



**Wild Things  
at Effie Yeaw  
Nature Center**

Page 3

**PLUS:  
Free Summer Lunch  
Program Returns to  
Four District Locations**

Page 12



# Carmichael Times

Volume 34 • Issue 24

Serving Carmichael and Sacramento County since 1981

June 12, 2014

**Life Changes  
in an Instant**



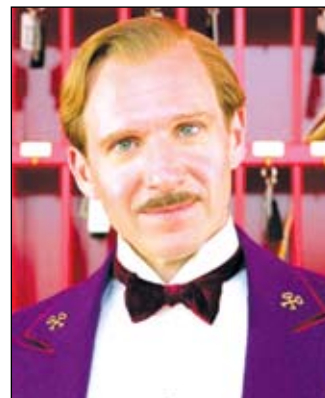
Page 10

**Passel of Pastors  
Graces Chamber  
Event**



Page 3

**Couch Theater  
DVD Previews  
The Grand  
Budapest Hotel**



Page 7

## Coppers, Choppers and Hot K-9s Sheriff Scott Jones Hosts Unity in the Community Picnic



Buddies in law. Sacramento County Sheriff Scott Jones (above center) joined his department's mascot Sergeant McGruff to welcome kids and parents to a barbecue at Gibbons Park. A helicopter landing and take-off was a star turn.



Inset: Chief Deputy Erik Maness (left) and Captain Phil Brelje grill free burgers and hot dogs for more than 250 guests.

Story and photos  
by Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** - A helicopter landing and displays by police canines thrilled throngs at a "Unity in the Community" picnic last weekend. More than 250 guests

enjoyed this outreach from the Sacramento Sheriff's Department. Complimentary barbecue lunches, bounce houses and face painting were available at the Gibbons Park, (Carmichael) event. Many children received free bicycle safety helmets. Visitors also got the lowdown on finger printing techniques and learned about law enforcement careers. SWAT teams were among the 50 uniformed officers and volunteers who shared family time with the public. Accompanied by his two young sons, County Sheriff Scott Jones hosted activities that will soon be repeated at other communities in the County's unincorporated area.

While high ranking officers sweated to grill hundreds of hot dogs, K-9 Unit dogs

were an even hotter attraction. Padded-out deputies demonstrated how daunting German shepherds Asko and Eko can be when duty calls. Handlers Sergeant Donna Cox and Deputy Anthony Jenkins showed how the snarling hounds could be halted on a dime by a single command. Children learned that the toothy law-keepers were also pussycats when off duty.

"The day was tremendously successful," said Sergeant Dean Pai of the Sheriff's Carmichael Service Center. "It was the Sheriff's way of humanizing his Department; showing people we want to be good neighbors. His officers are regular people who do regular stuff with their own families." ★

Learn more about Sacramento Sheriff's Department at [www.sacsheriff.com](http://www.sacsheriff.com)

## Increase in Whooping Cough Cases in California

**SACRAMENTO REGION, CA (MPG)** - Dr. Ron Chapman, director of the California Department of Public Health (CDPH) and state health officer, warned that the number of pertussis (whooping cough) cases is increasing in California.

CDPH has received reports of 1,711 cases of pertussis occurring from January through April 2014, more than triple the number of cases in the same period last year.

"Pertussis peaks in incidence every 3-5 years as the number of susceptible people in the population increases," says Dr. Ron Chapman. "As the last peak in California was in 2010, we are concerned that the recent increase in reported cases suggests that another cyclical peak is beginning."

Infants too young to be fully immunized remain most vulnerable to severe and fatal cases of pertussis. Most of the 77 hospitalized cases to date in 2014 have been in children three months of age or younger. This year's two pertussis deaths, the first reported in California since 2010, occurred in infants. To prevent severe pertussis in infants, CDPH recommends that pregnant women receive a pertussis vaccine booster during the third trimester of each pregnancy, and that infants be vaccinated as soon as possible.

More than 90 percent of this year's reported pertussis cases have been in children younger than 18 years of age, including 32 percent who were 14 through 16 years of age. Outbreaks of pertussis in elementary, middle, and high schools have been reported throughout the state.

It's important that both children and adults are up-to-date on their immunizations. Booster shots for pertussis are critical because, unlike some other vaccine-preventable diseases, neither the pertussis disease nor vaccine confers lifelong immunity.

To prevent pertussis, CDPH recommends that pregnant women receive a pertussis vaccine booster during the third trimester of each pregnancy, even if they've received it before. Infants should be vaccinated against pertussis as soon as possible. The first dose is recommended at two months of age but can be given as early as six weeks of age during pertussis outbreaks. Children need five doses of pertussis vaccine by kindergarten (ages 4-6).

California 7th grade students receive the pertussis vaccine booster as required by state law. Adults should receive a one-time pertussis vaccine booster, especially if they are in contact with infants or if they are health care workers who may have contact with infants or pregnant women.

The symptoms of pertussis

Continued on Page 13

## Rising Temperatures and Spring Snow Melt Prompt Water Safety Warning

**SACRAMENTO, CA (MPG)** - Water enthusiasts should take serious precautions against cold temperatures and swift currents when in or near water this spring.

Despite this year's below-normal snowfall, the spring snowmelt can still result in swift and cold river flows that can create treacherous conditions for all recreationists—waders, swimmers, paddlers, boaters, anglers, and even hikers cooling off at the water's edge. Lower water levels can also expose hazards or make them closer to the surface.

Pacific Gas and Electric Company (PG&E), California State Parks and its Division of Boating and Waterways (DBW) caution that even though the water content of California's mountain snowpack is below normal, the snowpack is rapidly melting as mid-spring temperatures continue to rise. As warmer weather and longer days speed up melting snow in mountainous regions, water temperatures will continue to drop and flows can change suddenly in waterways and reservoirs.

"We ask those enjoying the outdoors to be careful near mountain streams, rivers and reservoirs," said Randy Livingston, PG&E's Vice President of Power Generation. "Water flows will fluctuate with the warming and cooling of the day, so always be prepared for a change in conditions."

"Never get too comfortable around water when recreating, no matter how low the levels are," said Major General Anthony L. Jackson, USMC (Ret.), Director of California State Parks. "This



"We ask those enjoying the outdoors to be careful near mountain streams, rivers and reservoirs," said Randy Livingston, PG&E's Vice President of Power Generation. "Water flows will fluctuate with the warming and cooling of the day, so always be prepared for a change in conditions."

Continued on Page 4



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# WOW Fundraiser for Forgotten Warriors

**SACRAMENTO, CA (MPG)** - Forgotten Warrior is a non-profit organization in Sacramento that helps veterans in the community, and we are expanding! We are hosting an upcoming event called Welcome Our Warriors (WOW) to help fund the opening of a new shelter exclusively for veterans. The event will be an Art and Wine night on June 26th, and you are invited!

Our organization focuses on the needs of veterans and their families in the greater Sacramento area. Such needs may include acquiring VA benefits, temporary to permanent housing, health care, continuing education, and finding gainful employment. We also strive to meet the most immediate needs in emergency situations. The new shelter will focus on helping veterans suffering from PTSD and other ailments re-enter society.

Some of the Forgotten Warrior provides are:

**Food for Heroes:**

We feed 500 veteran families a week, we distribute foods to the homeless, disabled, elderly, and low income veterans in the Sacramento area and additional

surrounding counties.

**The Dream Catcher Project:** Under the direction of Wind Walker, this self-help/veteran to veteran life coaching program is designed to help veterans and their families learn how to deal with PTSD and other challenges and traumas associated with military service. Natural healing tools such as meditation, hypnotherapy, and herbal remedies are being used.

**Vets for Pets:**

Forgotten Warrior provides emergency funding to pay for veterinarian care of low income veterans' pets.

**Housing:**

Forgotten Warrior provides housing referrals and emergency assistance to address the overwhelming amount of homeless veterans in the five counties we serve. We are currently under-way building a 30 bed facility to help house some of this increasing population.

**Education:**

Veterans earn a Life Coach certificate by participating in a program that teaches them how

to adjust their belief system from anticipating failure and anticipating success. Veterans are referred to local colleges and universities and/or enroll in Dr. McQueen's career/academic assessment, counseling, and job training curriculum.

Please come out and show your support to the veterans on June 26<sup>th</sup> at this wine and hors d'oeuvres event, 6 p.m. to 9 p.m. at the Sacramento Art Complex, 2110 K Street. We are excited to note that we will have some lovely entertainment from three veterans: performer Daryl Black from X-factor, guest speaker Col. Randall Ball and artist Michael Rogan.

Tickets are \$45 in advance, \$50 at the door, or \$40 each in groups of five or more. Please consider joining us in our cause as we come together as a community to help our veterans.

For information and tickets, call (916) 533-9811 or visit [www.WelcomeOurWarriors.BrownPaperTickets.com](http://www.WelcomeOurWarriors.BrownPaperTickets.com).

Source: Forgotten Warrior

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**Summer Concerts in the Park**

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Held at the Carmichael Park Band Shell

6/14 *Departure, A Journey Tribute Band*

6/15 *Swing Masters, Swing/Big Band Music*

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# Wild Things a Wild Success for Effie Yeaw



Good Day Sacramento anchor Marianne McClary (left) was emcee. The youngest exhibitor was Carmen Sellas. Mom Dusty Sellas and artist David Peterson congratulated the 12-year-old on her landscapes.

Story and photos by Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** - In its fifth year, the Effie Yeaw Nature Center "Painting Where the Wild Things Are" fundraiser sold out and netted a record bottom line of over \$66,000.

The center has operated under the aegis of the American River Natural History Association since losing Sacramento County funding some years ago. Fundraiser proceeds will help the Carmichael facility and its 80-acre preserve keep founder Effie Yeaw's educational mission alive. Programs serve children and adult students from Sacramento and surrounding counties.

After silent auctions, nature themed art went under the hammer. The American River Parkway featured in many paintings, animal creations caused much paddle waving. Jeanette Morrow's ceramic running rabbit with squirrel passenger took second place in the juried exhibition and raised \$600. A heron sculpture caused a bidding flutter, selling for \$1,400. Turkey, deer, ducks and a swimming dog were also auctioned in effigy.

Judged "best of show," a Debbie Gualco painting of the American River bluffs at Fair Oaks fetched the auction's highest bid: \$5,500. Auction proceeds were split between the non-profit and participating artists.

In addition to art sales, a raise-the-paddle effort for Effie Yeaw's Urban Nature Project (enabling visits from schools in low-income areas) netted more than \$20,000 in pledges.



Debbie Gualco's portrait of American River bluffs was judged "Best of Show" and fetched the gala's highest bid. Auction proceeds were split between Effie Yeaw and participating artists.

"The auction was lively and some wonderful art went under the hammer," said Effie Yeaw spokesperson Betty Cooper. "After five years, we feel our fundraiser is really established on the community calendar." Learn about the Effie Yeaw Nature Center at [www.sacnaturecenter.net](http://www.sacnaturecenter.net). ★

## Passel of Pastors Graces Chamber Event

Story and photo by Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** - The Carmichael Chamber of Commerce recently farewelled former director Cary Duckett. Senior Pastor for the Church on Cypress, Alabama-born Duckett will continue his clerical career in Akron, Ohio.

He was among five ordained Chamber members breaking bread at the May Luncheon. Duckett's final duty to the organization was to offer a blessing on members' meals. Pictured above with Duckett -- from left -- were Pastor Rich Reimer (American River Community Church); Pastor Sam Gray (The Church on Cypress); Reverend Paul Scholl (Inter-Faith Ministry) and ordained elder Scott Young (Christ Community Church).

Sports enthusiast Duckett's farewell gift from the Chamber was an inscribed baseball glove and ball trophy. Learn about the Carmichael Chamber of Commerce at [www.carmichael-chamber.com](http://www.carmichael-chamber.com) ★



Departing Pastor Cary Duckett (seated center) was supported by brothers in faith from several community churches. The Church on Cypress leader will soon begin pastoral duties in Ohio.



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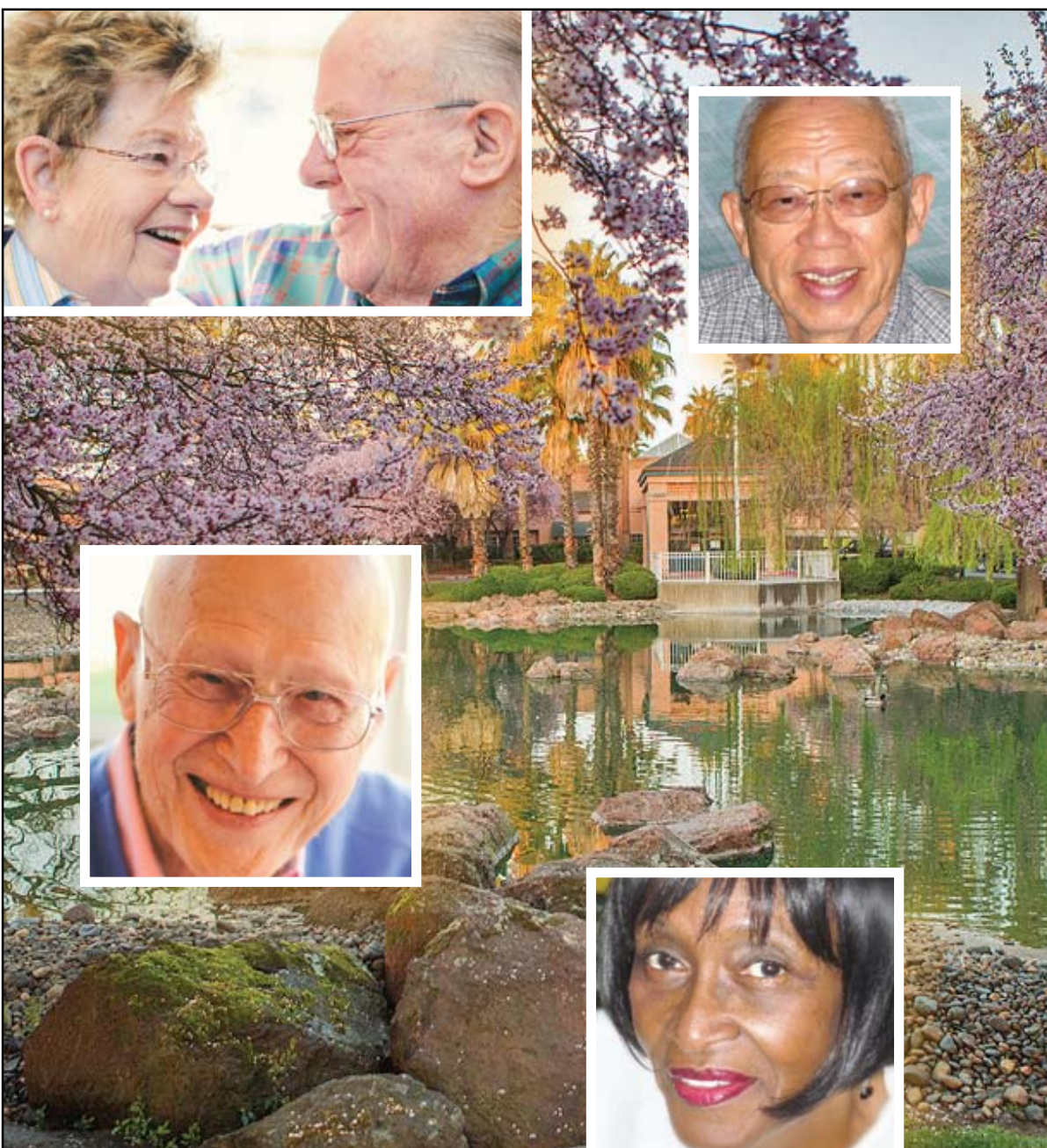
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## CARMICHAEL COMMUNITY UPDATE



**By County Supervisor Susan Peters**

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

### Please Practice Water Safety

The warm weather is here and the Department of Regional Parks is anticipating an active summer on the American River. To help insure youngsters enjoy the water safely, the American River Parkway Foundation is again funding loaner life jackets for the 2014 Kids Don't Float Program that are available at 7 sites along the American River Parkway, including Ancil Hoffman Park. This is the fourth year the foundation is providing life jackets.

The Foundation is also providing new signage at the life jacket distribution sites.

Each sign features the message that kids don't float and if they are under age 13 they must wear a life vest per the Sacramento County Ordinance and are invited to borrow a jacket and return it. For more information about the program, please visit regionalparks.saccounty.net.

### Targeting Potholes

Sacramento County's Department of Transportation recently conducted its Spring 2014 Pothole Sweep which is an intensified effort to identify and repair potholes -- and is part of continuous efforts to improve preventative maintenance for roadways in the unincorporated area.

Pothole sweeps are performed twice each year: in late spring to repair potholes cause by inclement winter weather and in the fall to ready road surfaces for the storm season. The most recent effort identified and filled 3,250 potholes in District 3.

There are over 5,400 lane miles of paved roadway in the unincorporated area.

Annually, 970 potholes are reported to Sacramento County. Besides those reports, SACDOT has an on-going program that checks road conditions resulting in 41,000 potholes on average being repaired each year.

If you know about a pothole, there is a simple way to report it by calling one number -- 311. Call center representatives are ready

Monday through Friday, 7 am to 6 pm to answer questions, route calls, and manage cases for verification and resolution.

### Musical Fun in Carmichael

Enjoy music under the stars by attending free summer night concerts at Carmichael Park, 5750 Grant Avenue, during June continuing into August.

For June there will be a total of six performances starting on Sunday, June 8, with the Speakeazy Jazz Orchestra. Saturday June 14, the headliner will be Departure--a Journey tribute band featuring songs of that classic rock group.

The next night enjoy big band tunes and swing music on Sunday, June 15, by the Swing Masters. Rounding out the month will be Z.O.O.M. -- Zydeco On Our Mind on Sunday, June 22, featuring Mardi Gras Jazz. And for the last weekend of June get ready for MANIA!, the former Beatles tribute band Because on Saturday, June 28. Then end on Sunday, June 29, with the Lincoln Highway, a 50's-90's Country/Rockabilly band.

All Carmichael concerts start at 6:30 p.m. A list of all the summer bands can be obtained by going online to [carmichaelpark.com](http://carmichaelpark.com). ★

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

# Four People Shot in Drive-By Shooting

**CARMICHAEL, CA (MPG)** - The Sacramento County Sheriff's Department is investigating a shooting that occurred around 12:30 a.m. on June 1st on the 6500 block of 46th Street. Multiple callers reported hearing shots fired in the area. When Deputies arrived, they assessed three shooting victims who were all transported to local hospitals with non-life threatening injuries. Approximately an hour and a half later, a fourth shooting

victim with non-life threatening injuries emerged from the same location, likely shot during the earlier incident.

It is not known if any or all of the shooting victim's know each other or how the incident began. Preliminary information has revealed that possibly more than one vehicle was involved in the shooting.

We are currently seeking information on the identity of the suspect(s) involved and

motive of this shooting. Anyone having information regarding this incident is asked 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

# Prostitution Arrests and Closure of Illegal Businesses

**CARMICHAEL, CA (MPG)** - The Sacramento County Sheriff's North patrol Problem Oriented Policing team has made an impact in ongoing complaints from the communities regarding illegal activity and acts of prostitution occurring at massage parlors around the north County.

In late April, POP Officers investigated ten (10) massage parlors which resulted in arrests from seven (7) of the locations. As a result of the arrests, each massage parlor business license and permits were seized as evidence. Their business information was forwarded to the Sheriff's Department Special

Investigations Unit for follow up.

During the month of May, two operations were conducted by the Sheriff's POP Officers who saturated the Watt Avenue / Auburn Boulevard corridor in response to community complaints. During the course of these operations, an additional 45 arrests were made for crimes involving illegal drugs, weapons, theft, counterfeit money, prostitution (including the solicitation of prostitution) and outstanding warrants. Over the course of these operations, the Sheriff's POP Team rescued five (5) female juveniles aged 13-15

years old who were engaging in prostitution activity.

The Sheriff's Problem Oriented Policing team recognizes that without the information from the communities regarding ongoing illegal behavior, they would not be able to begin to enforce permanent results to each issue. We continue to ask the public to report crimes in progress through our Sheriff's dispatch number of (916) 874-5115. Ongoing neighborhood issues can be reported by contacting their local POP Officers or reaching out to each patrol area commander on Nextdoor.com. ★

# Rising Temperatures and Spring Snow Melt Prompt Water Safety Warning

Continued from Page 1

year we are asking water enthusiasts to adjust with water-related activities to the drought conditions. Water conditions in some waterways are low enough to make for hazardous boating. It is also critical for everyone in or around the water to wear life jackets at all times, no matter if water levels are low."

"Spring is a wonderful time to recreate in California's waterways," said Sylvia Ortega Hunter, DBW's Deputy Director. "But please read the safety tips in this water safety warning because making a mistake could threaten the life of a loved one."

### Water safety tips:

- Know the Water**
  - Sudden immersion in cold water can stimulate the "gasp reflex," causing an involuntary inhalation of air or water. It can even trigger cardiac arrest, temporary paralysis, hypothermia and drowning. When faced with swift water, even the strongest swimmers may be easily overwhelmed.
  - Cold water entering the ear canal can cause vertigo and disorientation. This may confuse swimmers, causing them to venture deeper into the water.
  - Recreating in PG&E canals and flumes is strictly prohibited. Stay out of canals and flumes,

which are very dangerous due to slippery sides and fast moving water.

- Lower lakes and rivers can expose hazards like rocks and trees, or make them closer to the surface.

### Know your Limits

- Swimming in open water is more difficult than in a swimming pool--people tire more quickly and can get into trouble.
- Cold water causes impairment leading to fatalities. It reduces body heat 25 to 30 times faster than air does at the same temperature.
- Many unseen obstacles can be lurking below the water's surface. Swift water can make these obstacles even more treacherous. Guided trips for inexperienced paddlers are recommended.

### Wear a Life Jacket

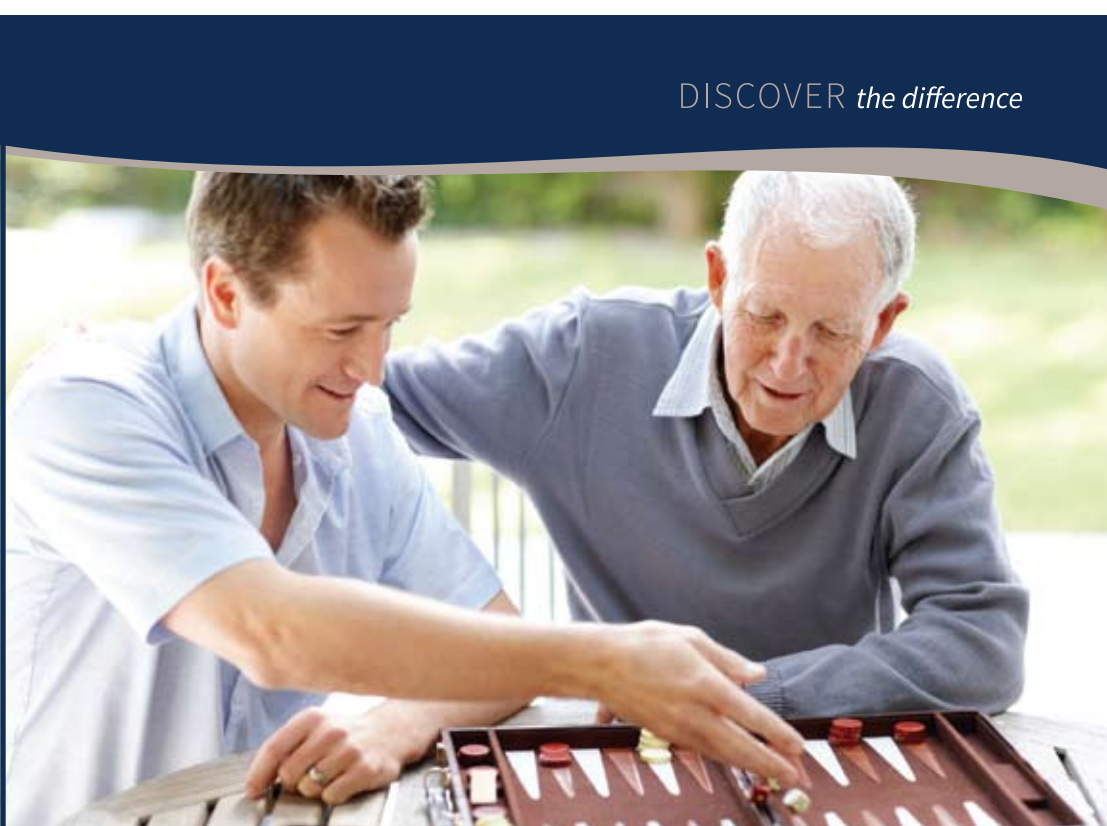
- Conditions change quickly in open water and even the best swimmers can misjudge the water and their skills when boating or swimming. Wearing a life jacket can increase survival time.
- A life jacket can provide some thermal protection against the onset of hypothermia and keep you afloat until someone else can rescue you.

### Parental Supervision

Actively supervise children in and around open bodies of water, giving them your undivided attention. Appoint a designated "water watcher," taking turns with other adults. Teach children that swimming in open water is not the same as swimming in a pool, they need to be aware of uneven surfaces, river currents, ocean undertow and changing weather.

### Know the Law

- Every child under 13 must wear a Coast Guard-approved life jacket when on a moving vessel that is 26 feet or less in length.
- A Coast Guard-approved life jacket must be carried for each person on board a boat. This includes rigid or inflatable paddlecraft.
- Every person on board a personal watercraft (popularly known as "jet skis") and any person being towed behind a vessel must wear a Coast Guard-approved life jacket.
- It is against the law to operate a boat or water ski with a blood alcohol concentration (BAC) of 0.08 percent or more. You can be arrested even when your BAC is less than 0.08 percent if conditions are deemed to be unsafe. ★



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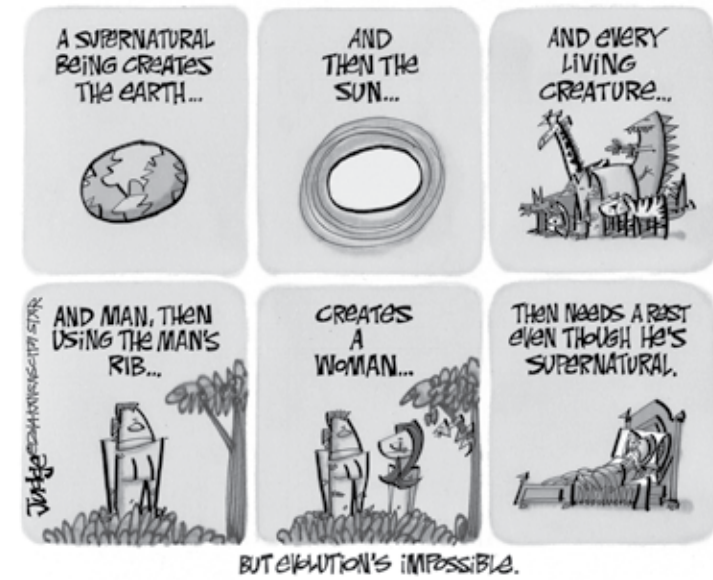
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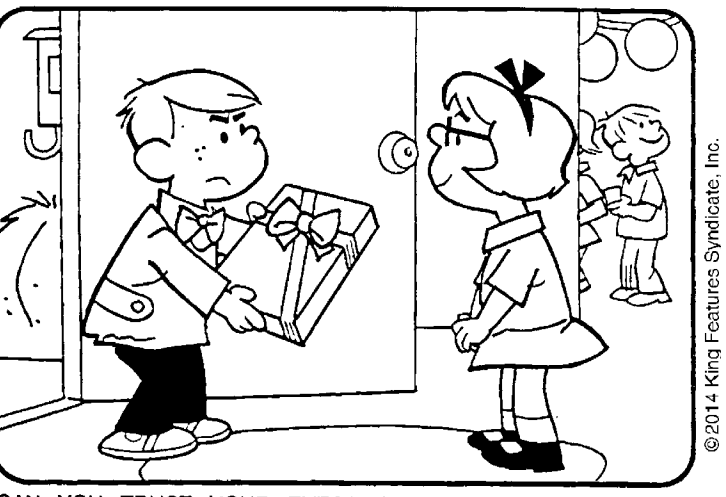
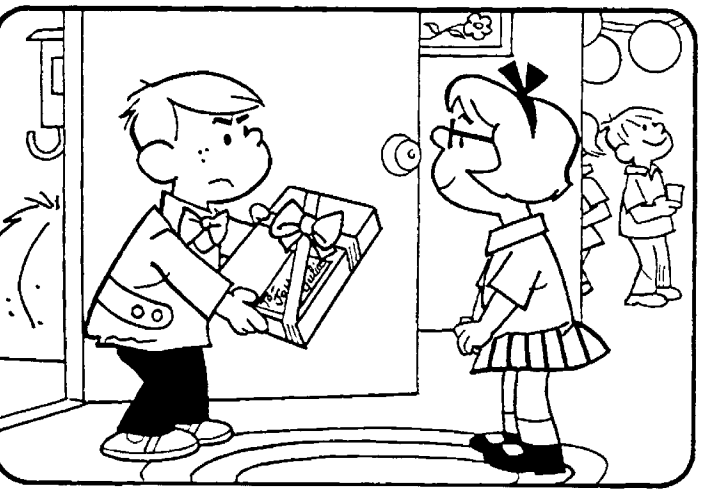
**VA Health Care's Socialist Paradise**

For the left, the Department of Veterans Affairs is how health care is ideally supposed to work. No insurance companies, no private doctors, no competition -- just the government and the patient. The VA is an island of socialism in American health care. It generally provides adequate care -- to a limited universe of people and for only certain conditions -- but has long been plagued by scandal. It is perhaps the worst bureaucracy in the federal government. As with all such single-payer-type systems, the cost of the notionally free health care is in the rationing, in this case the wait times that have had desperately ill vets hung out to dry for months. The usual Obamacare excuses don't apply here. The existence of the VA isn't

politically controversial. No one is trying to repeal it, or "sabotage" it. What we're seeing is simply unaccountable bureaucracy in action. When the benchmark was created for VA facilities to get vets appointments within 14 days, meeting the goal was easy: All it took was logging appointments dishonestly to hide the wait time. This is how poorly performing government bureaucracies have met goals from time immemorial; it's why, on a much more vast and monstrous scale, Soviet five-year plans were always such runaway successes on paper. The VA system worked for everyone but the patients -- and the whistle-blowers. The daughter-in-law of a Navy vet in Phoenix who died after never getting follow-up for his "urgent" case was told, in lines that perfectly capture the spirit of socialized medicine: "It's a seven-month waiting list. And you're gonna have to have patience." But the bureaucracy acted with alacrity when its reporting scheme was at risk. In St. Louis, the former chief of psychiatry says he was put under administrative investigation when he complained about wait lists. A whistle-blower who worked in Fort Collins, Colo., alleges that she and a colleague were transferred when they refused to hide wait times. So far, the VA affair is running the usual course of Obama administration scandals,

with the requisite denial and lack of accountability. VA Secretary Eric Shinseki has referred to the incidents as "isolated cases" (even though 26 facilities are now under investigation). No one has been fired. The White House has reverted to its default position of maintaining that it doesn't know much about what's happening in the vast government it always wants to make bigger. Spokesman Jay Carney seemed to suggest that the president first heard about the scandal on CNN. Of course, the problem with wait times and the trustworthiness of the VA's own reporting wasn't news. The Government Accountability Office has been warning of it since 2000. It headlined a December 2012 report, "VA HEALTH CARE: Reliability of Reported Outpatient Medical Appointment Wait Times and Scheduling Oversight Need Improvement." The VA obviously isn't going anywhere, but the scandal should be the occasion for making it more transparent and accountable, and giving vets more choices. As of now, it represents a case study in how a bureaucracy tends to its own interests, even at the expense of veterans relying on it for matters of life and death. Rich Lowry is editor of the National Review. (c) 2014 by King Features Synd., Inc.

**HOCUS-FOCUS** BY HENRY BOLTINOFF



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below. Differences: 1. Belt is shorter. 2. Card is missing. 3. Rug is different. 4. Picture is missing. 5. Skirt is different. 6. Boy is turned.

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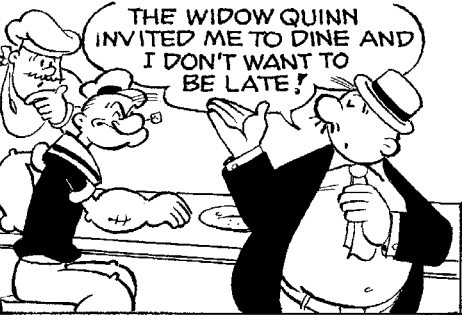
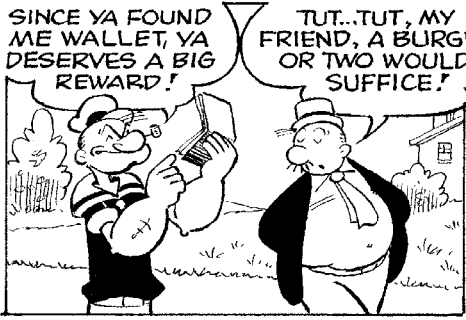
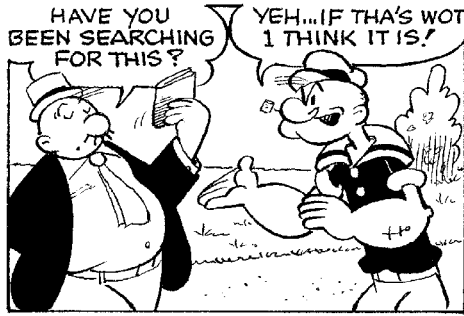
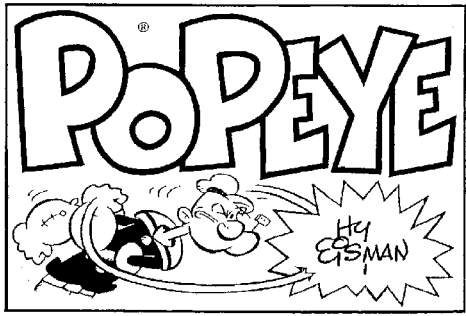
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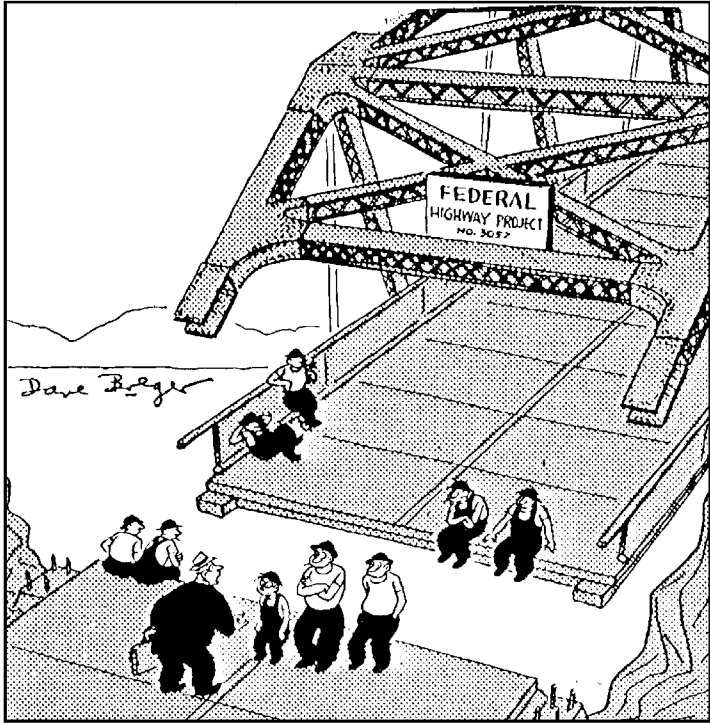
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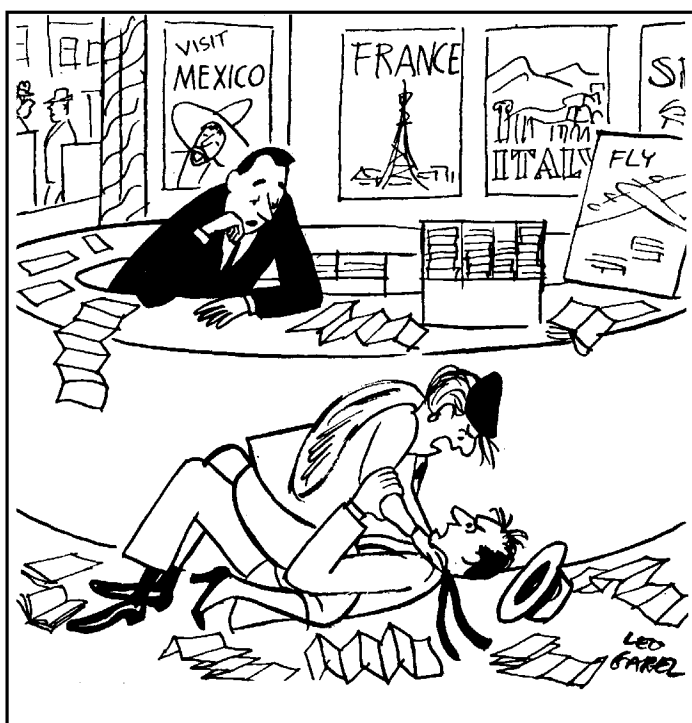


**MISTER BREGER** By Dave Breger



"Patience, men—the government's expecting one of the big TV comedians to pay his income tax soon..."

**LAFF - A - DAY**

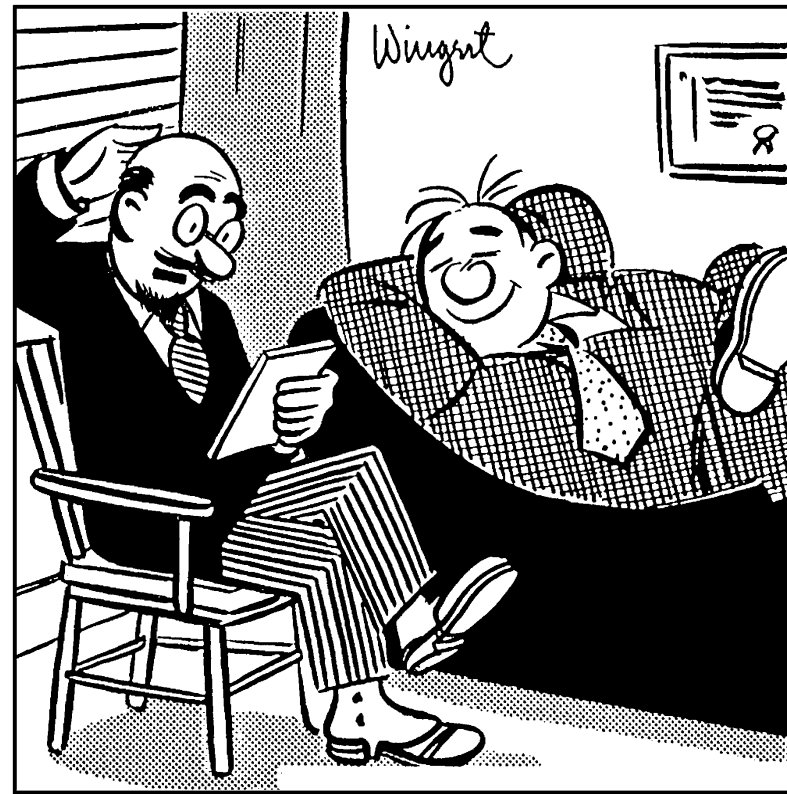


"Have you considered separate vacations?"

**Just Like Cats & Dogs** by Dave T. Phipps



**HUBERT** - - By Dick Wingert



"By George, you're a hard nut to crack."

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July 15-26, 2014	"In the Style of the Masters" Open Exhibit
July 29-Aug 16, 2014	Magnum Opus XXV Open Exhibit
August 19-30, 2014	Sierra Pastel Society Show



## Salome's Stars

**ARIES (March 21 to April 19)** Things that usually come easily and quickly for the Aries Lamb might need more of your time and attention during the next several days. Try to be patient as you work things out.

**TAURUS (April 20 to May 20)** A changing situation can create some complications. But if you apply that sensible Bovine mind to what seems to be a hopeless tangle of confusion, you'll soon sort things out.

**GEMINI (May 21 to June 20)** Creating a new look for your surroundings is fun. Expect to hear mostly positive comments on your efforts, as well as some well-intended suggestions you might want to note.

**CANCER (June 21 to July 22)** Maybe you'd rather do anything else than what you're "stuck with" right now. But if you stop complaining, you might see how this could lead to something with real potential.

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**LEO (July 23 to August 22)** Even a proud Leo ultimately recovers from hurt feelings. However, a damaged relationship might never heal unless you're willing to spend more time and effort trying to work things out.

**VIRGO (August 23 to September 22)** There are lots of changes on the horizon, so be prepared to make some adjustments in your usually fine-tuned life. One change might even impact a personal decision you've been putting off.

**LIBRA (September 23 to October 22)** Being the dependable person you are could work in your favor for a project that requires both skill and accountability. But check this out carefully. There could be a hidden downside.

**SCORPIO (October 23 to November 21)** A temperamental outburst about a mishandled project causes some fallout. Be sure to couple an apology with an explanation. A new opportunity beckons by week's end.

**SAGITTARIUS (November 22 to December 21)** Changing horses midstream is usually unwise but sometimes necessary. Examine your options carefully before making a decision. A trusted colleague offers good advice.

**CAPRICORN (December 22 to January 19)** While much of your time is involved with business matters, fun-time opportunities open up by week's end. Enjoy yourself, but be careful that you don't overspend.

**AQUARIUS (January 20 to February 18)** A "revelation" opens your eyes to what is really going on in the workplace. What you learn could make a difference in your career path. Continue to be alert for more news.

**PISCES (February 19 to March 20)** Not wanting to make waves might be the safest way to deal with a difficult situation. But no substantive changes can be made unless you share your assessments with others.

**BORN THIS WEEK:** You have a way of talking to people that makes them want to listen. You could find a successful career in politics.

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**Thought for the Day:** "Failure is the condiment that gives success its flavor." — Truman Capote

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## COUCH THEATER DVD PREVIEW

**COUCH THEATER -- DVD PREVIEW**  
By Sam Struckhoff  
**EDITOR'S NOTE:** DVDs reviewed in this column will be available in stores the week of June 16, 2014.

### PICKS OF THE WEEK



Ralph Fiennes in "The Grand Budapest Hotel"

**"The Grand Budapest Hotel" (R)** -- Perched high in the mountains of an obscure eastern European nation, the Grand Budapest Hotel once hosted the most prestigious (and eccentric) of the old high society. In the creeping dawn of the second World War, "The Grand Budapest's" preening hotel concierge (Ralph Fiennes) and his faithful lobby boy fight for their lives and an odd-looking Renaissance painting.

Writer/director Wes Anderson forges on with his signature style -- painstaking detail, the quirkiest characters and a dry sense of humor. Anderson also makes use of his menagerie of talented stars appearing in smaller roles (Ed Norton, Tilda Swinton, Bill Murray and many more). Outshining all of this is the sincere and comedic performance from Fiennes.

**"Ernest & Celestine" (PG)** -- This beautifully animated French import follows the unlikely love between an artistic mouse and grouchy bear. In this world, the bears rule the snowy city streets, while mice must live in underground tunnels, fearing the hungry bears above. Celestine (voiced by Mackenzie Foy in

the English version) is a mouse with a passion for painting who gets caught by a bear while she's on the surface. The two strike a mutual agreement, making them mismatched friends and fugitives from their respective societies. It's a refreshing visual experience to see an unfamiliar animating style that still sings with the artistry and quality you'd expect from a top-tier Disney or Pixar film. Of course, the story is just as adorable as possible, with the artsy mouse unlocking the bear's love of music.

**"Joe" (R)** -- Nicolas Cage steps up in this violent drama that showcases the inherent talents of the otherwise oddball leading man. Joe (Cage) is hardworking guy in a backwoods town -- he has a heart of gold situated next to a boiling temper. Joe wants to do right and break the cycle, but he's always falling back into rage and outbursts. Joe hires 15-year-old Gary (Tye Sheridan) to his working crew, and takes the quiet boy under his wing. Gary's abusive father and Joe's protective nature could put Joe on a path to destruction or redemption.

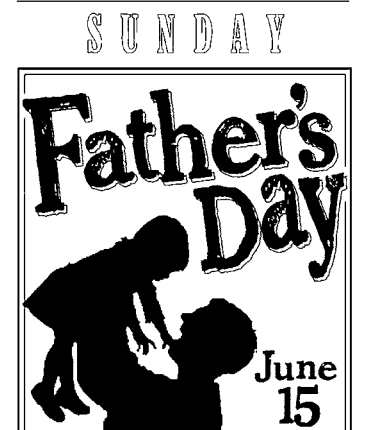
**"Authors Anonymous" (PG-13)** -- In a hopeless group of aspiring authors, the least intelligent of them all is the first one to land a publishing agent. Henry (Chris Kline) wants to quit his day job and live the literary life, but he just can't explain the unexpected success of ditsy Hannah (Kaley Cuoco). It uses the mockumentary style of filmmaking popularized by Christopher Guest. "This is Spinal Tap" and "A Mighty Wind" put real comedic talent in front of the camera in a way that let bizarre characters step into the real world. This movie is the work of somebody who couldn't quite pull that off.

**TV RELEASES**  
"Teen Wolf: Season 3 Part 2"  
"DCI Banks: Season 1"  
"Death in Paradise: Season 1"  
"Scott & Bailey: Season 1"  
"Power Rangers Megaforce: Ultra Defenders"

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## top ten

### Girl Baby Names

1. Sophia
2. Emma
3. Olivia
4. Isabella
5. Ava
6. Mia
7. Emily
8. Abigail
9. Madison
10. Elizabeth

Source: Social Security, 2013

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## The Garden Bug

Found throughout North America, this plant has had many uses in native American culture. Parts of it have been used as a food source, to make medicine for skin ailments and insect bites, and to make face-paint for ceremonies. The vigor of these plants in an area was seen as an indicator of whether the area sustained enough rainfall and could support crops.

**Prairie Sunflower**

- Brenda Weaver  
Source: herb.umd.umich.edu

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- Thoroughly enjoy, as in food
  - European peak
  - Gulf war missile
  - \*Howdy Doody's partner "\_\_\_bell"
  - Singular of #29 Down
  - \_\_\_ Apso
  - \*Alf was one
  - Back then
  - Painter's support
  - \*Phil, Si, Jase, Willie and Jep made one
  - \*How I met your what?
  - \*Homer's exclamation
  - Physicist Niels \_\_\_
  - Trigonometric func.
  - Cry like a baby
  - \*Both Jan and Peter were this type of child
  - Eye layer
  - Like a bow string
  - Jeopardy
  - Event that fails badly
  - Match play?
  - Of the highest quality
  - One of three hipbones
  - Eye affliction
  - Classic sci-fi video game
  - \*Ty Burrell to Julie Bowen, e.g.
  - Biblical twin
  - Pressure unit
  - Brooding
  - \*"The Closer" network
  - Neolithic tomb
  - \*"Game of \_\_\_"
  - Free-for-all
  - \*"\_\_\_-T" of "Law & Order: SVU"
  - Muse of love poetry
  - Birdlike
  - "\_\_\_ Elise"
  - From the East
  - New Mexico art community
  - Asian capital
  - "Valley of the \_\_\_"
- DOWN**
- A large amount
  - Comrade in arms
  - \*"You're So \_\_\_" by Carly Simon
  - Artemis' companion
  - Kidnapping goal
  - Home versus \_\_\_ game
  - Time delay
  - Movie trailer, e.g.
  - \_\_\_ of Iran
  - Detective's assignment
  - One who takes drugs
  - Indian restaurant staple
  - Talk rapidly and angrily
  - It follows eta
  - Unit of electrical resistance
  - Bravado
  - Having three dimensions
  - Convex molding
  - 18-wheeler
  - \*Storage-related conflicts
  - \*They walk?
  - Sag
  - Linoleums, for short
  - Fragrant resin
  - Adjoin
  - Misfit Island dwellers
  - Poet's "below"
  - \*Draper, Cooper, Sterling
  - Poor man's caviar
  - Like emails in bold font
  - Make one
  - Body center
  - Deity in Sanskrit
  - Assortment
  - Grassy land tracts
  - Seaside bird
  - Hit this on the head
  - And others, for short
  - \*"\_\_\_ of Anarchy"
  - Dojo turf
  - Pool stick

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

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

For Solutions See Page 11

Come back every week for Crossword and Sudoku!



### Adoption

**PREGNANT? CONSIDERING ADOPTION?** Talk with caring adoption expert. Choose from families Nationwide. **LIVING EXPENSES PAID.** Call 24/7 Abby's One True Gift Adoptions 866-413-6296 Void in Illinois/ New Mexico/Indiana (NANI)

### Announcements

**DID YOU KNOW** 144 million U.S. Adults read a Newspaper print copy each week? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email [ocella@cnpa.com](mailto:ocella@cnpa.com) (Cal-SCAN)

**DID YOU KNOW** 7 IN 10 Americans or 158 million U.S. Adults read content from newspaper media each week? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email [ocella@cnpa.com](mailto:ocella@cnpa.com) (Cal-SCAN)

**DID YOU KNOW** Newspaper-generated content is so valuable it's taken and repeated, condensed, broadcast, tweeted, discussed, posted, copied, edited, and emailed countless times throughout the day by others? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email [ocella@cnpa.com](mailto:ocella@cnpa.com) (Cal-SCAN)

**DID YOU KNOW** that not only does newspaper media reach a HUGE Audience, they also reach an ENGAGED AUDIENCE. Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email [ocella@cnpa.com](mailto:ocella@cnpa.com) (Cal-SCAN)

**Antiques/Collectibles Wanted**  
Old Railroad Items Wanted: lanterns, locks, china, paper, etc. Call (916) 663-2463 (MPG 06-30-14)

**Old Porcelain Signs Wanted:** oil & gas, highway, RR, etc. Call (916) 663-2463 (MPG 06-30-14)

**Apartment For Rent**  
RETIREMENT APARTMENTS, ALL INCLUSIVE. Meals, transportation, activities daily. Short Leases. Monthly specials! Call (866) 338-2607 (NANI)

**Autos Wanted**  
WE BUY CARS! Running or Not. Any Make, Model or Year. Call Today for an INSTANT OFFER. Free Towing/Pickup. Top Dollar. We're Local! 1-800-844-3595 (SWAN)

**DONATE REAL ESTATE OR CAR to Saving Our Soldiers. Fast FREE pickup. Running or not. Full fair market value tax deduction. SOSCars. ORG. Call 1-888-907-9757 (NANI)**

**CARS/TRUCKS WANTED!** Top \$\$\$\$ PAID! Running or Not, All Years, Makes, Models. Free Towing! We're Local! 7 Days/Week. Call Toll Free: 1-888-416-2330 (NANI)

**GET CASH TODAY** for any car/truck. I will buy your car today. Any Condition. Call 1-800-864-5796 or [www.carbuyguy.com](http://www.carbuyguy.com) (NANI)

**DONATE YOUR CAR, TRUCK OR BOAT to HERITAGE FOR THE BLIND.** Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. 800-731-5042. (Cal-SCAN)

**Business Opportunity**  
OWN YOUR OWN Medical Alert Company! Be the 1st and Only Distributor in your area! Unlimited \$ return. Small investment required. Call toll free 1-844-225-1200. (Cal-SCAN)

**Cable/Satellite TV**  
DISH TV Retailer - Starting at \$19.99/month (for 12 mos.) & High Speed Internet starting at \$14.95/month (where available.) SAVE! Ask About SAME DAY Installation! CALL Now! 1-800-357-0810 (Cal-SCAN)

**DirectTV 2 Year Savings Event!** Over 140 channels only \$29.99 a month. Only DirectTV gives you 2 YEARS of savings and a FREE Genie upgrade! Call 1-800-291-0350 (Cal-SCAN)

**REDUCE YOUR CABLE BILL!** Get a whole-home Satellite system installed at NO COST and programming starting at \$19.99/mo. FREE HD/DVR Upgrade to new callers, SO CALL NOW 1-866-982-9562 (Cal-SCAN)

**DISH TV Retailer.** Starting at \$19.99/month (for 12 mos.) & High Speed Internet starting at \$14.95/month (where available.) SAVE! Ask About SAME DAY Installation! CALL Now! 1-800-375-0156 (MB 06-30-14)

**Career Training/Education**  
AIRLINE CAREERS Begin Here - Get FAA approved Aviation Maintenance Technician training. Job placement and Financial assistance for qualified students. CALL Aviation Institute of Maintenance 888-242-3382 (Cal-SCAN)

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**Learn to Sew**  
Register Now! Saturday Classes Available. 916-476-6092. (MPG 03-31-14)

**Credit/Debt Services**  
GET FREE OF CREDIT CARD DEBT NOW! Cut payments by up to half. Stop creditors from calling. 855-341-6281 (MB 12-31-13)

**Divorce**  
Before you list your home, order Free Special Report that reveals what happens to your matrimonial home before, during, and after a divorce. Free recorded message 1-800-213-4205 ID# 1009 DRE # 0089220 R Dumont (MPG 08-30-12)

### Electrical Services

**RETIRED MASTER ELECTRICIAN,** problem solver! 30 yrs experience, senior discounts. Save big - don't replace panel - rebuild it. Lic.# 513168, 916-595-3052 (MPG 12-31-14)

### Financial Aid

**Cut your STUDENT LOAN payments** in HALF or more even if Late or in Default. Get Relief FAST Much LOWER payments. Call Student Hotline 855-341-7551 (MB 06-30-14)

### Financial Services

**Do You Want to Know What Your Home is Worth?**

Home Values Have Increased Over 30% in our Area in the Last Year!  
Call Now for a FREE Market Analysis of Your Home  
**(916) 992-9922**  
Dare & Associates Real Estate License #01228753 (MPG 06-30-13)

**Are you in BIG trouble with the IRS?** Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Seen on CNN, A BBB. Call 1-800-761-5395 (Cal-SCAN)

**Do you owe over \$10,000 to the IRS or State in back taxes?** Get tax relief now! Call BlueTax, the nation's full service tax solution firm. 800-393-6403. (Cal-SCAN)

**Is Your Identity Protected?** It is our promise to provide the most comprehensive identity theft prevention and response products available! Call Today for 30-Day FREE TRIAL 1-800-908-5194. (Cal-SCAN)

**Reduce Your Past Tax Bill by as much as 75 Percent.** Stop Levies, Liens and Wage Garnishments. Call The Tax DR Now to see if you Qualify. 1-800-498-1067. (Cal-SCAN)

**Food For Heroes**  
Forgotten Warrior will be giving food to veterans & families. Every Monday 10-12p At The ElCamino Baptist Church 2805 ElCamino Ave. Sacramento, CA 95821. Call 916-533-9811 for more info. (MPG 02-28-14)

**For Sale Affordable Condo**  
Trinity River Condo Gated Community with Pool! 2 bed/2bath. \$114,000. Call Liz 916-397-0815. BRE#01149312. C21 M&M & Assoc. (MPG 06-30-14)

2013 Wildwood Extra lite 22 ft, self-contained with awning and air conditioning. Like new. Includes Hitch. \$16,500 OBO. 916-726-1275. (MPG 02-28-14)

**Foster Parenting**  
Aspirant is seeking loving homes for foster children in need. Contact 1-877-380-HERO for info and register for training. [aspirantheroes.org](http://aspirantheroes.org) (MPG 04-30-13)

**Garage Sale**  
Range, ext ladder, tools, table saw, men's suits, household items, craft supplies, Xmas items. 2500 Knightwood Way, Rancho Cordova. 8 am to 3 pm June 13, 14 & 15. (MPG 06-30-14)

**Handyman**  
One call, does it all! Fast and Reliable Handyman Services. Call ServiceLive and get referred to a pro today. Call 800-958-8267. (Cal-SCAN)

**QUALITY LABOR & MAINTENANCE**  
Yard Work, Hauling, Gutter Clean, Odd Jobs  
You Name It!  
**(916) 613-8359**

**Health & Medical**  
Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 75 percent on all your medication needs. Call today 1-800-281-3958 for \$10.00 off your first prescription and free shipping. (MB 06-30-14)

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 75 percent on all your medication needs. Call today 1-800-356-4170 for \$10.00 off your first prescription and free shipping (SWAN)

**Canada Drug Center** is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 75 percent on all your medication needs. Call today 1-800-958-5341. (Cal-SCAN)

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

**Legal Services**  
Auto Accident Attorney: INJURED IN AN AUTO ACCIDENT? Call InjuryFone for a free case evaluation. Never a cost to you. Don't wait, call now, 1-800-958-5341. (Cal-SCAN)

**Medical Supplies /Equipment**  
Safe Step Walk-In Tub Alert for Seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation, Therapeutic Jets. Less Than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 800-799-4811 for \$750 Off. (Cal-SCAN)

**Medical Supplies /Equipment**  
Medical Alert for Seniors - 24/7 monitoring. FREE Equipment. FREE Shipping. Nationwide Service. \$29.95/ Month CALL Medical Guardian Today 855-334-1975 (MB 06-30-14)

**Heating & Air**  
AC Repair Low Prices 487-4609 (MPG)

**Help Animals**  
SPCA Thrift Shop Helpless animals need your donations. The Real Non-Profit. Will pick up. Call 916-442-8118. 1517E Street for donations-10-4pm (MPG)

### Help Wanted

User Interface Designer want-ed for graphic design user interface, website, AD, etc. Job #KS28. Mail Resume to Koreana Plaza Sacramento, 10971 Olson Dr, Rancho Cordova, CA 95670. (MPG 06-30-14)

**CUSTOMER SERVICE REPRESENTATIVE** Sierra Vista Bank Fair Oaks, California

**Responsibilities:** opening new accounts, teller operations, answering telephone. Must be fully knowledgeable and skilled in new accounts, teller operations, telephone etiquette and have excellent customer service skills. Apply on-line at [www.sierravistabank.com](http://www.sierravistabank.com) or fax your resume to 916.850.1516. Attn: HR. Equal Opportunity Employer. (MPG 06-30-14)

**OPERATIONS MANAGER** Sierra Vista Bank Fair Oaks, California

**Responsibilities:** manage branch operations, new accounts and teller operations. Must be fully knowledgeable and skilled in all branch operations, cross-selling bank products, and possess excellent customer service skills. Apply on-line at [www.sierravistabank.com](http://www.sierravistabank.com) or fax your resume to 916.850.1516. Attn: HR. Equal Opportunity Employer. (MPG 06-30-14)

**PSYCHIATRIST**  
The Psychiatrist will be responsible for serving patients with mental health problems. He or she will be responsible for managing patient care independently along with other health care professionals and subordinates. Requirements: M.D. or D.O. in Psychiatry; must be eligible for Controlled Substance Registration Certificate and California State Medical License. Please mail CV to: Heather Prowd, Mark David Levine, MD Psychiatrists PC, 3841 N. Freeway Boulevard, Suite 120, Sacramento, CA 95834. (MPG 03-31-14)

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

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

**GREAT MONEY FROM HOME!** WITH OUR FREE MAILER PROGRAM LIVE OPERATORS ON DUTY Now 1-800-707-1810 EX 701 OR VISIT WWW.PACIFICBROCHURES.COM (NANI)

**HELP WANTED** Earn Extra income Assembling CD cases From Home. Call our Live Operators Now! No experience Necessary 1-800-405-7619 Ext 2605 [www.easywork-greatpay.com](http://www.easywork-greatpay.com) (NANI)

**\$1000 WEEKLY PAID IN ADVANCE!!!** MAILING BROCHURES or TYPING ADS for our company. FREE Supplies! PT/FT. No Experience Needed! www.HelpMailingBrochures.com (NANI)

**TRUCK DRIVERS** - Obtain Class A CDL in 2 1/2 weeks. Company Sponsored Training. Also Hiring Recent Truck School Graduates, Experienced Drivers. Must be 21 or Older. Call: (866) 275-2349 (Cal-SCAN)

**DRIVERS PRIME, INC.** Company Drivers & Independent Contractors for Refrigerated, Tanker & Flatbed NEEDED! Plenty of Freight & Great Pay! Start with Prime Today! Call 877-736-3019 or apply online at [driveforprime.com](http://driveforprime.com) (Cal-SCAN)

**DRIVERS - START WITH OUR TRAINING OR CONTINUE YOUR SOLID CAREER.** You Have Options! Company Drivers, Lease Purchase or Owner Operators Needed! (877) 369-7126 www.CentralTruckingJobs.com (Cal-SCAN)

**Inhome Childcare**  
Nenes Smart Start Small in-home Childcare M-F 7AM-6PM. Infant thru 5 Preschool certified Licensed & Insured, (916) 723-3342 [collier@surewest.net](mailto:collier@surewest.net)

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

**Legal Services**  
Auto Accident Attorney: INJURED IN AN AUTO ACCIDENT? Call InjuryFone for a free case evaluation. Never a cost to you. Don't wait, call now, 1-800-958-5341. (Cal-SCAN)

**Medical Supplies /Equipment**  
Safe Step Walk-In Tub Alert for Seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation, Therapeutic Jets. Less Than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 800-799-4811 for \$750 Off. (Cal-SCAN)

**Medical Supplies /Equipment**  
Medical Alert for Seniors - 24/7 monitoring. FREE Equipment. FREE Shipping. Nationwide Service. \$29.95/ Month CALL Medical Guardian Today 855-334-1975 (MB 06-30-14)

**Heating & Air**  
AC Repair Low Prices 487-4609 (MPG)

**Help Animals**  
SPCA Thrift Shop Helpless animals need your donations. The Real Non-Profit. Will pick up. Call 916-442-8118. 1517E Street for donations-10-4pm (MPG)

### Moving Services

**STEADY MOVES**  
You rent the truck...we will make sure it's loaded/unloaded PROFESSIONALLY! (Lic#322945) 916-206-3183. Email [smsthi2661@comcast.net](mailto:smsthi2661@comcast.net) (MPG 06-30-14)

**Miscellaneous**  
Toastmaster's Open House Meets first and third Fridays. Join us to gain confidence and find your voice. Denny's, 3520 Auburn Blvd., March 21st at 6:30 pm. Bring this ad for free Cheese Quesada Good to Great Club 916 215-1035 [www.toastmasters.org](http://www.toastmasters.org) (MPG 03-31-14)

**MAKE A CONNECTION** Real People, Flirty Chat. Meet singles right now! Call LiveLinks. Try it FREE. Call NOW: 1-877-909-2569 (SWAN)

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

**AIRLINE JOBS** Start Here - Get trained as FAA certified Aviation Technician. Financial aid for qualified students. Housing and Job placement assistance. Call Aviation Institute of Maintenance 844-210-3935 (NANI)

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

**CASH FOR CARS:** All Cars/ Trucks Wanted. Running or Not! Top Dollar Paid. We Come To You! Any Make/Model. Call For Instant Offer: 1-800-864-5960 (NANI)

**CASH PAID - UP TO \$25/BOX** for unexpired, sealed DIABETIC TEST STRIPS! 1 DAY PAYMENT & PREPAID SHIPPING. BEST PRICES! Call 1-888-776-7771. [www.Cash4DiabeticSupplies.com](http://www.Cash4DiabeticSupplies.com) (NANI)

**TOP CASH PAID FOR OLD GUITARS!** 1920's thru 1980's. Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg, and Gibson Mandolins/ Banjos. 1-800-401-0440 (NANI)

**DIRECTV, Internet, & Phone** from \$69.99/mo + Free 3 Months: HBO® Starz® SHOWTIME@CINEMAX® FREE GENIE 4 Room Upgrade + NFL SUNDAY TICKET! Limited offer. Call Now 888-248-5961 (NANI)

**DISH TV Retailer.** Starting at \$19.99/month (for 12 mos.) & High Speed Internet starting at \$14.95/month (where available.) SAVE! Ask About SAME DAY Installation! CALL Now! 1-800-416-7254 (SWAN)

**DirectTV** Over 140 channels only \$29.99 a month. Triple savings! \$636.00 in Savings, Free upgrade to Genie & 2013 NFL Sunday ticket free for New Customers. Start saving today! 1-800-341-7308 (SWAN)

**Miscellaneous for Sale**  
SAWMILLS from only \$4397.00-MAKE & SAVE MONEY with your own bandmill - Cut lumber any dimension. In stock ready to ship. FREE Info/ DVD. [www.NorwoodSawmills.com](http://www.NorwoodSawmills.com) 1-800-578-1363 Ext.300N (Cal-SCAN)

**Music Lessons**  
Available Monday through Saturday. Learn piano. GREAT RATES! [pianocap.com](http://pianocap.com) or call (916) 974-7397 (MPG 06-30-14)

**Guitar Lessons** - Beginner to Advanced \$10/half hour. \$20/hour. [freddiebbalbert1@yahoo.com](mailto:freddiebbalbert1@yahoo.com). 916-335-9741 (MPG 12-31-13)

**Piano lessons for children and adults** by experienced, creative teacher. Citrus Heights. For more information, visit [www.anitraalexander.com](http://www.anitraalexander.com), or call (916) 725-1054 (MPG)

**Painting Services**  
Anni The Painter One Room at a Time Okay!  
• Perfectionist  
• Fun Ideas • Kid's Rooms  
• Cabinets • Bathrooms  
• Kitchens • Etc.  
New Molding Installs • Small Jobs OK!  
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916-532-6194

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

**MEET SINGLES RIGHT NOW!** No paid operators, just real people like you. Browse greetings, exchange messages and connect live. Try it free. Call now 1-800-945-3392. (Cal-SCAN)

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

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

**MPG**  
Sudoku Puzzle on Page 10

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**Medical Supplies /Equipment**  
Safe Step Walk-In Tub Alert for Seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation, Therapeutic Jets. Less Than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 800-799-4811 for \$750 Off. (Cal-SCAN)

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**Heating & Air**  
AC Repair Low Prices 487-4609 (MPG)

**Help Animals**  
SPCA Thrift Shop Helpless animals need your donations. The Real Non-Profit. Will pick up. Call 916-442-8118. 1517E Street for donations-10-4pm (MPG)

### Pet Care

Give your pets great care while you're gone. Kennel free environment. Lots of TLC. Call Madeline 916-723-1608. (MPG 12-31-13)

**Keep your pet Happy, Healthy, and Protected.** Call 800-675-7476 Now and get a free Pet Insurance Quote for your Dog or Cat. Choose Up to 90% Reimbursement. Get Special Multiple Pet Discounts. (Cal-SCAN)

**Pets/Animals**  
SPCA THRIFT SHOP The Real Non-Profit Helpless Animals DOG RESCUE Gary (916) 334-2841 Please Adopt or Foster Because so many really great dogs are dying for a good home... ShelterMOU @hotmail.com

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

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

**Real Estate Sales**  
316+- Acre White River Ranch Auction, Calico Rock, AR. Minimum Bid \$800,000. Sealed Bids Due by May 27. Atlas RE Firm, #2276. 5%BP. 501-840-7029. [AtlasRealEstateFirm.com](http://AtlasRealEstateFirm.com) (Cal-SCAN)

**HONEST LOCAL INVESTOR** BUYS HOUSES FOR CASH... Call Me First! Mike (916) 203-1585 [mike@rsproperty.com](mailto:mike@rsproperty.com) (MPG 02-28-14)

**Real Estate Sales**  
Yoga  
1st Class Free. Citrus Heights Call (916) 729-0103 (MPG 05-08-14)

**DELIVERY ROUTES AVAILABLE**  
CALL 530-823-2463  
MPG

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

**Bristol Hospice** is looking for volunteers to provide companionship with our hospice patients and families. We provide the training and match you with a family in your area. Please call volunteer services for more information at (916) 782-5511. (MPG 12-31-13) ter. 916-533-9811. (MPG 03-31-14)

**Sutter Auburn Faith Hospice** Thrift Store invites volunteers to work as cashiers, sales floor assistants, donation processors or pricers. Training is provided; a four hour weekly commitment is requested. Location: 13342 Lincoln Way, Auburn. Call store coordinator, Kim Chase, 530-887-0561. (MPG 12-31-13)

**Sutter Auburn Faith Hospital** invites volunteers to work in various hospital department or the hospital Gift Shop. Great opportunity to learn about healthcare, raise funds to support our local hospital and to give back to our community. A four hour weekly commitment is requested. Please contact Mindy Danovaro 530-888-4559 for more information. (MPG 04-30-14)

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

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

**MPG**  
Sudoku Puzzle on Page 10

2



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

# LEGAL ADVERTISING

*Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294-February 7, 1984*  
*Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380-September 18, 1969*

Legal Advertising  
P.O. Box 14  
Carmichael, CA 95609

### FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-04000. Mederul Usupova, 6090 Via Casitas, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Magnolia Massage Therapy" at 6024 San Juan Avenue, Suite E, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on May 13, 2014. Publish: May 22, 29, June 5 and 12, 2014  
MAGNOLIA 140513 06-12-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-03266. Scott Andrew Calapp, 800 Duchow Way, Folsom, CA 95630 is doing business under the Fictitious Business Name "Folsom Tree Service" at 800 Duchow Way, Folsom, CA 95630 is doing business under the Fictitious Business Name. Filed with the Clerk of Sacramento County on April 15, 2014. Publish: May 22, 29, June 5 and 12, 2014  
FOLSOM 140513 06-12-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-04013. Lorraine Navarette, 7113 Chesline Drive, Citrus Heights, CA 95621 is doing business under the Fictitious Business Names "Play, Learn and Grow Family Daycare and Lorraine's Play, Learn and Grow Family Daycare" at 7113 Chesline Drive, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on May 14, 2014. Publish: May 22, 29, June 5 and 12, 2014  
LORRAINES140515 06-12-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-03994. Luke Williams, 110 Feather Falls Circle, Folsom, CA 95630 is doing business under the Fictitious Business Name "Apple Plumbing" at 110 Feather Falls Circle, Folsom, CA 95630. Filed with the Clerk of Sacramento County on May 13, 2014. Publish: May 22, 29, June 5 and 12, 2014  
APPLE 140514 06-12-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-03568. Jennifer Bale and Kyle Bedell, 5132 El Camino Avenue 106, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Jennibel" at 5132 El Camino Avenue #106, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on April 25, 2014. Publish: May 22, 29, June 5 and 12, 2014  
JENNIBEL 140513 06-12-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-03082. John David McCuller, 3415 California Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name "J and K Importing/Exporting" at 3415 California Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on April 9, 2014. Publish: May 22, 29, June 5 and 12, 2014  
JANDK 140508 06-12-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-03693. Barry Wachs, 6732 Alden Lane, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "La Petite Chapel and Garden" at 7144 Fair Oaks boulevard, Suite 1B, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on April 30, 2014. Publish: May 22, 29, June 5 and 12, 2014  
LAPETTE 140509 06-12-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-03612. Estaban Wilson and Brittany Norris, 4450 El Centro Road, Apt. 536, Sacramento, CA 95384 is doing business under the Fictitious Business Name "Eye Rock Apparel" at 4450 El Centro Road, Apt. 536, Sacramento, CA 95384. Filed with the Clerk of Sacramento County on April 28, 2014. Publish: May 22, 29, June 5 and 12, 2014  
EYEROCK 140509 06-12-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-04052. Robert Keplinger, 430 Claydon Way, Sacramento, CA 95864 is doing business under the Fictitious Business Name "Keplinger Engineering" at 430 Claydon Way, Sacramento, CA 95864. Filed with the Clerk of Sacramento County on May 14, 2014. Publish: May 22, 29, June 5 and 12, 2014  
KEPLINGER 140509 06-12-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-03673. Rodney G. Brown, 9541 Bedington Way, Sacramento, CA 95827 is doing business under the Fictitious Business Name "Silvertron Products Company" at 9541 Bedington Way, Sacramento, CA 95827. Filed with the Clerk of Sacramento County on April 30, 2014. Publish: May 22, 29, June 5 and 12, 2014  
SILVERTRON 140509 06-12-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-03781. Futures Explored, Inc., 3547 Wilkinson Lane, Lafayette, CA 94549 is doing business under the Fictitious Business Name "Golden Hill Films" at 428 J Street, Suite 550, Sacramento, CA 95814. Filed with the Clerk of Sacramento County on May 5, 2014. Publish: May 29, June 5, 12 and 19, 2014  
GOLDEN 140519 06-19-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-04066. Anderson Brothers Auto Wholesale, Inc., 711 Harbor Boulevard, West Sacramento, CA 95691 is doing business under the Fictitious Business Name "Anderson Bros. Collision Centers" at 7424 Fair Oaks Boulevard, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on May 14, 2014. Publish: May 14, June 5, 12 and 19, 2014  
ANDERSON 140520 06-19-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-04144. Brian Kerfoot, 1813 Parliament Circle, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Kerfoot Enterprises" at 1813 Parliament Circle, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on May 16, 2014. Publish: May 29, June 5, 12 and 19, 2014  
KERFOOT 140520 06-19-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-04220. Supreme AV LLC, 3333 Sunrise Boulevard, Unit K, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name "Supreme AV Designs" at 3333 Sunrise Boulevard, Unit K, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on May 20, 2014. Publish: May 29, June 5, 12 and 19, 2014  
SUPREME 140520 06-19-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-03607. The Greenhouse Garden Supply, Inc., 7619 Fair Oaks Boulevard, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Central Valley Greenhouses" at 7621 Fair Oaks Boulevard, Unit C, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on April 28, 2014. Publish: May 29, June 5, 12 and 19, 2014  
CENTRAL 140522 06-19-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-03609. The Greenhouse Garden Supply, Inc., 7619 Fair Oaks Boulevard, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Cal West Plumbing Supply" at 7621 Fair Oaks Boulevard, Unit D, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on April 28, 2014. Publish: May 29, June 5, 12 and 19, 2014  
CALWEST 140522 06-19-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-04214. Vera Stoyanov, 5771 Boxwood Hill Place, Antelope, CA 95843 is doing business under the Fictitious Business Name "Sureway Registration Services" at 5771 Boxwood Hill Place, Antelope, CA 95843. Filed with the Clerk of Sacramento County on May 20, 2014. Publish: May 29, June 5, 12 and 19, 2014  
SUREWAY 140522 06-19-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-04337. Hamid Haidari and Lijun Zheng, 1417 Highland Drive, West Sacramento, CA 95691 is doing business under the Fictitious Business Name "Elaine Massage" at 4337 Hazel Avenue, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on May 22, 2014. Publish: May 29, June 5, 12 and 19, 2014  
ELAINE 140523 06-19-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-03742. Jeffrey A. Myler, 6231 Shadowcreek Drive, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Final Phase Painting" at 6231 Shadowcreek Drive, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on May 2, 2014. Publish: May 29, June 5, 12 and 19, 2014  
FINAL 140523 06-19-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-04699. Manu and Kavita Jaisinghani, 2943 Azevedo Drive, Sacramento, CA 95833 is doing business under the Fictitious Business Name "Jaisinghani Enterprise" at 3341 Arden Way, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on June 5, 2014. Publish: June 12, 19, 26 and July 3, 2014  
JAISINGHANI 140605 07-03-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-04699. Manu and Kavita Jaisinghani, 2943 Azevedo Drive, Sacramento, CA 95833 is doing business under the Fictitious Business Name "Jaisinghani Enterprise" at 3341 Arden Way, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on June 5, 2014. Publish: June 12, 19, 26 and July 3, 2014  
JAISINGHANI 140605 07-03-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-04699. Manu and Kavita Jaisinghani, 2943 Azevedo Drive, Sacramento, CA 95833 is doing business under the Fictitious Business Name "Jaisinghani Enterprise" at 3341 Arden Way, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on June 5, 2014. Publish: June 12, 19, 26 and July 3, 2014  
JAISINGHANI 140605 07-03-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-04439. Vincent Mejia, 29 Oliver Court, Elk Grove, CA 95758 is doing business under the Fictitious Business Name "Flamingo's Cleaners" at 9416 Kiefer Boulevard #8, Sacramento, CA 95626. Filed with the Clerk of Sacramento County on May 27, 2014. Publish: June 5, 12, 19 and 26, 2014  
FLAMINGOS 140528 06-26-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-04268. Gigi Campo-Jones, 27151 Lake Drive, Pioneer, CA 95666 is doing business under the Fictitious Business Name "G. G. Jones Public Relations" at 1029 J Street #150, Sacramento, CA 95814. Filed with the Clerk of Sacramento County on May 21, 2014. Publish: June 5, 12, 19 and 26, 2014  
GGJONES 140528 06-26-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-04072. Susan A. Johnston, 5417 Kenneth Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Sue B Bears" at 5417 Kenneth Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on May 14, 2014. Publish: June 5, 12, 19 and 26, 2014  
SUEBBEARS 140528 06-26-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-04421. Susan Kim Dakuzaku Schlack and William Perry Schlack, 4440 Minnesota Avenue, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Xleration Services" at 4440 Minnesota Avenue, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on May 27, 2014. Publish: June 5, 12, 19 and 26, 2014  
XLERATION 140530 06-26-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-04162. Adam and Jessie Armstrong, 1923 Urbana Way, Sacramento, CA 95633 is doing business under the Fictitious Business Name "Alive Media" at 251 Opportunity Street, Suite A, Sacramento, CA 95638. Filed with the Clerk of Sacramento County on May 16, 2014. Publish: May 29, June 5, 12 and 19, 2014  
ALIVE 140529 06-26-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-04181. Kamaljit S. Grewal and Harveer Sekhon, 1200 Barnhill Lane, Lincoln, CA 95648 is doing business under the Fictitious Business Name "Mountain Mike's Pizza" at 4141 Manzanita Avenue, #220, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on May 19, 2014. Publish: May 29, June 5, 12 and 19, 2014  
MOUNTAIN 140530 06-26-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-04557. Aaron D. Pyle, 2600 16th Street, Sacramento, CA 95818 is doing business under the Fictitious Business Name "Aaron's Driven Transportation" at 2600 16th Street, Sacramento, CA 95818. Filed with the Clerk of Sacramento County on May 30, 2014. Publish: June 12, 19, 26 and July 3, 2014  
AARONS 140530 07-03-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-04122. Harold Robert Freihelt, 1095 Myron Court, Zephyr Cove, NV 89446 is doing business under the Fictitious Business Name "Village Auto" at 1940 Zinfandel Drive, Suite C3, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County on May 16, 2014. Publish: June 12, 19, 26 and July 3, 2014  
AARONS 140530 07-03-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-04518. Thomas L. Amberg, Jr., 1720 G Street #7, Sacramento, CA 95811 is doing business under the Fictitious Business Name "Amberg Harvey" at 925 G Street, Sacramento, CA 95814. Filed with the Clerk of Sacramento County on May 29, 2014. Publish: June 12, 19, 26 and July 3, 2014  
AMBERG 140531 07-03-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-04518. Thomas L. Amberg, Jr., 1720 G Street #7, Sacramento, CA 95811 is doing business under the Fictitious Business Name "Amberg Harvey" at 925 G Street, Sacramento, CA 95814. Filed with the Clerk of Sacramento County on May 29, 2014. Publish: June 12, 19, 26 and July 3, 2014  
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AMBERG 140531 07-03-14

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AMBERG 140531 07-03-14

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AMBERG 140531 07-03-14

### STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FBNF2013-06474  
The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Reliasense", located at 4823 Sanford Street, Fair Oaks, CA 95628. Axel L. Larson, 4823 Sanford Street, Fair Oaks, CA 95628. The Fictitious Business Name Statement referred to above was filed on July 27, 2011 in the County of Sacramento. Publish: May 22, 29, June 5 and 12, 2014  
RELIASENSE 140514 06-12-14

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FBNF2013-00452  
The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "McKiernan Realty", located at 49 Natoma Street, Suite A, Folsom, CA 95630. Robert J. and Linda A. McKiernan, 101 Hansey Court, Folsom, CA 95630. The Fictitious Business Name Statement referred to above was filed on January 15, 2013 in the County of Sacramento. Publish: June 12, 19, 26 and July 3, 2014  
MCKIERNAN 140604 07-03-14

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FBNF2013-00452  
The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "McKiernan Realty", located at 49 Natoma Street, Suite A, Folsom, CA 95630. Robert J. and Linda A. McKiernan, 101 Hansey Court, Folsom, CA 95630. The Fictitious Business Name Statement referred to above was filed on January 15, 2013 in the County of Sacramento. Publish: June 12, 19, 26 and July 3, 2014  
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The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "McKiernan



# Life Changes in an Instant

By Paul V. Scholl

Father's Day. A day that could mean so much more to so many more dad's. If we only knew.

Yes, it's seems like it was just yesterday that my son was born. Where did twenty years go?

And it seems like it was just the day before that my father passed away as we held hands and I looked into his eyes for the last time. Where did twenty seven years go?

I remember one late afternoon, just after a storm had passed, driving on the 680 freeway with my son. He was sitting in the passenger seat (which was actually legal back then). I noticed he was staring at the clouds for some time, holding my hand. With a great deal of certainty, he said matter-of-factly, "Dad, God is a hand. He just reaches down and holds you."

Profound. He was only about four years old. I just let the moment sink in, not saying a word for miles.

On another trip about a year later, on a day that followed a particularly rough week, we shared another of those spiritually special moments. Again, as he sat next to me, he just patted the top of my right hand with his in that way that a son does. He turned and looked at me and said "This you're the dad and I'm the boy."

It was just yesterday that I took him to his first baseball game at the Oakland



Sharing my birthday, the Fourth of July, with my son Gabriel.

One Sunday, my dad and I and a bunch of family friends went to a 49er's and Ram's game at Candlestick Park. It was so much fun, because my team, the Rams, came back and won in the fourth quarter. I often say I was a Rams fan as a little kid just so I could get more of his attention for rooting for the other team.



Our first time on the dance floor at my brother's wedding. Use this one as a teaser above the fold - position 1 on the left hand side of the page.

There were days I would go with him to run errands and meet his buddies. I learned over the years that he got into just as much trouble goofing off as I did. It made our relationship so special to know those things about him.

I remember my dad's passing. Almost every little detail. Especially sitting in the room with him alone for the hour after he passed. Silent. Serene. Relief. Joy. Great appreciation.

Rarely a day goes by that I do not think about my dad. I know I would give a year of my life to spend just one more day with him.

Never does a day pass that I do not yearn for seeing my son. He is off finishing college, then off to the rest of his life soon after.

I guess the message here is, life changes in an instant. Don't miss it. Make it a Happy Father's Day. ★

Coliseum. Thank God for cameras. All he wanted to be for years afterwards was a big league baseball

player. It drove him to be a fantastic player, and an even better teammate. All those days coaching and practicing now seem like a blur, but what a blur!

Years later we made baseball trips to the Midwest and New York. When I had learned that they were closing old

Yankee Stadium I was determined to get him there. We spent a week in New York. It was dad with his grown son just hanging out in the Big Apple. And we got to see the Yankees sweep the Twins. A treasure I'll never forget.

When it came time for buying his first car, he did all the research. He checked things out online, then made his decision. A good deal, but he did learn what "As Is" means real fast.

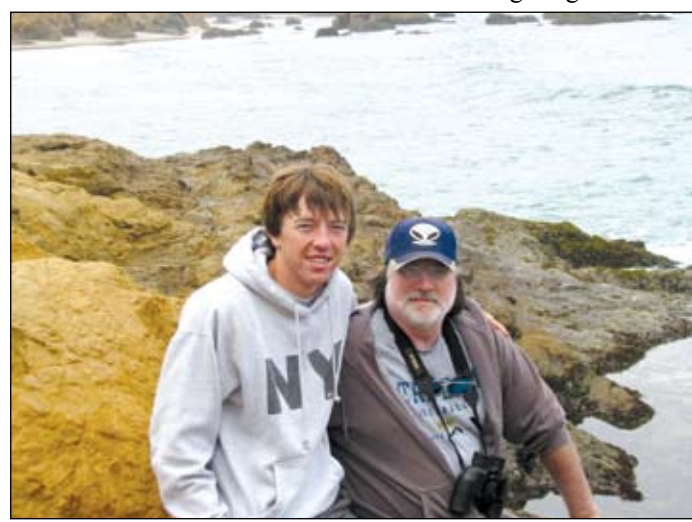
We once made a trip to Fort Bragg for a long weekend. We stopped in for dinner at a fancy restaurant. I mentioned to the staff where we were from, and that I had returned after many years to share their great food with my son. The owner, chef and the waitress all helped coach him on "how to act in a nice restaurant, especially went taking a young

lady out for dinner." It was really a kick to see him enjoy it.

I remember going to my first professional basketball game with my dad. Somewhere I still have the ticket stub. The Warriors and John Havlicek's Boston Celtics at the Cow Palace. It was awesome. I think I was eight.

I remember the times my dad spent coaching me. I didn't know until years later that he was an All-League star in high school and three-time league champion. I didn't know he was also a track and field star.

I remember many of our family camping trips. His pancakes, scrambled eggs, and burnt toast. I remember how we would all play games and cards on the old wooden camp tables under dim lights and blankets.



Our father and son weekend in Fort Bragg.

## Gold River SELF STORAGE

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# Free Summer Lunch Program Returns at Four District Locations

**SACRAMENTO REGION, CA (MPG)**  
- The San Juan Unified School District is once again offering all children 18 years of age and under a free lunch this summer as part of its popular Summer Fun Café – and this time, the café will be found at four locations throughout the community.

There are no qualifications to receive the free lunch. Students do not have to be enrolled in the San Juan Unified School District, there are no income requirements and there is no paperwork to complete.

All locations will serve lunch from 11:30 a.m.-12:30 p.m. Monday-Thursday.

Below are the dates and locations for this year's program:

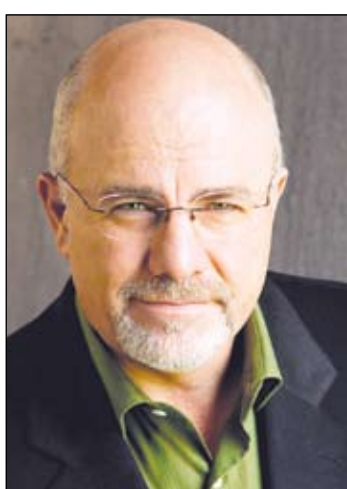
**June 9-July 31:**

• SJUSD Admissions & Family Services: 3700 Garfield Avenue in Carmichael



- Coyle Avenue Elementary: 6330 Coyle Avenue in Carmichael
  - Carriage Drive Elementary: 7519 Carriage Drive in Citrus Heights
  - Howe Avenue Elementary: 2404 Howe Avenue in Sacramento (Howe Avenue will also serve breakfast from 7:45 a.m. - 8:45 a.m)
- Parents can also eat with their children by purchasing a meal for \$3. Call (916) 979-8966 for more information. ★

# Dave Says



*Dave Ramsey is America's trusted voice on money and business. He has authored four New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover and EntreLeadership. His newest book, written with his daughter Rachel Cruze, is titled Smart Money Smart Kids. It will be released April 22nd. The Dave Ramsey Show is heard by more than 6 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.*

foreclosure. Even then, hardship withdrawals are very difficult to get. And again, this kind of thing should never be done except in an absolute, worst-case scenario.

Just roll your money into a traditional IRA, Tracy. It's called a direct transfer IRA, and that way there will be no taxes on it. You want the money to go directly from the 401(k) to the IRA. Then, you'll have the freedom to choose from about 8,000 mutual funds and move the money around, if you like.

In other words, you're in control. That's the way it should be when it comes to your money!

**It All Evens Out**

Dear Dave,  
We have three children, ages 15, 10 and nine. With our oldest starting high school and just being a teenager, we're spending lots more money on her than the others. It's almost like she's the favorite child. Should we spend more on the other kids to make things seem a little more fair?

- Julie

Dear Julie,  
I don't think so. In five or six years, it'll be their turn and you guys will be spending that kind of money on them, too. That's the way it is with teens.

Here's a question for you. When the 15-year-old is 23, and you're buying prom dresses and all the other teenage stuff for the younger kids, are you going to turn around and give the older child extra money just to "even things up"? Of course not—that would be silly. She had her moment in the sun, and now it's their turn.

Just make sure you hug on all of them equally, and let them know you love them!

- Dave

**Wait For It**

Dear Dave,  
Would it be okay to go on a tenth anniversary honeymoon while we're working on our debt snowball?

- Karen

Dear Karen,  
I don't think so. I mean, it's not against the law or anything like that. I just don't think it's a good idea. I wouldn't do it, and I wouldn't suggest taking the trip then rolling it into your debt snowball either. I know this probably sounds mean, but I'm just not a big romantic when it comes to people who are deeply in debt.

A rare exception may be a situation where you have a really small debt snowball and a nice, fat income. But most people in your shoes have average incomes and mountains of debt. On top of that, they want to take a big celebration vacation? I would say no.

At some point you have to stop the spending and concentrate on getting your finances in order. Besides, you've got a lifetime together to take romantic vacations and celebrate your marriage. Just wait until you can afford something like that. Trust me, you'll enjoy it even more!

- Dave

\*For more financial help, please visit [daveramsey.com](http://daveramsey.com). ★

**Roll the Money**

Dear Dave,  
How should I handle my 401(k) when moving from one job to another?

- Tracy

Dear Tracy,  
I would roll it to an IRA. Your new company, if you move it there, will have limited choices for your 401(k). You'd also probably have a lengthy waiting period for verification and the potential add-on fees and taxes.

Plus, with an IRA you can cash it out if something really bad happens. But I rarely ever advise people to cash out their IRAs. The only exceptions are extreme cases, like to avoid bankruptcy or

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<p>Thursday, June 12 11:30 am to 12:30 pm</p>	<p>Thursday, July 17 Dinner 6:30 pm</p>
<p><b>EAST LAWN MEMORIAL PARK &amp; CREMATORY</b> 4300 Folsom Boulevard • Sacramento RSVP Required: 916.732.2000</p>	
<p>Wednesday, June 18 • Wednesday, August, 20 (Spanish &amp; English) 11:30 am to 12:30 pm</p>	
<p><b>ANDREWS &amp; GREILICH FUNERAL HOME</b> 3939 Fruitridge Road • Sacramento RSVP Required: 916.732.2026</p>	
<p>Thursday, June 19 Dinner 6:30 pm</p>	<p>Wednesday, July 23 11:30 am to 12:30 pm</p>
<p><b>SIERRA HILLS MEMORIAL PARK &amp; EAST LAWN MORTUARY</b> 5757 Greenback Lane • Sacramento RSVP Required: 916.732.2020</p>	
<p>Wednesday, July 16 11:30 am to 12:30 pm</p>	<p>Thursday, August 14 Dinner 6:30 pm</p>
<p><b>ELK GROVE MEMORIAL PARK &amp; MORTUARY</b> 9189 E. Stockton Boulevard • Elk Grove RSVP Required: 916.732.2031</p>	

**Reservations Required, please RSVP to the location of your choice, or to Lisa West at [LisaW@EastLawn.com](mailto:LisaW@EastLawn.com)**

*Seating is limited to 30 attendees per seminar*

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<b>SATURDAY</b>	<p><b>Sac Unity Farmers Market NEW MARKET OPENING MAY 31!</b> 9249 Folsom Blvd, Sacramento (at Unity of Sacramento Church) on Saturdays 8 am - 1 pm, year round.</p>
<b>SUNDAY</b>	<p><b>Carmichael Park Farmers Market</b> 5750 Grant Avenue, Carmichael (Corner of Grant &amp; Fair Oaks Boulevard under the trees in the Park). Every Sunday from 9 am to 2 pm - all year round.</p>
<b>SATURDAY</b>	<p><b>Sacramento Midtown Farmers Market</b> 2020 J Street (Between the STANF Native American Health and Bioware buildings). Every Saturday from 8 am to 1 pm - all year round, rain or shine.</p>
<b>SATURDAY</b>	<p><b>Sunrise Mall Farmers Market</b> 6190 Sunrise Boulevard, Citrus Heights (behind Sears located in SE Parking Lot). Open every Saturday from 8 am to 1 pm - all year round.</p>
<b>SATURDAY</b>	<p><b>Historic Folsom Farmers Market</b> 915 Sutter Street, Historic Folsom Public Plaza, Folsom. Every Saturday from 8 am to 1 pm - all year round</p>
<b>THURSDAY</b>	<p><b>UC Davis Health System Farmers Market</b> 45th and Y Street (UC Davis Campus). Seasonal - Opens 4/24. 3 pm - 7:30 pm</p>
<b>WEDNESDAY</b>	<p><b>Fair Oaks Farmers Market NEW LOCATION, LOTS OF PARKING!</b> 8101 Sunset Ave. (New Life Church). Seasonal - Opens 4/16. 3 pm - 7:00 pm</p>
<b>WEDNESDAY</b>	<p><b>VA Mather Farmers Market</b> 10535 Hospital Way (VA Hospital). Seasonal - Open Now. 9 am - 1 pm</p>

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



# 2014 Graduates of Jesuit High School

**SACRAMENTO, CA (JUNE 04, 2014)**  
 - On May 24th, 2014, Jesuit High School graduated 269 seniors. The class excelled in all areas of school life. 94% will be attending four-year colleges or universities, with 5% starting at two-year community colleges. This class received offers of \$19.4 million dollars in college scholarships. They distinguished themselves as artists, winning recognition in the performing and visual arts; as athletes, winning 6 League



and 3 Section championships and as Men for Others. They performed more than 27,000 hours of community service. They participated in every aspect of Jesuit traditions and were examples of what we believe a Jesuit graduate is: Open to growth, Intellectually competent, Religious, Loving,

and Committed to doing justice. They were true examples of what the Jesuit Brotherhood is all about!

★  
*Jesuit High School of Sacramento is a Roman Catholic college preparatory dedicated to forming competent young men as conscientious leaders in compassionate service for the greater glory of God. Members of any faith or religion are welcome.*

# Increase in Whooping Cough Cases in California

*Continued from Page 1*

vary by age. For children, a typical case of pertussis starts with a cough and runny nose for one to two weeks. The cough then worsens and children may have rapid coughing spells that end with a whooping sound. Young infants may not have typical pertussis symptoms and may have no apparent cough.

Parents may describe episodes in which the infant's face turns red or purple. For adults, pertussis may simply be a cough that persists for several weeks.

More information about pertussis is available on the CDPH website, [www.cdph.ca.gov](http://www.cdph.ca.gov). ★  
 Source: California Department of Public Health

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

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Matthew 25:40  
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# Atria El Camino Gardens Flag Day Celebration

CARMICHAEL, CA (MPG) - June 7th, 2014, Carmichael, Ca. - On Saturday, June 14th, Atria El Camino Gardens will honor their resident and staff veterans in observance of Flag Day, with special entertainment by the American Veterans Band.

"We look forward to acknowledging the experiences of our veterans in this way," said Staci Weisz, Engage Life Director at Atria El Camino Gardens. "We are honored to share this special time with those who sacrificed to ensure the freedom we have today."

The event will begin at 2:00pm on June 14th at Atria El Camino Gardens, located at 2426 Garfield Avenue, Carmichael, Ca. 95608. For more information, call (916) 488-5722.

Atria Senior Living Group, the nation's fourth largest assisted



living owner-operator, provides respectful, quality care that helps approximately 13,000 older people live life to the fullest. Atria communities are not nursing homes; rather, they are active communities where seniors can get the care they need to live as independently as possible. At the heart of Atria's approach is our

belief that superior care depends on running a superior business. That's why Atria has developed some of the industry's most stringent measurement tools and comprehensive training protocols. To learn more, log onto [www.atriaseniorliving.com](http://www.atriaseniorliving.com).



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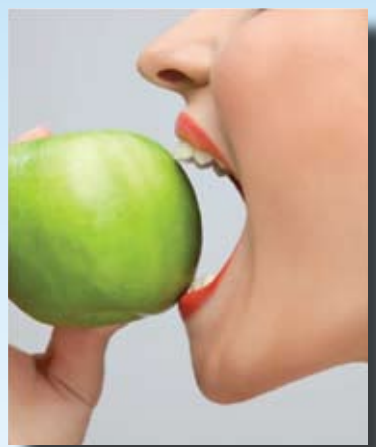
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There are millions of people in the U.S. who are edentulous (meaning without teeth) who struggle daily with dentures. A majority suffer from discomfort as a result of loose or illfitting dentures. Many prosthetic wearers simply withdraw from any type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

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

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

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



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