonable to ask my 76-year-old husband to have a will drawn up? He had one made when we lived in Florida, but we moved to Georgia. He won't do it, because he says wills aren't recognized in Georgia.  
- Cam

Dear Cam  
Wills aren't recognized in Georgia? Where did he get his legal advice, in a bar or pool hall?  
Okay, let's straighten this out.

The will he had drawn up in Florida wouldn't be recognized in Georgia, but he could have one made in Georgia that would be absolutely valid and legal. Everyone: No matter where you live, you need a will. If you die without a will in place, your family has to go through the court and jump through all sorts of hoops to settle the estate. The process can take several months. No one should leave their loved ones in that kind of predicament, when having a will drawn up is such a simple an inexpensive process.

Everyone needs a will, Cam. Human beings have a 100 percent mortality rate, okay? No one is getting out of this thing alive. You need a will, a full estate plan with specific instructions on what to do with all your stuff after you die!  
- Dave

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



# POPPOFF!

with Mary Jane Popp

### LETHAL EATING

He's an ER Doc, and he's just about seen it all. The stories Dr. Bob Slay can tell you would absolutely slay you. I know...sorry! Couldn't resist! Anyway, Dr. Bob battled with his own issues like weight control. So he and wife, co-author doctor wife, came up with some great ideas for weight loss in "The Battle Buddy Diet." 2 Docs, 4 Weeks.

Victory. But what caught my attention is his list of 12 lethal foods we should never eat. I'd like to survive my eating habits in order to try the diet. So here are the foods that should be on our 'no-no' list.

- 1. NO FLOUR** or any bread products made from processed grain. If the ingredients include the word flour, don't buy it.
- 2. NO "BAD FATS"** such as beef, pork, or any type of mammal meat (except game meat). If it has fur, eyes, and a mother, don't eat it. And do not eat it if it has feathers and comes from an egg.

**3. No fast food almost Never!** If you are forced into a fast food joint, look for a low or no fat salad with low fat vegetable oil dressing, or balsamic vinegar.

**4. NO DAIRY FAT.** No dairy products. Sorry about the ice cream. Dairy fats are lethal fats.

**5. NO FRIED FOODS** of any type and that especially includes: the so-called 'vegetable' French Fries. Deep-fried anything, tempura, pan fried foods, donuts, funnel cake, hash browns, and fried seafood are absolutely lethal.

**6. NO BAKED GOODS.** Watch out for the low fat muffin or the fat-free cookies. They frequently have high carbohydrate load, flour, sugar and highly caloric. Crackers, cookies, pretzels, cupcakes, and baked chips are lethal.

**7. NO SUGARED SOFT DRINKS OR FRUIT JUICES.** They are high in sugar (20 grams) or fructose and sodium and have lots of empty calories.

**8. NO ALCOHOL OR STRICTLY LIMIT INTAKE** to two ounces a day or less and make it red wine.

**9. NO ANIMAL FAT, SATURATED COOKING OILS** especially lard and butter, high in saturated fats. Avoid coconut oil, peanut oil, and corn oil.

**10. NO MILK, EVEN FAT-FREE** since it contains a high carbohydrate and sugar load ( 12 grams), in an 8 oz glass, and is highly caloric (90 calories).

**11. NO WHITE RICE OR WHITE POTATOES.** Use brown rice and yams instead.

**12. NO SWEETS, CANDY OR PASTRY DESSERTS** including : milk chocolate (mixed sugar and milk), candy, crepes, pies, cheese cake, fruit tarts, pastries, fruit cobbler, ice cream, and the ubiquitous donut holes.

Any food made with sugar is not needed by your body. Sugar is super lethal and directly linked to the development of diabetes and obesity. **NO SUGAR EVER!!!**

Now I have to be honest with you. My first thought is **WHAT'S LEFT !!?#!?** The good Doc is also a stand-up comedian, and I hope some of this was tongue and cheek, but I have a suspicion, he really means it. Anyway, that's what he told me and so I'm passing it on. You can find out more information at [www.battlebuddydiet.com](http://www.battlebuddydiet.com). He is also the spokesperson for LAUGHMD because he believes laughter brings healing to hospital patients. Now he's talking my language. *Keep a smile on your face and do the BEST YOU CAN!!! STAY WELL!* ★

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# COMMENTARY

## One Jew's Open Letter to the World

*Israel - Liberty Counsel received this from a friend in Israel: one man's story from inside the only democracy in the Middle East.*

**ISRAEL (MPG)** - It has taken me some days to write down something coherent ... but this is how I feel tonight. I feel like I weigh 500 pounds. Everyone I know feels like they are walking through water. And sad. We are all so very, very sad.

This is what I know right now, today:

The ugliness, the venom and sheer, violent hatred you are seeing in Paris, London, Berlin, LA, Boston, Denver.... this is just the beginning.

We Jews are the canaries in the coal mine for all of humanity. Today, they are throwing bricks at synagogues and smashing chairs and saying "Kill the Jews."

Tomorrow it will be someone else.

Do the French really think these people will protect and safeguard the treasures of the Louvre? Do Londoners really think these people will cherish the symbols of the British Empire? Does anyone really think this is only about Israel and the disputed territories?

Today it is Israel, tomorrow it will be you.

Maybe that is why everyone gets so disproportionately annoyed about this conflict. Because everyone knows after us, it gets real personal ...

Seeing these violent protests, hearing the sickening screams for death, we Israelis understand better than ever we must fight for every square inch and with all we have. It matters not how much better our military is, how much more precise our targets can be. It only matters that when the smoke clears Hamas is disarmed, destroyed, disabled and defeated. Forever.

Hamas. NOT the people of Gaza. I feel so very sorry for them. Sorry they were misguided and elected these lunatics. Sorry that in their desperation they allowed Hamas to fill the empty bedrooms next to

their children's room with rockets. Sorry that their leaders have mansions and swimming pools and are sitting in air conditioning in another city while they are sweating and wondering where the roof over their houses went (if not the house itself). Sorry that they have been brought up with no inkling of who Israelis are nor what compromise is.

Defeating Hamas will be a big problem for the power brokers because shame and honor are all that matter in this part of the world. Honor in the Middle East does not come from whether your children are literate, how successful you are, how much money you make, how civilized your community is, nor how many paved roads you have, and whether or not you have garbage collection and recycling. Here in this part of the world—for Hamas, honor comes from getting revenge.

For them revenge is everything. For them revenge is the only thing.

Remember, we left Gaza. There was no blockade. They were free to build a model democracy—the first successful, shining taste of the new, proud Palestine. But they didn't want that kind of success ...

Fool me once, shame on you.

Fool me twice, shame on me.

We will not be fooled again.

We have nowhere else to go. And the rockets won't stop. The folks in Ashkelon cannot shower, have a bowel movement, get more milk or walk a dog without wondering if they are taking their lives in their own hands.

There is another Gaza underneath Gaza. Hamas could have built hundreds of schools, paved thousands of roads, built hundreds of kindergartens with the cement and iron they have used to build these underground bunkers and tunnels (and you wondered why Israel put a blockade on bringing building supplies into the Gaza strip?).

These tunnels to hell are filled with ammunition. And no women or children, not a single elderly person is brought to safety there. They want them on the street - on the roof, standing right behind - nice and close to the terrorist firing the

rocket. Hamas has refused to let journalists out of Gaza. Why? They need them to take pictures and record the carefully staged piles of bloody children and women. If the journalists leave, they have lost the vehicle for distributing their bloody ad campaign.

Hamas asked for a cease-fire.

And they broke it.

They break every single one. Israel is setting up a massive field hospital to treat our enemies. From 8 p.m. on tonight, there will be a working maternity ward, an operating theater ... a working hospital. For ... our enemies.

We are going to lose more boys. Last night we lost 13. With each day we are going to lose more. But everyone here now understands this is a fight to the death. It is them or us.

They cannot compromise, and they don't want peace or to share or to negotiate. They want revenge even if it means killing their own people.

So we have to go in there and do things none of us want to do, but we have to.

So this is why we are all so sad. Israelis want peace so badly.

But we also desperately want to live. We love life, and we are not about to let anyone, let alone a bunch of deranged thugs take it away from us.

So yes, this is a fight to the death for both sides.

Remember, if they win, you are next.

If we win, those symbols of civilization that everyone takes so for granted will remain standing and everyone will criticize and complain about disproportionate responses and war crimes and all kinds of other irrelevant nonsense, but secretly I think everyone will be heaving a sigh of relief.

Liberty Counsel is an international nonprofit, litigation, education, and policy organization dedicated to advancing religious freedom, the sanctity of life, and the family since 1989 by providing pro bono assistance and representation on these and related topics. ★

Source: Liberty Counsel

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

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

**For Further Information:**  
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FairOaksTheatreFestival.com

Fair Oaks Theatre Festival  
Veterans Memorial Amphitheatre,  
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Fair Oaks, 95628

# Sacramento River Cats

S	M	T	W	T	F	S
		1	2	3	4	5
		7:05 FRES	7:05 FRES	7:05 FRES	RENO	RENO
6	7	8	9	10	11	12
RENO	FRES	FRES	FRES	FRES	7:05 RENO	7:05 RENO
13	14	15	16	17	18	19
7:05 RENO	ALL-STAR BREAK		ALB	ALB	ALB	
20	21	22	23	24	25	26
ALB	ELP	ELP	ELP	ELP	TAC	TAC
27	28	29	30	31		
TAC	TAC	7:05 ALB	12:05 ALB	7:05 ALB		

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

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 Continued from Page 12

**NOTICE OF PUBLIC SALE OF LIENED PROPERTY**

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

Hazel Mini Stor  
 6108 Hazel Avenue  
 Orangevale, CA 95662

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

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

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

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

**NOTICE OF PUBLIC SALE OF LIENED PROPERTY**

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

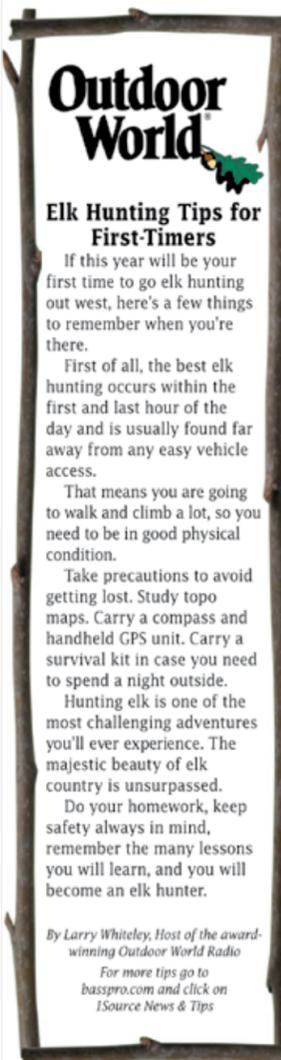
Auburn Blvd. Mini Stor  
 6230 Auburn Blvd.  
 Citrus Heights, CA 95621

On 08/07/14 at 12:00 PM in accordance with Section 21700 et seq of the Business and Professions Code of the State of California. The Auctioneer is Forrest O'Brien, Bond # 001040533207, telephone # (925) 679-8679. General Description of the goods: clothing; furniture; appliances; misc. household goods; bicycles, scooters, skateboards and similar misc. motorized & non-motorized transportation devices; hand/garden and power tools; construction equipment/tools and materials; musical instruments; exercise equipment; beds and bedding; misc. boxes/containers and bags, contents unknown; craft, art, hobby and pet supplies/materials; artwork; sporting goods incl. snowboard equipment; engine and auto parts and accessories; toys; electronic equipment; office furniture, machinery, equipment and supplies; large flat screen TV; SCUBA diving gear; child rocking horse; +/-5' cigar-store-type carved American Indian figure.

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

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

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



**Outdoor World**  
**Elk Hunting Tips for First-Timers**  
 If this year will be your first time to go elk hunting out west, here's a few things to remember when you're there.  
 First of all, the best elk hunting occurs within the first and last hour of the day and is usually found far away from any easy vehicle access.  
 That means you are going to walk and climb a lot, so you need to be in good physical condition.  
 Take precautions to avoid getting lost. Study topo maps. Carry a compass and handheld GPS unit. Carry a survival kit in case you need to spend a night outside.  
 Hunting elk is one of the most challenging adventures you'll ever experience. The majestic beauty of elk country is unsurpassed.  
 Do your homework, keep safety always in mind, remember the many lessons you will learn, and you will become an elk hunter.  
 By Larry Whiteley, Host of the award-winning Outdoor World Radio  
 For more tips go to [basspro.com](http://basspro.com) and click on 1Source News & Tips

# California Environmentalists and Health Groups Unite, Call on Gov. Brown to Halt Fracking.

**SACRAMENTO REGION, CA (MPG)** - The California environmental movement today declared its unanimity in calling on Gov. Jerry Brown to halt fracking in the state. Environmental leaders sent a letter signed by more than 70 environmental and health organizations to the governor urging him to be a true climate leader and place a moratorium on dangerous and extreme oil extraction processes. The letter's signatories include national organizations such as the Natural Resources Defense Council, the Sierra Club, Center on Race, Poverty & the Environment and 350.org, as well as statewide groups including the California Nurses Association and Californians Against Fracking, a coalition of about 200 organizations.

In the Public Policy Institute of California's poll released Wednesday night, 54% of Californians oppose fracking, while 56% of adults in Central Valley and 55% in Los Angeles oppose these extreme extraction methods. The poll also finds that 65% of Californians favor the state making its own policies to address climate change.

"Californians want a halt on fracking in our state," said David Braun of Californians Against Fracking. "It is far past time that Gov. Brown listens to his constituents and lives up to his promise to be a national leader in combating climate change. The entire California environmental movement has united to call on Gov. Brown to stand up for the health and safety of California and our planet and stop fracking."

The letter delivered today to Gov. Brown states: "It's time for California to catch up with the other states that have acted to protect public health and the environment on this critical issue. Ramping up dirty oil production through fracking and other risky extraction techniques is at odds with California's clean energy, climate, water and air quality goals. It's time for you to do what is right for California and impose a moratorium now."

**Bill McKibben, Founder, 350.org:** "As the science has grown steadily clearer, fracking has come into sharper focus: it's a dead-end technology that takes our society away from where it needs to go, benefitting only the oil barons. Gov. Brown, who has been a leader

on so many environmental fronts in the past, needs to catch up with the science and lead here too!"

**Kathryn Phillips, Director, Sierra Club California:** "The evidence continues to mount that fracking threatens California's water, air and climate. Gov. Brown has the power - and the responsibility - to protect the state from calamity without doing harm to the economy simply by imposing a moratorium on these extreme oil extraction methods."

**Damon Nagami, Natural Resources Defense Council:** "Rushing ahead to expand fracking - which will further strain water supplies and risk contaminating the little that remains - during a record-breaking drought is dangerous and irresponsible. Californians have made it clear. We want the governor to take the time necessary to fully evaluate the risks and how to protect against them."

*Latest state poll shows majority of Californians oppose fracking; Governor Brown must stop fracking to address climate change, protect residents and conserve water.*

**Dr. Sandra Steingraber, Co-Founder, Concerned Health Professionals of New York and Americans Against Fracking:** "Throughout our history, California has been a standard-bearer in countless environmental and health movements. Once again, Californians and their environmental organizations agree on what the state needs to do to protect the health and safety of its communities. It is time Gov. Brown looks at the evidence and represents the growing number of Californians who support a stop to fracking."

**Dr. Robert Gould, President of Physicians for Social Responsibility:** "Fracking threatens to impose widespread impacts on the health of our communities and our children. By stopping fracking in California, Gov. Brown could prevent a potential increased risk of cancer, neurological and respiratory problems that could harm thousands of families in our state."

**Caroline Farrell, Executive Director, Center on Race, Poverty and the Environment:** "California on Gov. Brown's watch is currently using extreme oil extraction techniques like fracking in the very communities the state has identified as within the top 20 percent overburdened communities in the state. It is time to stop adding on to the burdens experienced by these communities and start investing in local renewable technologies that bring jobs without compromising community health."

Fracking uses huge volumes of water mixed with dangerous chemicals to blast open rock formations and release oil and gas. The controversial technique has been used in over 1,000 California oil and gas wells, endangering California's air, water, wildlife, public health and climate.

The draft fracking rules put forth by Gov. Brown's Division of Oil, Gas and Geothermal Resources allow regulators to rubber-stamp multiple fracking events and allow oil companies to conceal dangerous chemical use. Rife with weak protections and industry loopholes, these proposed rules do not consider the long-term and wide-ranging environmental, public health and economic consequences of fracking in California.

Last week, ProPublica reported that California officials have ordered an emergency shutdown of 11 oil and gas waste injection sites and a review of more than 100 others out of concern that companies are pumping fracking fluids and other toxic waste into drinking water aquifers.

In response to Gov. Brown's continued refusal to protect residents by stopping fracking, more and more California communities are moving forward with local measures to halt fracking and other extreme extraction methods.★

Source: BerlinRosen



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# Federal Judge Rules Gerawan Farmworker's Lawsuit Against ALRB Will Move Forward

**FRESNO, CA (MPG)** - U.S. District Court Judge Lawrence J. O'Neill ruled on July 24th that the lawsuit filed by a Gerawan farmworker against members of the Agricultural Labor Relations Board (ALRB) alleging civil rights violations will move forward to trial. In February of this year, Gerawan farmworker Silvia Lopez sued the gubernatorial appointees and regional staff alleging that their refusal to count the Gerawan farmworkers' decertification votes violated her 1st and 14th Amendment rights.

"Silvia and her co-workers have been fighting since last November to have their decertification votes counted. The ALRB regional staff and board have been repeatedly denying the farmworkers' constitutional rights. We are pleased that the judge ruled that our lawsuit can move forward," said Paul Bauer, Silvia Lopez's lawyer.

In November 2013, the

farmworkers at Gerawan Farms in Fresno held a lawful decertification election on whether to continue being represented by the UFW, which abandoned the workers more than 20 years ago. The ALRB has refused to count the ballots, which have remained locked at the ALRB since the election was held. In response, farmworkers have demonstrated at the ALRB offices in Visalia and Sacramento and Ms. Lopez sued the ALRB board members for violating her constitutional rights by continuing to refuse to count the ballots.

After Ms. Lopez sued the board in February, the ALRB general counsel filed a motion to dismiss the lawsuit against members of the board and the regional director. In the decision handed down, Judge O'Neill ruled that the part of Ms. Lopez's suit alleging 14th amendment rights could not move forward, but ruled that the part

alleging violations against her 1st Amendment rights of association will move forward. A trial date on this lawsuit will be set in the coming months.

"I am happy that I will get to face the members of the ALRB and regional director at a trial. My co-workers' and my rights have been denied for more than 280 days. It's not right. I'm glad that the judge saw that I have a real case and will let part of my lawsuit move forward. All the farmworkers want is to have our votes counted. We will not stop fighting to have our voices heard and our rights protected," said Silvia Lopez, who is one of thousands of Gerawan farmworkers fighting to get rid of the United Farm Workers union.

To learn more about the farmworkers' fight, visit [www.farmworkerrights.com](http://www.farmworkerrights.com). ★

Source: Farmworker Rights

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- SATURDAY** **Sacramento Midtown Farmers Market**  
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- SATURDAY** **Sunrise Mall Farmers Market**  
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- 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
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8101 Sunset Ave. (New Life Church). Seasonal - Opens 4/16. 3 pm - 7:00 pm
- WEDNESDAY** **VA Mather Farmers Market**  
10535 Hospital Way (VA Hospital). Seasonal - Open Now. 9 am - 1 pm

For more information: [www.bemoneysmartusa.org](http://www.bemoneysmartusa.org)

## Sacramento County DA Report

Recent case of interest



**CASE: Jake Clark (07/25/14)**

**PROSECUTOR: Deputy District Attorney Kevin Greene, Homicide Unit**

District Attorney Jan Scully announced today that the Honorable Greta Curtis Fall sentenced Jake Clark to 3 years plus 25 years to life in prison. On June 17, 2014, a jury convicted Clark of first-degree murder. The jury also found an arming allegation to be true. In December 2011, Sacramento police officers responded to a call of a male shot on Interstate 80 at Norwood Avenue. Upon arrival, officers found a male who had been shot in the upper body.

He was transported to the hospital where he was declared dead.

In March 2013, Jake Clark was arrested for shooting and killing the victim Ghulam Ayobi. The victim's wife, Shajia Ayobi, was previously convicted of first-degree murder and sentenced to 26 years to life in prison.

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