



**Interfaith Council Awards Honors at Power of One Banquet**

Page 2

**PLUS: Ose will Contest 7th District in November**

Page 3



# Carmichael Times

Volume 34 • Issue 23

Serving Carmichael and Sacramento County since 1981

June 5, 2014

**Duck Dash to Raise Funds for Music Therapy Program**



Page 3

**Sacramento Zoo Saddened by Loss of Dr. Murray E. Fowler**



Page 4

**Mileage Tax Would Put Big Brother in Your Back Seat**



Page 4

## Our Region Has Long Been a Popular Racing Venue

### Three Local Team Drivers Chosen to NASCAR NEXT Program



NEXT Driver Brandon McReynolds in the BMR (Bill McAnally Racing) #16 NAPA Auto Parts Toyota. NEXT driver Brandon McReynolds (right) from BMR, based in Roseville. Photos courtesy Bill McAnally Racing, Roseville

By Linda Harper

**SACRAMENTO REGION, CA (MPG)** - The Sacramento region has long been a popular racing venue, showcasing tracks like the All American Speedway in Roseville who host NASCAR's Whelen All - American Series and NASCAR K&N Pro Series, Sacramento Raceway where fans cheer on their favorite NHRA drag racers, Big Time Motocross Raceway and All Star Karting in Rancho Cordova. Over the last few years, our Capital City

and surrounding areas has exploded from its "sleeper" status, into a highly respected and recognized racing Mecca that attracts events, teams and individual participants from all over the nation. Like other celebrated racing cities, the Sacramento area proudly fosters young drivers, bringing them up the ranks, preparing them for careers in Stock Car, Sprint, Formula, Karting and Motorcycle sports.

Continued on Page 11



NEXT driver Dylan Lupton (left) from Wilton. Dylan Lupton's #9 Sunrise Ford/GoPro/Immersion Media race car. Photo courtesy Dylan Lupton

**California State Senate Passes Bill to Raise Minimum Wage to \$13 per Hour**

SB 935 Would Give California Highest Minimum Wage in the Nation

**LOS ANGELES, CA-** On Thursday May 29th, California State Senate voted 21-12 to raise the state's minimum wage to at least \$13 per hour by 2017. The bill would also require the minimum wage to be automatically adjusted for inflation annually beginning in 2018. The adjustments would be calculated using the California Consumer Price Index and reductions in the minimum wage would be prohibited if inflation is negative in any given period.

California Partnership (CAP) Director Vanessa Aramayo said "an increase in California's minimum wage is long overdue as it is lower than it was in 1965 when adjusted for inflation. SB 935 will reduce the number of Californian's living in poverty, reduce the number of people going hungry, and increase economic activity in our communities that have been hardest hit by the economic recession and stagnation of wages."

A recent report by Human Impact Partners cites a study that predicts a minimum wage of \$13 would help reduce the record high income gap that exists in California today. The study predicts that the income of 7.6 million Californians in families in the lowest quarter of income distribution would rise while the net income of the top 75% of households would not change[1].

California Partnership is a proud co-sponsor of this bill with the Women's Foundation, the Western Center on Law and Poverty, United Food and Commercial Workers Union and the California State Council of Service Employees International Union.

CAP is a statewide coalition of community-based groups, organizing and advocating for the policies and programs that work to reduce and end poverty.

For more info: Jeff Brewer, California Partnership, (213) 700-6276 or email [jbrewer@communitychange.org](mailto:jbrewer@communitychange.org) ★

## DA Jan Scully Honored With Top Leadership Award

**SACRAMENTO REGION, CA (MPG)** - The California District Attorneys Association (CDAA) announced that retiring Sacramento County District Attorney Jan Scully has been selected for the 2014 Edwin L. Miller Leadership Award. This award is the highest honor paid to an elected district attorney in California.

In the nomination letter signed by 11 elected district attorneys throughout the state, Scully's colleagues asserted, "Jan's tenure as District Attorney has been marked by her leadership in a wide variety of areas - creating new programs and initiatives with respect to victims, underserved neighborhoods, and disadvantaged groups, addressing old problems in new ways, confronting emerging problems, and building within the law enforcement agencies and the justice system to ensure effective prosecution following the highest ethical standards." The nomination letter inventories a variety of

Scully's accomplishments, concluding that she "has exemplified integrity, devotion and leadership in the criminal justice arena for two decades as the Sacramento County District Attorney."

It goes on to state "...in constructing collaborative partnerships, in building bridges and reaching out to a wide range of ethnic and cultural groups, and in doing so with a commitment to the highest standards of professionalism and integrity, she has been a

leader and example for all prosecutors." Scully was elected president of CDAA in 2005, the first woman to hold that position.

Scully's nomination package includes a letter from the Sacramento County Superior Court signed by an unprecedented 25 Superior Court judges. The letter concludes, "In two decades, Jan Scully has served as a leader with a unique ability to recognize needs, envision programs, and foster collaborations to the benefit of

a wide range of parties, and to all citizens served by the criminal justice system. She is well deserving of CDAA's highest award."

Also included is a letter from National District Attorneys Association (NDAA) President Henry Garza who stated, "Jan's career as an elected District Attorney and leader among prosecutors on both the state and national stages make her especially deserving of this award." Scully

Continued on Page 11



PRESORTED STD.  
US POSTAGE  
PAID  
PERMIT 350  
Carmichael, CA

Change Service Requested



Scan our QR Code for a direct link to our online edition!

**The Perfect Combination!**

**Carmichael Times**

Serving Central and Sacramento County since 1981

**STARS Shine at San Juan Fundraiser**

**START YOURS TODAY!**

**BOTH NEWSPAPERS FOR ONLY \$25<sup>00</sup> FOR 6 MONTHS!**

See inside for details

- ✓ Carmichael Times delivers your local community news every week.
- ✓ Get The Sunday Sacramento Bee!

**CLINCHED!** An eight A.L. West side...  
**THE SACRAMENTO BEE**

# Interfaith Council Awards Honors at Power of One Banquet

Story and photo by Margaret Snider

**RANCHO CORDOVA, CA (MPG)** - The Interfaith Council of Greater Sacramento paid tribute to four honorees at this year's Power of One 2014 banquet on May 15. The Sacramento Cordova Stake of The Church of Jesus Christ of Latter-day Saints provided the venue. More than 200 people attended representing a variety of religions, traditions and organizations.

Recipients of this year's awards given to members of the Interfaith Council for outstanding service in the community included Mary Wesley, Pastor Rick Cole, Dr. Ephraim Williams, and Beth White.

Wesley has been a humanitarian and a doer all her life, involved in many functions in the interfaith arena, and has been president of Jericho Foundation for several years.

"The Interfaith Council brings to the table the issues that affect our community and our greater human needs," Wesley said. "Our concerns overlap and our voices mingle."

Rick Cole of Capital Christian Center took over the pulpit from his father, Pastor Glen Cole, who founded the Sacramento area's first megachurch 34 years ago. Rick Cole sees two important ingredients in the work and purpose of the Interfaith Council.

"One is to break down barriers of misunderstanding among faith groups so that we can appreciate one another and celebrate the work each is doing in our community," Cole said. "The other is to encourage collaboration in our efforts to meet the needs of the underserved in our community."

Williams, pastor of St. Paul Missionary Baptist Church, said that having multiple groups assisting in projects builds positive relationships.



The four faith leaders being honored at the Interfaith Council of Greater Sacramento's Power of One banquet are (left to right) Mary Wesley, president of Jericho Foundation, Pastor Rick Cole of Capital Christian Center, Dr. Ephraim Williams, pastor of St. Paul Missionary Baptist Church, and Beth White, pastoral associate at Our Lady of Assumption Parish. They received their awards at this year's venue, the Sacramento Cordova Stake of The Church of Jesus Christ of Latter-day Saints.

"There are several urgencies within the Sacramento area," Williams said. "(One is to) give one-on-one guidance and assistance to help our young people in the areas of education, citizenship, and how to become a responsible adult. (Another is) to help guide people to become aware of God and establish a relationship with Him."

White is now pastoral associate at Our Lady of Assumption Parish of the Catholic Church in Carmichael, after 12 years as associate director of Catholic Charities of Sacramento.

"I consider her in the same league as Mother Teresa," said the Rev. Michael Kiernan of the Roman Catholic Diocese of Sacramento, "living the gospel here in Sacramento, serving the downtown poor, refugees, immigrants and others in her Catholic Charities work."

The Interfaith Council also presented a "Giving Back to the Community" award of \$2,500 to Women's Empowerment of Sacramento, represented by Kate Towson.

The evening began with music by the Camerata Chamber Choir of Sacramento, directed by Mary

Wesley, and the Folsom Lake Youth Choir.

Youth of the LDS church, attired in black and white, served dinner and attended tables throughout the evening.

Brandon Singer, 17, who attends Del Campo High School, was one of the many Mormon youth who received training the night before and helped out that evening.

Someone asked Singer if he didn't have a problem spending his Wednesday and Thursday nights doing this.

"No, in our church we're very prone to giving service," Singer told the person. "It was great to be able to see all these different religions meet under one roof. With all the publicity you hear about all these different religions not liking each other - being able to see everybody communicate with one another in one building was great. I was just grateful for the organization that puts this on."

The Interfaith Council of Greater Sacramento was incorporated in 1911 as the Federation of Churches. Jon Fish, a member of the LDS church, is president of the council, and served as master of ceremonies for this event.

"I had 'in person' compliments; I have had phone calls today, and two dozen e-mails all commenting on the quality of it all," said Fish. "Each time they say it was so 'beautiful' and 'elegant' and 'well managed.' Everyone was pleased with the young people serving. Two Catholic priests told me in separate e-mails that they believe what we're doing with interfaith is absolutely essential to our community and its people." ★

To learn more about the Interfaith Council, visit [www.sacramentointerfaith.org](http://www.sacramentointerfaith.org).

Interesting  
people  
need  
interesting  
people.

Atria communities are tailored to active older adults who lead fascinating lives - sound like anyone you know?

Together, we enjoy art classes, book clubs and happy hours. We take weekend trips. We share intelligent conversation over chef-prepared cuisine - and when someone needs a little help, a caring hand is always close by.

Discover the physical and emotional benefits of living at Atria. Schedule a tour of our two area communities today.

*Atria* SENIOR LIVING  
INDEPENDENT LIVING  
ASSISTED LIVING | MEMORY CARE  
[www.atriaseniorliving.com](http://www.atriaseniorliving.com)

ATRIA CARMICHAEL OAKS | 916.993.5039 License #347005251

ATRIA EL CAMINO GARDENS | 916.993.3718 License #347000389



Announcements & Events

**Summer Concert  
in the Park**

6/8 • 6:30-8:30pm at Carmichael Park

Speakeazy Jazz Orchestra



**Summer Camp  
for Teens**

For ages 13-14 / Starts June 9

Call 483-7826 for information

For registration & other information call the District at (916) 485-5322 or visit our web page at [www.carmichaelpark.com](http://www.carmichaelpark.com).

It's Tour  
Time!

Antelope  
Garden

Take a self-guided tour of the 2 acre Antelope Garden for ideas on creating your own water efficient landscape.

Open May 1 to October 31, 2014

Monday through Friday

Second and Fourth Saturdays

9:00 a.m. to 3:00 p.m.

FREE Admission



7800 Antelope North Road  
Antelope

## Carmichael Times

"Written by the people and for the people"  
Serving Carmichael and Sacramento County since 1981



**Publisher,  
Paul V. Scholl**

**Publisher's Statement:** It is the intent of the Carmichael Times to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors. The Carmichael Times is not responsible for unsolicited manuscripts or materials. The entire contents of the Carmichael Times are copyrighted.

Ownership of all advertising created and/or composed by the Times is with the publishing company and written permission to reproduce the same must be obtained from the publisher. Subscriptions should be mailed to Carmichael Times, P.O. Box 14, Carmichael, CA 95609. Subscription rate is \$39 per year within Carmichael, \$49 within Sacramento County. The Carmichael Times is published weekly. Call 916-773-1111 for more information. (ISSN # 1948-1918).

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: [Publisher@CarmichaelTimes.com](mailto:Publisher@CarmichaelTimes.com). Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at 916-773-1111.



Advertising Sales

Graphics & Layout

Contributing Writers

Distribution Assistant

Accounting

Web Master

News Services

Photography

Paul V. Scholl

Bill Martin • Linda Harper

Banerjee Designs • Stump Removal Graphics

Susan Skinner • Mary Jane Popp • Marlys Johnsen Norris

Tim Reilly • David Dickstein • Dave Ramsey

Dr. E. Kirsten Peters • Kay Burton • Dr. Bob Graykowski

Pastor Rich Reimer • Ronnie McBrayer • David Graulich

Gabriel Scholl

Nicholson & Olsen CPA

RJ at thesitebarn.com • JWS Promotions • Mikahn Design

StatePoint Media • NewsUSA • PRWEB NewsWire

North American Precip Syndicate • Blue Ridge Press • ARA Content

California News Service • Family Features • WorldNetDaily

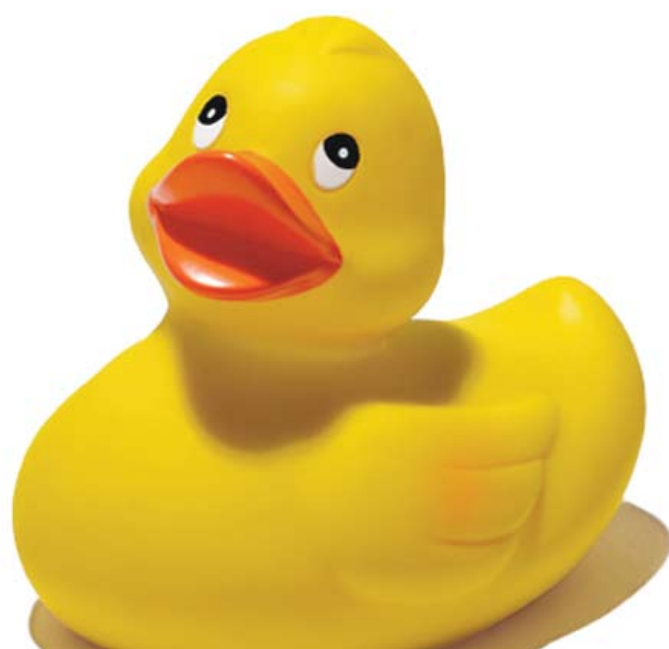
Susan Skinner

Member of Carmichael, Citrus Heights, Fair Oaks, and Orangevale Chambers of Commerce

We are proud members of these newspaper associations.



# Duck Dash to Raise Funds for Music Therapy Program at Sutter Children's Center



Funds raised by The Duck Dash will go toward the music therapy program at Sutter Children's Center.

## SACRAMENTO REGION, CA (MPG)

The second annual Duck Dash at Raging Waters at Cal Expo in Sacramento will take place Saturday, June 7. More than 3,500 rubber ducks will float down an 800-foot-long lazy river, racing to the finish line to win prizes and raise funds for the Child Life Program at Sutter Children's Center. Community members are encouraged to adopt a duck – or a paddling of ducks – and cheer them on during the 5 p.m. race.

Funds raised by The Duck Dash will go toward the music therapy program at Sutter Children's Center. Music therapists from McConnell Music

Therapy Services use a variety of techniques that have been proven to be effective in helping children and adolescents reach a wide range of goals through music. Activities include listening to live music, songwriting, singing, song lyric analysis and guided relaxation.

Young patients hospitalized for days or weeks at a time can benefit from music therapy to help reduce pain and pain perception, support emotional expression, normalize the hospital environment, increase verbal and nonverbal communication and many other benefits.

The Duck Dash hopes to raise \$15,000 for this valuable

program. Ducks can be adopted online, two ducks for \$12, five ducks for \$25, along with other adoption options. Participants don't have to attend race day for their duck to win, but it's sure to be a fun event for the whole family. Prizes include a \$500 Visa Gift Card, Raging Waters Party Package for up to 16 people (\$500 value), unlimited Quick Quack Car Washes for a year (\$360 value) and more.

Visit [TheDuckDash.com](http://TheDuckDash.com) for all the details and to adopt your ducks.

Free parking and entrance to Raging Waters, located at Cal Expo, 1600 Exposition Blvd, Sacramento, will be available beginning at 4 p.m. for those who have adopted ducks.

Sutter Children's Center, Sacramento is a comprehensive children's hospital inside Sutter Memorial Hospital in east Sacramento. It serves 7,000 children a year from 26 California counties and beyond, including Sacramento, Placer, Yolo, El Dorado, Solano, San Joaquin and Amador counties. Among its specialized pediatric services are an 80-bed, Level III neonatal intensive care unit, heart surgery, oncology, neurosurgery, orthopedics and clinics for epilepsy, childhood diabetes, cleft palates, obesity and many other diseases that affect children from birth to 18 years old. ★

For more information, contact event organizer, Zack Wandell at 916-802-9225

# Ose will Contest 7th District in November



Four generations of Sacramento's Ose family celebrated on Tuesday night. Ose (second from right) led the GOP Primary candidates.

## Story and photo by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - With absentee votes yet uncounted, Doug Ose (27 percent) led over Republican rivals Igor Birman (17 percent) and Elizabeth Emkin (7 percent) in Tuesday's Primary Election.

The former congressman is now confirmed as

the GOP candidate to face incumbent Democrat Ami Bera for the 7th District Congressional seat this fall. Bera took 47 percent of votes counted on election night.

"I am tired; I've been working 18 to 20-hour days for three weeks," Ose told supporters at his Fair Oaks headquarters. "I'm delighted with the outcome." ★

Earn **\$200** per month for just a few hours delivery work per week!  
**CALL 773-1111**



Great
American
Patriot

www.GreatAmericanPatriot.com

## Hank Fisher Senior Communities

# At the Chateau at Carmichael Park, you feel like you're part of a family.

**\$500**  
**Move-In**  
**Special\***



Enjoy the many benefits of living at a Hank Fisher Senior Community with this limited-time \$500 move-in special.\*

- Large one-bedroom apartments with private bathrooms and full kitchens
- Apartments are cable-ready with individually controlled heating and air-conditioning
- Restaurant-style meals available, prepared by our classically trained chefs
- Excursions to shopping, restaurants, casinos and other local attractions
- Complimentary scheduled transportation
- Daily life-enhancement programs that promote wellness, social interaction and life-long learning
- Emergency call systems in each apartment with staff available 24/7

\*Full rent begins in second month. Offer applies to independent living apartments. Meal plan is additional.

Call today to schedule a tour  
**(916) 481-7105**



**THE CHATEAU AT CARMICHAEL PARK**  
7125 Fair Oaks Blvd. • Carmichael, CA 95608 • (916) 481-7105

HankFisherProperties.com • When it says Hank Fisher Properties, it says Quality.

# Sacramento Zoo Saddened by Loss of Dr. Murray E. Fowler

**SACRAMENTO REGION, CA (MPG)** - The Sacramento Zoo and the UC Davis School of Veterinary Medicine are saddened by the recent death of Dr. Murray E. Fowler. Dr. Fowler is considered by many to be the father of zoological medicine. He played a large part in the advancement of animal care in zoos, and is fondly remembered for his 46 years of service to the Sacramento Zoological Society.

"In Murray Fowler's 85 years, he revolutionized zoological medicine," said Dr. Ray Wack, senior veterinarian at the Sacramento Zoo and clinical professor at the Wildlife Health Center within the UC Davis School of Veterinary Medicine. "He started the first residency program in Zoological Medicine in 1974 and is responsible for training many of the zooveterinarians around the world. Always a gentleman, an advocate for animal welfare, a gifted clinician and father, Murray will be missed."

In 1958, he became an instructor at UC Davis. A few years later, Dr. Fowler agreed to head the first veterinary program to specifically serve the needs of non-domestic animals, whether in captivity or in the wild, a field for which he coined the term "zoological medicine." In 1967, he became the Sacramento Zoo's first regular veterinarian, and this allowed him to pursue his passion for teaching by allowing his veterinary students to gain hands-on experience with zoo animals outside of the Veterinary Medicine Teaching Hospital. In 1974, Dr. Fowler reached out to the Sacramento Zooto propose a joint venture that became the Residency in Zoological Medicine program at UC Davis, the first of its kind in the country. Over the years he actively pursued research to understand and improve the health of zoo animals and wildlife; he published more than 200 articles in peer reviewed scientific journals and authored or edited 27 books, including the Zoo and Wild



Dr. Murray E. Fowler

Animal Medicine textbook series, considered the definitive resource for the discipline.

Dr. Fowler was an international authority on zoological medicine, traveling to more than 60 countries as a lecturer and consultant. He received numerous awards in recognition of his expertise and life-long contributions to promoting animal health. Dr. Fowler was certified by the American Board of Veterinary Toxicologists, the American College of Veterinary Internal Medicine and the American College of Zoological Medicine, which he helped to establish as a charter diplomat. Dr. Fowler retired from the University in 1991 remaining active in the profession and with the American Association of Zoo Veterinarians (AAZV). After retiring, he became Director Emeritus of the Sacramento Zoological Society Board of Trustees and Professor Emeritus of the School of Veterinary Medicine at UC Davis.

"Dr. Fowler was an icon in the zoo profession whom I was fortunate to get to know as a warm

and compassionate ambassador for the animals he loved," said Mary Healy, Director/CEO of the Sacramento Zoo. "He will always be remembered at the Murray E. Fowler Veterinary Hospital at the Sacramento Zoo. The Zoo is honored to have a place to celebrate his legacy."

In 2006, the Zoo dedicated its state-of-the-art, on-site veterinary hospital to him in honor of his life-long contributions to zoological medicine and animal health.

Dr. Murray E. Fowler was a forerunner in his field, an outstanding and gifted teacher, a prolific author and international authority in zoological medicine. He was an advocate for advancing the purpose of zoos to include the support of wildlife conservation as well as provide people a place to get close to nature. The Sacramento Zoo is proud to have a long history of caring for animals and is especially pleased to have counted Dr. Fowler among the Zoo's closest friends. ★

Source: Sacramento Zoo

# Mileage Tax Would Put Big Brother in Your Back Seat (and Within Arm's Reach of Your Wallet)



**Commentary**  
By **Jon Coupal**,  
President of the **Howard Jarvis Taxpayers Association**

California is known as the world capital of the car culture. The automobile played a central role in creating the California Dream, giving people the freedom to travel, to live where they choose and to experience the exhilaration of the open road.

Now, if Senator Mark DeSaulnier gets his way, you'll have to pay a new tax for every mile you drive. His Senate Bill 1077 would begin with a "pilot program" in one unfortunate yet-to-be-determined city where motorists would pay taxes based on the miles driven. Eventually, the Democrat from Concord hopes to impose his mileage tax on all of us.

Just as many Americans are

expressing concerns about government surveillance programs that intrude on their privacy (think red light cameras and the NSA), the mileage tax would give state transportation bureaucrats access to data on where you go.

Sen. DeSaulnier contends that the state needs the data to calculate your taxes but will keep the information safe. However, in the last year California state agencies, including the departments of Public Health and Social Services, were responsible for data breaches that compromised the personal information of thousands of Californians.

Also, while SB 1077 is obviously a tax increase, DeSaulnier and his tax-raising buddies are trying to say it is a "fee" and not a tax. They know if they get away with calling it a "fee" they can pass it with a simple majority vote and increase it anytime they wish, all without needing to comply with Proposition 13's requirement that higher state taxes receive a two-thirds vote of the Legislature.

This mileage tax will fall especially hard on those who live in suburbs or exurbs and have to commute long distances to work and it will discourage people from taking vacations. Instead of feeling free to explore, Californians will have to take a government meter with them, dingy them with more taxes every mile they travel.

State policies have become

increasingly hostile to drivers over the years and the mileage tax would just make things worse. California has the highest gas taxes in the nation and gas prices are second only to Hawaii which, given its location in the middle of the ocean, makes fuel transportation expenses unavoidably high. California, sitting on huge oil reserves, can't claim that excuse.

And even with ridiculously high taxes on gas that are supposed to be dedicated to roads, a Reason Foundation study ranks our state 47th out of 50 (with 50 being worst) for worst roads in the nation. This is because Sacramento politicians have continually raided gas tax funds to spend on unrelated pet projects.

Free and fast movement of goods and people facilitates economic growth. High taxes and congested roads only harm our economy and frustrate hard working citizens who simply want to get where they need to go. Sacramento must stop its bait and switch tactics with the gas tax and make better use of the considerable funds already provided. DeSaulnier's proposal is just another tax increase and it takes us in the wrong direction. ★

Jon Coupal is president of the Howard Jarvis Taxpayers Association - California's largest grass-roots taxpayer organization dedicated to the protection of Proposition 13 and the advancement of taxpayers' rights.

# Senate Fails To Pass Fracking Bill

**SACRAMENTO REGION, CA (MPG)** - On May 29th the California State Senate failed to pass SB 1132 (Mitchell & Leno), which would have stopped hydraulic fracturing and other dangerous well stimulation methods while the state studied their risks. The statewide coalition Californians Against Fracking issued the following statement:

"Despite polls showing a majority of Californians in favor of banning fracking, today the California Senate failed to pass SB 1132 to place a moratorium

on fracking. The vote is disappointing but not completely unexpected given that the oil industry has spent a whopping \$15 million on lobbying activities to defeat the bill and buy influence in Sacramento. State lawmakers will continue to face growing concern about fracking pollution from voters in their communities. Californians Against Fracking calls on Governor Brown to protect California's water, agriculture, public health and climate by declaring a moratorium on

fracking now. If Governor Brown is serious about fighting climate change and its severe impacts, including droughts and fires, then he must show real leadership and stop the fracking now."

Californians Against Fracking is a coalition of environmental, business, health, agriculture, labor, political, and environmental justice organizations working to win a statewide ban on fracking in California. ★

Source: Californians Against Fracking

# CDPH Warns Consumers About Undeclared Allergens in Blueberry and Banana Nut Muffins

**SACRAMENTO REGION, CA (MPG)** - Dr. Ron Chapman, director of the California Department of Public Health (CDPH) and state health officer, warned consumers with milk allergies not to eat Dave's Blueberry Muffins and Dave's Banana Nut Muffins. People who have milk allergies risk life-threatening reactions.

Bake R Us of Gardena, California, is voluntarily recalling both varieties of muffins because they contain milk that is not declared on the product labels. The recall was initiated after CDPH identified the labeling omission during a routine

inspection of the facility. No illnesses have been reported at this time.

Dave's Blueberry Muffins and Dave's Banana Nut Muffins are individually packaged in clear cellophane with a ribbon banner across the front of the package identifying the muffin flavor. Photos of the products are available on the CDPH website on the Bake R Us, Gardena, CA Recalled Product page.

Consumers that have the recalled products should return them to the place of purchase. People who have an allergy or severe sensitivity to milk run the

risk of a life-threatening allergic reaction, anaphylaxis, which requires immediate medical attention.

Consumers can contact Bake R Us at (310) 630-5873 for further information.

Consumers who have experienced an allergic reaction after consuming either of these products should contact their health care provider. Anyone observing the products being offered for sale is encouraged to call CDPH's toll free complaint line at (800) 495-3232. ★

Source: California Department of Public Health



**Father/Daughter Dance**  
Friday, June 13 • 7-9pm  
**\$5/PERSON**  
**ALL AGES WELCOME!**  
DJ Music, Games, Prizes, Refreshments

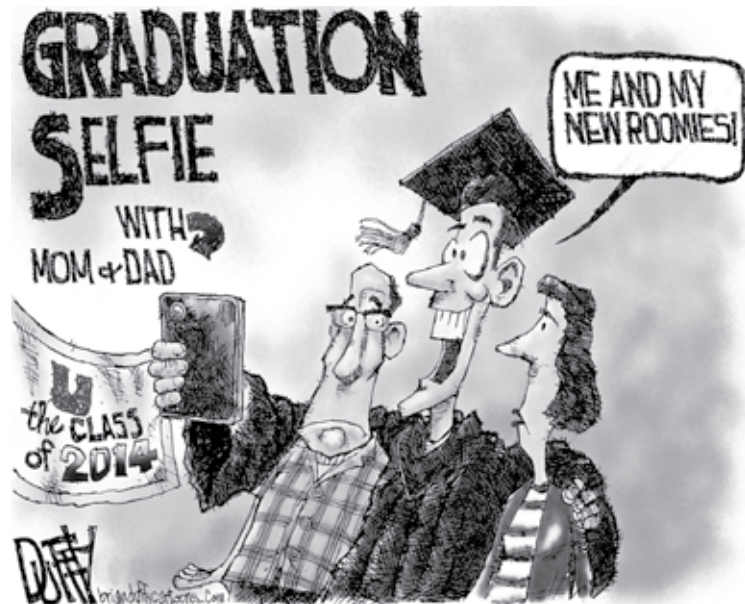
**Summer Dances**  
WEDNESDAYS: 7-9:30PM  
JUNE - AUGUST  
**\$7/PERSON**  
**CONCUZZI DANCE TRIO**  
Dance music for all ages!

**Motorcoach Trip** 972-0336  
**Feather Falls Casino & Lodge**  
Only \$15 per person  
Get \$12 Cash Coupon AND \$3 food Coupon!  
Monday June 16th • 8am-4pm • Motorcoach Transportation

**Travel the World!** **BOOK NOW & SAVE!**  
TRAVEL SHOW WEDNESDAY, JUNE 18TH, 10AM  
Exploring South Africa, Victoria Falls, & Botswana NOV. 5-18, 2014 • \$7,249 PP DOUBLE  
New York City Holiday DEC. 11-15, 2014 • \$2,879 PP DOUBLE  
Discover Panama JAN. 22-30, 2015 • \$2849 PP DOUBLE

**972-0336** **morpd.com**  
MISSION OAKS RECREATION & PARK DISTRICT  
Office Hours: 8 am-5 pm  
Registration Hours:  
8:30am-4pm Monday-Friday  
**www.morpd.com**  
DISTRICT OFFICE  
(916) 488-2810 • Fax (916) 488-4349  
3344 Mission Ave., Carmichael, CA 95608  
MISSION OAKS COMMUNITY CENTER  
(916) 972-0336 • Fax (916) 972-7371  
4701 Gibbons Dr., Carmichael, CA 95608  
SWANSTON COMMUNITY CENTER  
(916) 333-6464 • Fax (916) 488-4349  
2350 Northrop Ave., Sacramento, CA 95825

**Complete Collision Repair**  
**Free Estimates**  
**24 Hour Towing**  
**We Work with All Insurance Companies**  
**"We Meet By Accident"**  
up to **\$500<sup>00</sup>** Instant Rebate towards your **DEDUCTIBLE**  
Some restrictions apply - call for details. Limit 1 coupon per customer. Not valid with any other offer. Expires June 30, 2014.  
**FREE LOANER CAR WITH ANY REPAIR**  
Present this coupon and receive a free loaner car for the duration of your repairs after authorization.  
Some restrictions apply - call for details. Coupon must be presented upon authorization. Limit 1 coupon per customer. Not valid with any other offer. Expires June 30, 2014.  
**6801 Fair Oaks Blvd • Carmichael, CA 95608**  
**Phone 916-339-1776 • Fax 916-339-1700**  
**Email: info@aebodysshop.com • www.aebodysshop.com**  
**Monday - Friday: 8:00 a.m. - 5:00 p.m.**  
**Saturday: By appointment • Sunday: Closed**



THE RICH LOWRY COLUMN  
By Rich Lowry

**Rove Is Right**

It was inevitable that attacks on Hillary Clinton would be deemed sexist. We now know that they will be called ageist, too. A report in the New York Post's Page Six that Karl Rove told a recent conference that Hillary Clinton might be brain-damaged after a 30-day hospital stay during her illness at the end of 2012 caused a volcanic eruption of denunciation aimed at the Republican strategist. Rove was accused, among other things, of dealing the age card from the bottom of the deck. Rove denies saying "brain damage," and the Page Six report didn't put quote marks around that phrase. He tells me he's not sure whether he actually said she was in the hospital 30 days (it was three), but regardless, he meant to refer to the

entirety of the 30-day episode when she was dealing with a virus, a fall and a subsequent concussion and blood clot between her brain and skull.

If we take Rove's interview on Fox News the day after the Page Six item as the best explanation of his view, his basic points are unassailable -- the state of Clinton's health will play into her decision whether or not to run, she will have to be completely open about the 2012 episode and all of this will be filtered through the fact that she will be 69 if elected and 77 if she serves two terms.

Even if you take at face value everything we've heard about Clinton's condition in December 2012, it was frighteningly serious. The clot, according to The Washington Post, "can cause permanent brain damage, coma or death if not detected and treated in time."

News accounts say it was caught early, and Clinton is performing as ably as ever. But politicians have a long history of lying through their teeth about their health -- see Woodrow Wilson, John F. Kennedy and Paul Tsongas, for example. So Clinton will have to provide a full accounting of the 2012 incident and her overall health.

And as for her age, of course it will be an issue. The problem with being an

old candidate in American presidential politics is that people use it against you.

U.S. News & World Report had an item in April 2008 titled "Obama Campaign Plans to Hit at McCain's Age." The Bill Clinton re-election campaign in 1996 feasted on contrasts between the new and old in its lopsided bout with the septuagenarian Bob Dole.

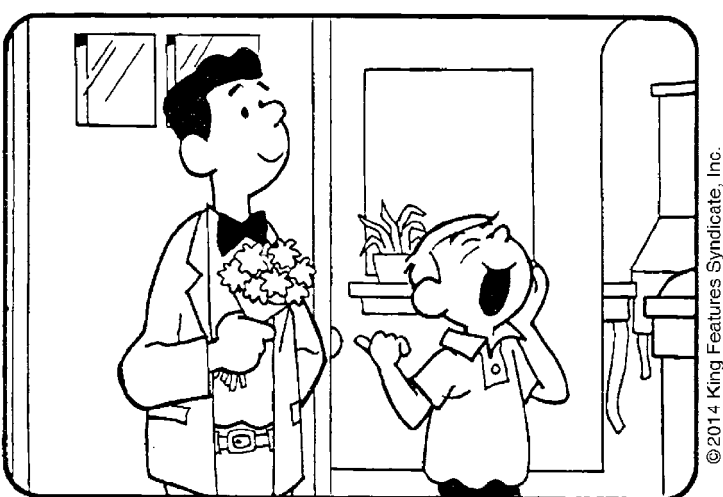
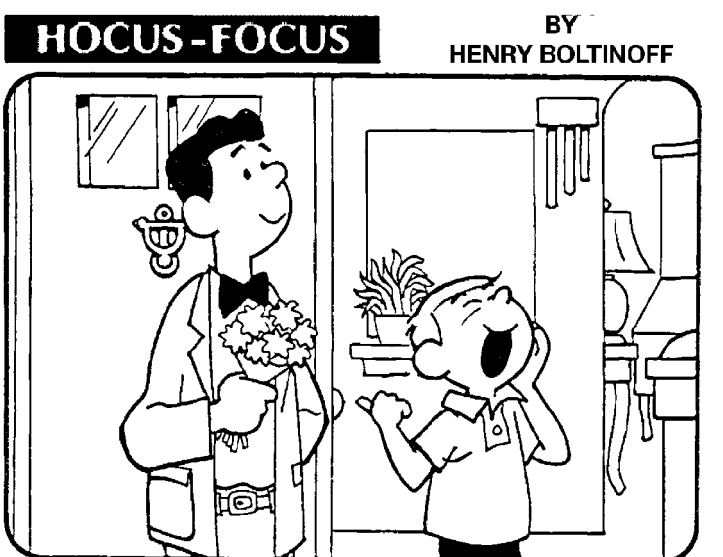
Of course, age is hardly dispositive. Ronald Reagan was the oldest president at age 70 in 1981 and embodied an invigorating optimism despite his years. But age was an issue for him in 1980 and 1984.

Hillary can potentially trump all this with openness about her medical records, and with an energetic and future-oriented campaign, should she run. Her supporters, in the meantime, hope to deflect any questions with cries of ageism and sexism. It will be a nice change of pace to move on from racism as the Democratic rejoinder of choice to other "-isms" neglected during the past eight years.

But Rove is right: Hillary will have to deal with these questions.

*Rich Lowry is editor of the National Review.*

© 2014 by King Features Synd., Inc.



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.  
1. Door knocker is missing. 2. Pocket is missing. 3. Plant is different. 4. Shirt is different. 5. Chimes are missing. 6. Lamp is missing.

**GOT LOCAL NEWS?**

**Call 773-1111**

**To Subscribe Call 773-1111**

**The Perfect Combination!**

**Start Yours Today!**

Get a 6 month subscription for only:

**\$25<sup>00</sup>**

Here's what you'll receive every week:

- The Carmichael Times.
- The Sunday Sacramento Bee!



As a valued Carmichael Times subscriber, you receive the Sunday Sacramento Bee as part of your subscription.  
**BOTH NEWSPAPERS FOR ONLY \$25 FOR 6 MONTHS!**

**IT'S THE PERFECT COMBINATION!**

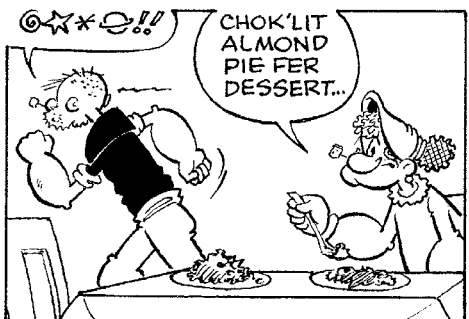
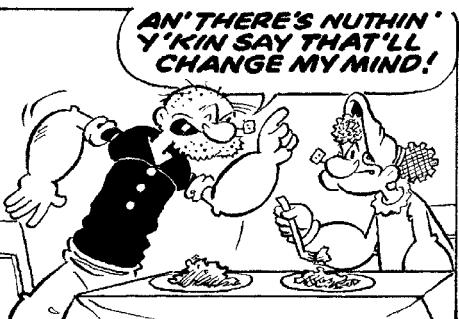
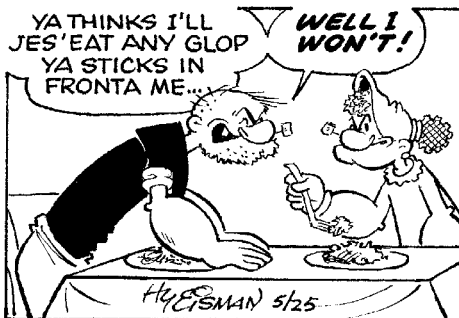
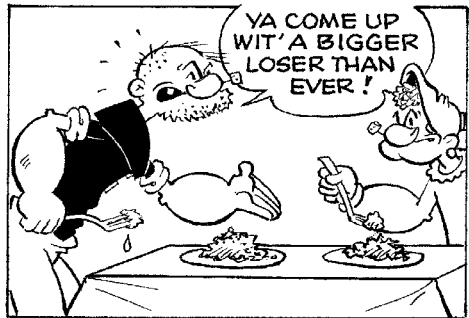
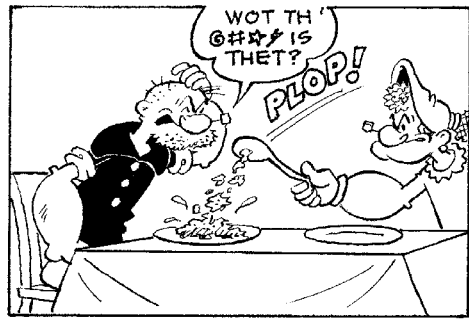
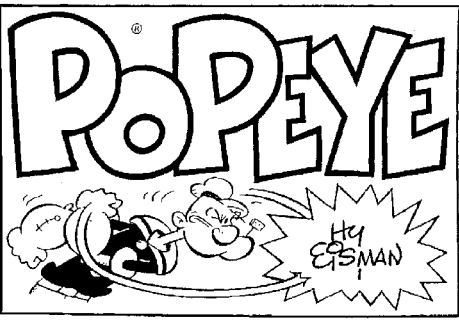
Offer available to new and current Carmichael Times subscribers. To take advantage of this unique opportunity please call (916) 773-1111.

**YES! START MY SUBSCRIPTION NOW!**

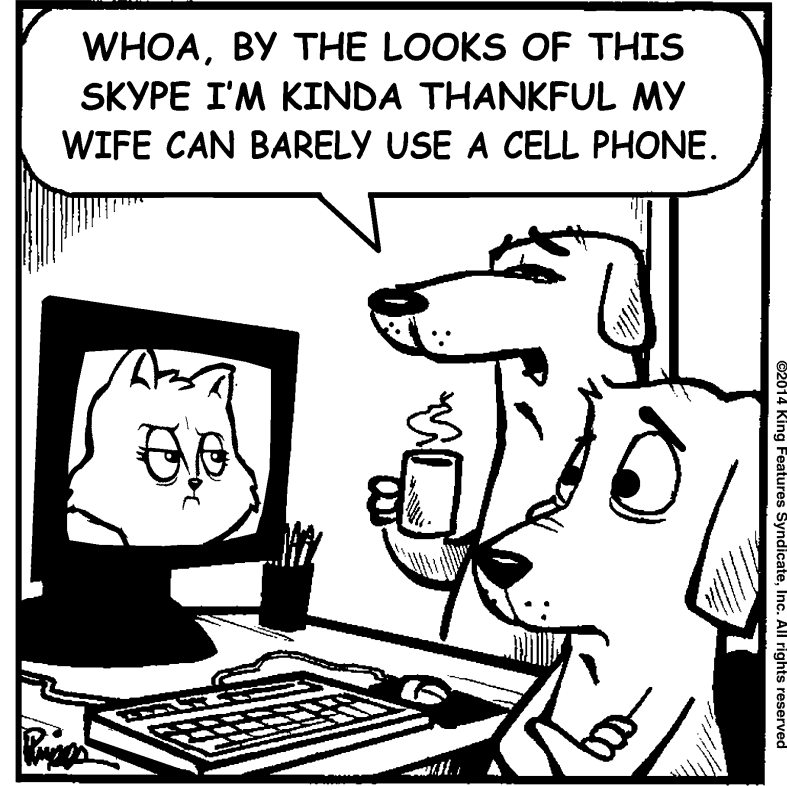
NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE ( ) \_\_\_\_\_ EMAIL \_\_\_\_\_  
(OPTIONAL)

MAIL YOUR PAYMENT TO:  
MESSENGER PUBLISHING GROUP  
7144 FAIR OAKS BOULEVARD, SUITE 5  
CARMICHAEL, CA 95608

*\*Some delivery restrictions may apply.*



Just Like Cats & Dogs by Dave T. Phipps



HUBERT - - By Dick Wingert



"But we thought YOU invited us to YOUR house for dinner!"

MISTER BREGER By Dave Breger



"But all I said to your mother was how come they haven't named any hurricanes after HER..."

LAFF - A - DAY



"If my waiter comes back, would you tell him I've gone to lunch?"

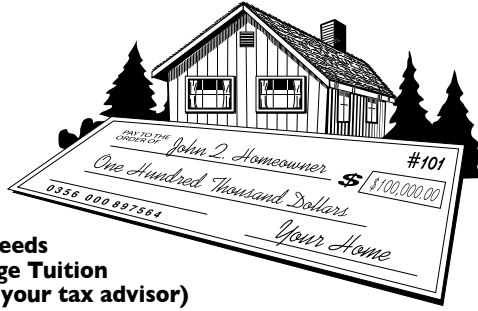
To Subscribe Call 773-1111

5 Year FIXED RATE Home Equity Line of Credit Loan

5.00% Initial APR

CHECK THE EL DORADO ADVANTAGE:

- ✓ FIXED RATE for 5 Years
- ✓ Local Processing & Servicing
- ✓ No Closing Costs on Qualifying Transactions
- ✓ Flexibility and Convenience
- ✓ Have Funds Available for Current and Future Needs
- ✓ Home Improvement, Debt Consolidation, College Tuition
- ✓ Interest May be Tax Deductible (Please consult your tax advisor)



EL DORADO SAVINGS BANK

Serving our local communities since 1958

www.eldoradosavingsbank.com

CARMICHAEL • 4701 Manzanita Ave. • 481-0664

Se Habla Espanol • 800-874-9779



The initial Annual Percentage Rate (APR) is currently 5.00% for a new Home Equity Line of Credit (HELOC), and is fixed for the first 5 years of the loan which is called the draw period. After the initial 5 year period, the APR can change once based on the value of an Index and Margin. The Index is the weekly average yield on U.S. Treasury Securities adjusted to a constant maturity of 10 years and the margin is 3.50%. The current APR for the repayment period is 6.125%. The maximum APR that can apply any time during your HELOC is 10%. A qualifying transaction consists of the following conditions: (1) the initial APR assumes a maximum HELOC of \$100,000, and a total maximum Loan-to-Value (LTV) of 70% including the new HELOC and any existing 1st Deed of Trust loan on your residence; (2) your residence securing the HELOC must be a single-family home that you occupy as your primary residence; (3) if the 1st Deed of Trust loan is with a lender other than El Dorado Savings Bank, that loan may not exceed \$200,000 and may not be a revolving line of credit. Additional property restrictions and requirements apply. All loans are subject to a current appraisal. Property insurance is required and flood insurance may be required. Rates, APR, terms and conditions are subject to change without notice. Other conditions apply. A \$375 early closure fee will be assessed if the line of credit is closed within three years from the date of opening. An annual fee of \$50 will be assessed on the first anniversary of the HELOC and annually thereafter during the draw period. Ask for a copy of our "Fixed Rate Home Equity Line of Credit Disclosure Notice" for additional important information. Other HELOC loans are available under different terms.

Unity of Sacramento, June 8th 2014  
9249 Folsom Boulevard,  
Sacramento, CA



Don Miguel Ruiz Jr.  
Living a Life of Awareness  
& The Five Levels of Attachment



9AM AND 11AM  
Join us for the  
Afternoon Workshop  
1:30PM  
\$25.00 PER TUITION

Gain awareness of how your attachments have created your reality!

Become aware of how you confuse what you know for who you are!

Love is accepting ourselves just the way we are, with all of our flaws and our ever-changing belief system. You are nothing else but who you are. You are not the person you were a year ago. You are not the person you will be in a year. You aren't even the person you think you are. You simply are, and that must be enough."

- don Miguel Ruiz Jr.

To Register call 916-368-3950 or www.unityofsacramento.com

WRENCHHEAD AUTOMOTIVE

10% OFF  
Mention  
This Ad!

YOUR  
NEIGHBORHOOD  
MECHANIC

Melvin Bow Jr  
Owner

916-485-8513

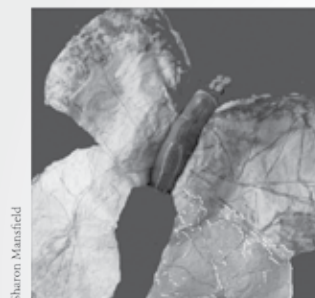
Dave Hignite  
Lead Mechanic

6633 Fair Oaks Blvd.  
Carmichael, CA 95608

wrenchheadautomotive.com

SACRAMENTO FINE ARTS CENTER, INC.

Contributing to the cultural life of the Sacramento community  
Current and Upcoming Events



Focus On Fiber

June 3-21, 2014  
Fiber Arts Group  
dedicates  
this exhibit in  
memory of  
Anna Didrikke Cook



inner views  
NCA Annual  
Membership Show

June 24 - July 12, 2014

Exhibition Schedule

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

2nd Saturday Reception

June 14, 2014 5:30 - 8:30 pm

Refreshments - Awards - Live Piano Music

Weavers and Spinners Guild, June 3rd, 10am - 4pm

Button Show, June 7th, 10 am - 3pm

Children's Summer Program

June 16th - August 1st

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

5330 - B Gibbons Dr., Carmichael, CA • Ph. 916-971-3713

Hours: Tuesday 11 am-7 pm, Wednesday through Saturday 11 am-3 pm.

www.sacfinearts.org

## Salome's Stars

**ARIES (March 21 to April 19)** Try using that Aries charm to warm up the usual set of workplace naysayers, and then back it up with a solid block of facts and figures to sell your idea to your colleagues.

**TAURUS (April 20 to May 20)** While nothing can deter a determined Bovine from following a course you believe in, it helps to have some supporting data and statements by trusted colleagues to make your case.

**GEMINI (May 21 to June 20)** Take advantage of new information that could help make your career transition easier. The weekend is a good time to re-establish relationships with people you haven't seen in a while.

**CANCER (June 21 to July 22)** Personal matters demand your attention as once-stable situations begin to shift. Quick action to shore things up is called for in order to avoid more problems down the line.

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

**LEO (July 23 to August 22)** Although your financial picture begins to brighten, "thrift" and "caution" are still the watchwords for fiscally astute Leos and Leonas to live by. Expect news about a family matter.

**VIRGO (August 23 to September 22)** Before you try to blame a colleague for a workplace problem, make sure you have the proof to back you up. Make some quiet inquiries on your own to try to solicit more information.

**LIBRA (September 23 to October 22)** Trying to cheer up a depressed friend or downcast family member can be difficult. But keep at it, and your efforts should soon pay off in ways you might have never expected.

**SCORPIO (October 23 to November 21)** Taking a new look at an old and frequently recurring problem might lead you to consider making some surprising changes in the way you had been handling it up till now.

**SAGITTARIUS (November 22 to December 21)** Despite what the naysayers might say, setting your sights on a new goal could be one of the smartest things the typically sagacious Sagittarian has done in a long time.

**CAPRICORN (December 22 to January 19)** Rebuilding an unraveling relationship won't be easy. But you can do it, if you really want to. Just remember to keep the lines of communication open between the two of you.

**AQUARIUS (January 20 to February 18)** A new friendship could develop into a close relationship. Meanwhile, reassure an old friend who might be feeling neglected that he or she is still an important part of your life.

**PISCES (February 19 to March 20)** You might be feeling that you're still in over your head as you continue trying to adjust to your new situation. But the pressures ease by week's end, giving you time to come up for air.

**BORN THIS WEEK:** *You have a gift for sensing the feelings of others. You might consider a career in some aspect of counseling.*

(c) 2014 King Features Synd., Inc.

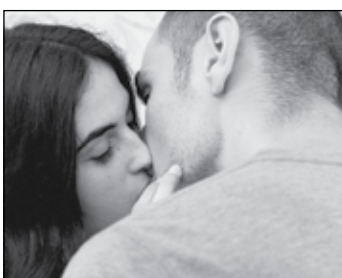
## COUCH THEATER DVD PREVIEW

BY SAM STRUCKHOFF

COUCH THEATER -- DVD PREVIEW  
By Sam Struckhoff

EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of June 9, 2014.

### PICKS OF THE WEEK



Leem Lubany, Adam Bakri in "Omar"

**"Jack Ryan: Shadow Recruit" (PG-13)** -- When Russian corporate overlords threaten the world's economy, it's up to one untrained CIA desk worker to stop them (for some reason, maybe the rest of the CIA is busy.) Our hero is Jack Ryan (Chris Pines), protagonist of many a spy novel by Tom Clancy. Ryan starts working for the less-dangerous wing of the CIA, but somehow gets shifted into fieldwork, starting his clandestine adventure dodging assassins in Moscow. While the plot has more holes than the back wall of a shooting range, "Shadow Recruit" keeps things moving so fast that you can't admire its true flimsiness. Director Kenneth Branagh -- also starring as the villain -- doesn't try to reinvent the global espionage thriller, but he doesn't take many risks with it, either.

**"Non-Stop" (PG-13)** -- On a crowded flight from New York to London, Air Marshall Bill Marks (Liam Neeson) receives text messages threatening that a passenger will be killed every 20 minutes until ransom money is wired into an offshore account. Don't fret too much about the logistics of telecommunication on a plane, or how people can

disappear in such close quarters -- it all just adds to the tension. Much of the vehicle is pieced together from pieces of other airplane disaster flicks. The real engine pushing this ride is Neeson's tight-fisted commitment to his troubled action-hero role. This isn't just "Taken" set in the sky, however. "Non-Stop" is worth standing in line for.

**"Devil's Knot" (R)** -- In 1993, three 8-year-old boys were found brutally murdered in the small town of West Memphis, Arkansas. Three teenage boys from the poor side of town (dubbed the "West Memphis Three") were tried and quickly convicted for the murders. Public opinion painted them as monsters and Satanists because the teens were outcasts who listened to heavy-metal music. This drama starring Colin Firth and Reese Witherspoon takes a steady look at the facts in the case. However, the understated performances do not bring the subject to light as well as any of the documentaries.

**"Omar"** -- A young baker named Omar (Adam Bakri) lives in an impoverished Palestinian village, where he's in contact with people plotting to kill Israeli soldiers. Whenever Omar climbs the security wall to the other side, he's doing it to visit his pals and his gorgeous girlfriend (Leem Lubany). One night, however, Omar is taken into custody, tortured and turned out as a double-agent against the militants from his village. The movie follows Omar's ambiguous arc -- is he really going to turn on the people he once supported, or is he realizing something else about the conflict? The film gives no answers, but offers an up-close human look at a bitter conflict that stretches across generations.

### TV RELEASES

"Cosmos: A Spacetime Odyssey"  
"Rizzoli & Isles: Season 4"  
"Ray Donovan: Season 1"  
"Resurrection: Season 1"  
"The Chisholms -- The Complete Series" "Workaholics: Season 4"  
(c) 2014 King Features Synd., Inc.

## top ten Tasty Diet Foods

1. Yogurt
2. Eggs
3. Pistachios
4. Grapefruit
5. Avocado
6. Mushrooms
7. Olive oil
8. Whole grains
9. Red Pepper
10. Fava beans

Source: sharecare.com

© 2014 by King Features Syndicate, Inc. World rights reserved.

## Birding BITS BY Cindy Brook

**Birdie ER**  
Have these on hand in case you find an injured or sick bird:

- Cardboard box with holes punched in lid.
- Phone number and/or location of wild bird rehab.
- Bed sheet or net to catch the bird.
- Cotton gloves in case you have to handle the bird.

Thank you!  
E-mail: [birdingbits@cflrr.com](mailto:birdingbits@cflrr.com)  
© 2014 King Features Syndicate, Inc.

## Moments in time

THE HISTORY CHANNEL

• On June 14, 1789, English Capt. William Bligh and 18 others, cast adrift from the HMS Bounty in a mutiny seven weeks before, reach Timor in the East Indies after traveling nearly 4,000 miles in a small, open boat. Bligh would fall prey to a total of three mutinies in his career.

© 2014 King Features Synd., Inc.

## The Garden Bug

**June beetles**, also called May beetles or June bugs, commonly appear in the Northern Hemisphere during warm spring evenings. They are attracted to lights. They feed on foliage and flowers at night, sometimes causing considerable damage. Their larvae live in the soil, and can destroy crops and kill lawns and pastures by severing the grasses from the roots.

- Brenda Weaver

Green June Beetle

© 2014 by King Features Syndicate, Inc. World rights reserved.

# Chapanian's Carmichael Furniture

Serving Carmichael since 1940 • A Full Line of Quality Brand Name Furniture



WESLEY ALLEN  
AUTHORIZED DEALER

BENICIA FOUNDRY & IRON WORKS

## Heirloom Quality Iron Beds

Queen Floor Model

Mattress Sets from **\$289**

Limited Quantities

Spring Air Berkshire Plush

**\$549** Queen Set

884 Zoned Pocketed Coil • 10 yr NPR Warranty

Spring Air Berkshire Elite

**\$649** Queen Set

884 Zoned Pocketed Coil • 10 yr NPR Warranty

6649 Fair Oaks Blvd. Carmichael, California 95608

916-487-7895

(Corner of Fair Oaks Blvd. & Angelina Ave)

Closed Sunday  
and Monday

Store hours: Tuesday thru Friday 10:00 A.M. - 5:30 P.M., Saturday 11 A.M. - 6 P.M.

We Specialize in Custom Orders!

Visit our web site at [www.carmichaelfurniture.us](http://www.carmichaelfurniture.us)

# CALL A PROFESSIONAL!

## Business & Service Directory

### LANDSCAPE SERVICES

**SLS**  
**Superior Landscape Services**  
 Landscaping and Maintenance

- Sprinkler Repair/Install • Pruning
- Mowing/Trimming • Fertilizing

Insured  
 Lic#794551

**(916) 728-5812 • Cell (916) 761-0999**  
**Dave Cochran Owner • dave\_SLS@surewest.net**

### CHILD CARE

**JUST BABIES**

*...a healthy, loving, educational environment for your infant*

Lic # 343619790

**916-261-9598**

sophiabenedettojustbabies@gmail.com

### HOME OWNERSHIP

**1st Time Home Buyer??**

Me out

**Charles Vines**  
 Broker Associate  
 (916) 216-9349  
 DRE# 01789423

**LYON REAL ESTATE**  
 www.Golflion.com

Scan QR Code to see YouTube Video

### PARALEGAL SERVICES

**Living Trust • Living Will**

Includes: Trust, Will, Powers of Attorney, Family Residence Deed

**Single \$450 • Couple \$495**

**Call Lynda K. Knight (916) 214-1215**  
 1337 Howe Ave. Suite 103, Sacramento

### CEMETERY SERVICES

**Respectful, Affordable Burial**

Endowment Care Facility  
 Beautiful Park like setting  
 Monuments allowed • Cremation Niches  
 Commingle Scattering Garden  
 Quality & Affordable Service

**Fair Oaks Cemetery District**  
 7780 Olive St., Fair Oaks, 95628  
**916-966-1613**

### PET SITTING SERVICE

**Professional, Loving PET CARE**

**Established Reputation**  
**Kennel Free Environment**  
**Lots of TLC**

**Call Madeline**  
**(916) 723-1608**

### COMPUTER SERVICES

**YourAppleGuru.com**

**PERSONAL TRAINER**

for your iPhone, iPad, iMac, MacBook, Apple TV

Expert Experienced Help  
 Beginners to Advanced Users  
 Reasonable Rates

**(916) 996-0609**

**Zinsky's**  
 PC Configurations  
 "Don't replace it - REPAIR IT!"  
 Custom Desktop Computer Configurations  
 • PC Repair • Home Wireless Networking  
 • Installations • Viri & Spyware Eradication

**Alan Zinsky**  
 Phone: 916-622-2269  
 Zconf@sbglobal.net  
 Bus. Lic. # 305312 • B. E. A. R. Reg. #84416  
 www.zinskyspcrepair.com

### DENTAL CARE

**HMF Family DENTISTRY**

Located at 11230 Gold Express Dr. #306  
 Gold River, CA • **916-852-7660**

- Restorative and Cosmetic Dentistry • Oral Sedation
- Invisalign • Extractions (including wisdom teeth)
- 1 hour Teeth Whitening (as seen in extreme makeover)
- White Fillings • Digital X-Rays (uses less radiation) • Financing Available

### FUNERAL SERVICES

**RUSS MONROE'S**

FUNERALS & CREMATIONS

FD 1404

7960 WINDING WAY  
 FAIR OAKS, CA 95628

Tel (916) 9611265  
 Fax (916) 9612430

### PRINTER AND COPIER SERVICE

**Specialties Plus**

- Machine Repairs (all makes & models)
- Toner Cartridge Refills (Using Cartridge World? Take 10% off their price & try mine)
- Free Cleaning (with our cartridge)
- We are Local
- Service Contracts (monthly or yearly)
- Lease or Rent
- High Volume Copying (save wear & tear on your machine)

**Specializing in Digital Printers, Copiers, Fax & Multifunction Machines**

E-mail: [specplus@comcast.net](mailto:specplus@comcast.net)  
**(916) 723-8430**

### DRUG AND ALCOHOL REHABILITATION

**CLEAN & SOBER**  
 LIVING  
 CSTL, Inc.

HELPING PEOPLE AND THE COMMUNITY WITH  
 THE ALCOHOL AND DRUG PROBLEM!  
 18 YEARS IN BUSINESS!

DETOX (916) 965-3386      SOBER LIVING (916) 961-2691

### HANDYMAN

**Let Dave Do It**

QUALITY • AFFORDABILITY • INTEGRITY

**Full Service Handyman**  
 Honey Do Lists & Small Jobs  
 30 yrs Exp - Special Discounts

**Call David (916) 337-3038**  
 DLH Enterprises • CCL#987368  
[www.LetDaveDoIt.net](http://www.LetDaveDoIt.net)

### TREE SERVICES

**Leonard's Tree Service**

- Topping • Trimming
- Removing
- Stump Grinding

**Small and Large Jobs**

CL#926622  
**Call 447-1686**

### DENTAL CARE

Dr. John C. Riach  
 Dr. Michael B. Holm  
 Dr. Guy E. Acheson

**AMERICAN RIVER DENTAL**

Appointments 7 a.m. to 7 p.m. • New patients welcome  
 IV Sedation-Nitrous Oxide • Orthodontics

10350 Coloma Rd. 362-9247

## American Standards HEATING AND AIR CONDITIONING

**13 SEER Equipment Change Out System**

starting as low as **\$4,995**  
**INSTALLED!**

CALL FOR AN IN-HOME ESTIMATE

**916-224-3629**

LIC#845319

make a real connection

Call Livelinks. The hottest place to meet the coolest people.

Try it Free!  
**800.920.5217**

Ahora en Español 18+

**Live links**

## STATEPOINT CROSSWORD • FAMOUS FATHERS

### CLUES

#### ACROSS

1. "\_\_\_ your engines!"
6. Buffoon
9. Dermatologist's concern
13. Like beaver?
14. Bearded antelope
15. Pertaining to the ear
16. Davy Crockett's last stand
17. Campaigned
18. Modern day letter
19. \*Suri's father
21. \*Kiefer's father
23. \_\_\_ blue
24. Khaled Hosseini's "The \_\_\_ Runner"
25. Brady Bunch daughter
28. Actress Jessica
30. Metal helmet
35. Beehive state
37. "Frasier" actress Gilpin
39. Lacy mat
40. Folk story
41. Throw something heavy
43. Seed covering
44. Quechua speakers
46. "The \_\_\_ Not Taken"
47. Greek goddess of youth
48. Half-shell delicacy
50. Joint with a cap
52. \*Brady Bunch kids addressed dad this way
53. "\_\_\_ the slate clean"
55. "\_\_\_ Doubtfire"
57. \*Namesake
60. \*Sasha and Malia's father
63. Come by without warning
64. Frigid
66. Cool & distant
68. Flip-flop
69. French for "word"
70. T in Ferrari TR
71. Actress Hathaway
72. \*Widely considered father of the detective story
73. \*John Jacob \_\_\_\_, sire to clan of multi-millionaires

#### DOWN

1. Moses parted the Red one
2. After-bath powder
3. Culture-growing turf
4. Romulus' brother
5. Russian triumvirate
6. Fairy tale villain
7. American Nurses Association
8. Plural of fundus
9. Wild feline
10. Face-to-face exam
11. Surprise attack
12. Building addition
15. Aeneas' story
20. Air fairy
22. Pro baseball's "Master Melvin"
24. Modern sing-along
25. \*Enrique Iglesias' father
26. Lack of muscle tension
27. Drug agents
29. Porter or IPA, e.g.
31. \*Last of the pre-flood Patriarchs in the bible
32. Employees, often preceded with "new"
33. Legal excuse
34. \*U.S. President with the most children
36. Furnace output
38. \*This Russian father was famously terrible
42. Swelling
45. Sweatshop activity
49. Orinoco or Grande
51. Misprints
54. Get ready for a date
56. Company department
57. \*John-John's father
58. Fairytale's second word?
59. Common workday start
60. Information unit
61. C in COGS
62. Japanese zither
63. School organization
65. Bird word
67. Frequent partner of "away"

**CROSSWORD**

1	2	3	4	5	6	7	8	9	10	11	12		
13					14			15					
16					17			18					
	19			20		21	22						
23					24								
25	26	27		28		29		30		31	32	33	34
35			36		37			38		39			
40					41			42		43			
44				45		46				47			
48					49		50		51		52		
					53		54		55		56		
	57	58	59					60			61	62	
63						64	65			66			67
68							69			70			
71							72				73		

**dish**

Make the Switch to Dish Today and Save Up To 50%

Call Now and Ask How!  
**1-800-318-5121**

Call 7 days a week 8am - 11pm EST Promo Code: MB0113 \*Offer subject to change based on premium channel availability

**Promotional Packages starting at only ... \$19.99 mo.** for 12 months

**FREE** PREMIUM MOVIE CHANNELS\* For 3 months.  
 HBO CINEMAX SHOWTIME starz

© StatePoint Media

**SUDOKU**

SAVE \$5 HUNDREDS OF COUPONS!

Tide® Dawn® Olay®  
 Revlon® JELL-O® Dole®  
 M&M'S® Puffs® Lysol®

Like us on FACEBOOK for a chance to Win an iPad!

[www.BrainyShopper.com](http://www.BrainyShopper.com)

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

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







# Our Region Has Long Been a Popular Racing Venue

Continued from Page 1

On April 25<sup>th</sup> at Richmond International Speedway, NASCAR named 12 promising young drivers to its NEXT program, an action taken by the industry giant for the last four years, designed to spotlight NASCAR's rising stars.

"Over the last five years, our sport has undergone a tremendous shift, as we've seen an abundance of talented, young drivers begin to achieve their potential at the NASCAR Sprint Cup Series and NASCAR Nationwide Series level," said Jill Gregory, NASCAR Vice President of Industry Services. "The NASCAR NEXT Program is an instrumental platform to help draw attention to these young drivers, and foster their growth within the sport."

Drivers are selected through an evaluation process that includes input from industry executives and veteran racers. They must be between the ages of 15 - 25, have tangible and expressed goals to achieve a career in NASCAR's Sprint Cup Series, and possess the talent to realize their goals. Applicants chosen have impressive resumes loaded with accomplishments and promise.

As a testimony to the Sacramento region's fertile racing ground, an unprecedented three young drivers have been chosen to NASCAR's 2014 - 2015 Next Program. Brandon McReynolds, 23 and Cole Custer, 16 from BMR Racing in Roseville, and Dylan Lupton, 20, from Wilton are the Next in a wave of young talent, making their way up the NASCAR ladder.

Cole Custer drives BMR's 00 NAPA AUTO PARTS/HAAS Automation entry in select events in the NASCAR east and west K&N Pro Series this season. He also competes in the NASCAR Camping World Truck Series. Custer made notable accomplishments as a 15 year old rookie last year in the east K&N Series, and began the 2014 season with a win at Phoenix International Speedway. Custer found his



NEXT driver Cole Custer from BMR celebrating win. Photo courtesy Bill McAnally Racing, Roseville

passion for racing just about anything with four wheels at a very young age, competing in Midgets, Legend Cars, Go-karts and Bandalero's. He took on Open Wheel racing where he took the Jr. USAC Ford Championship in 2011. He is the son of Stewart-Haas Racing Executive Vice President, Joe Custer.

Brandon McReynolds runs a full schedule with Roseville's Bill McAnally Racing (BMR), touring in the East and West K&N Pro Series, behind the wheel of the NAPA AUTO PARTS #16 Toyota. McReynolds shows promise with four top tens and two top fives in four West series starts. In addition, he holds three top fives and eight top tens in 14 K&N east starts. Brandon's young, strong and a fierce competitor. He is the son of former NASCAR Sprint Series Cup Crew Chief, and current FOX Sports Analyst, Larry McReynolds.

Dylan Lupton, 20, began his racing experience in Karts at 13 years old. He won over 30

races and took two National Championships before graduating into stock car racing and NASCAR's West K&N Pro Series. He won the 2013 NASCAR K&N Pro Series Rookie of the Year award, and 2014 brings his team three top fives and five top tens in five races, driving the #9 Sunrise Ford/ Go Pro/Immersion Media car. Dylan keeps a grueling schedule between his studies at a Business Major at North Carolina University in Charlotte, to flying west to compete in the K&N Pro Series. Now he'll be pursuing additional duties through the NEXT program. Even with his busy schedule, he finds time to make planned visits to schools throughout the season. He's very serious about education and brings the message that young people need to stay in school, and they can pursue their dreams while preparing for, and going to college.

These three future Superstars wouldn't be where they are without the encouragement of family, friends and fans at their home

tracks. Never underestimate the power of cheering on your favorite community driver or helping to sponsor their car at All American Speedway. You may just be rooting for NASCAR's NEXT Big Thing!

On Saturday, October 11<sup>th</sup>, the West K&N Pro Series will roar into All American Speedway. Fast cars and expert driving on the short track guarantees it'll be a thrilling race. Tickets go fast, so watch your AAS race program or one of the Messenger Publishing Group's community newspapers & website ([www.mpg8.com](http://www.mpg8.com)), for advance purchasing information. ★

To follow NASCAR's rising stars, go to [www.nascar-hometracks.com](http://www.nascar-hometracks.com) click on K&N Pro Series. For more information about All American Speedway and other Sacramento area racing venues with opportunities for young drivers, go to [www.allamericanspeedway.com](http://www.allamericanspeedway.com). [www.sacramentoraceway.com](http://www.sacramentoraceway.com). [www.bigtimespeedway.com](http://www.bigtimespeedway.com) [www.allstarkarting.com](http://www.allstarkarting.com)

# DA Jan Scully Honored With Top Leadership Award

Continued from Page 1

was elected as the first woman president of NDAA in 2011.

"It is an incredible honor to receive this award and I am truly grateful for the support and recognition of my peers and colleagues," said District Attorney Jan Scully. "With my retirement drawing nearer, I look back on my tenure with great pride and will continue working to ensure a safe, violence-free community through the final months of my term."★

\*Edwin L. Miller, Jr. Leadership Award - Established

in 1994, this award represents the highest honor paid to an Elected District Attorney. It recognizes and acknowledges the unprecedented leadership Mr. Miller brought to the prosecutorial profession both in California and on a national basis. As District Attorney of San Diego County for six consecutive terms, District Attorney Miller's career exemplified a dedication to the highest ideals and integrity of the criminal justice system. This award is not necessarily presented each year.

**Outdoor World**

**EARLY CAMPING**  
Early spring offers views of nature's beauty that can easily be missed if you're not out there camping.

While many camping tents offer the necessary shelter from the elements, only a few are suited for colder weather. Four season camping tents offer the most protection from the cold and are essential for camping in colder climates, while three season tents are usually sufficient for spring camping in most of the lower U.S.

Most sleeping bags are rated to a certain degree temperature. These ratings can be confusing if not understood correctly. Normally, a sleeping bag that is rated 10°F should be sufficient to keep the cool spring air out. Also a quality mattress pad will help keep the cold from reaching you through the ground.

Remember to bring along an extra jacket, a pair of long underwear and a rain suit, just in case.

Larry Whiteley is Host of the award-winning Outdoor World Radio

For more tips, log onto [basspro.com](http://basspro.com) and click on News & Tips

**Earn \$200 per month for just a few hours delivery work per week!**

**CALL 773-1111**

**Gold River SELF STORAGE**

11280 Coloma Road  
Gold River, CA 95670  
[goldriverselfstorage.com](http://goldriverselfstorage.com)

Providing high-quality and secure storage units since 1993

**Your One-Stop Storage Solution CALL US TODAY!**

**916-635-7867**

- NEWLY REMODELED
- Multiple sizes of storage units offered
- Temperature controlled units
- Individually alarmed units
- 24 hour camera recording
- Year-round gate access from 6 a.m. to 9 p.m.
- Competitive rates

**50% OFF First 3 Months**

An Ose Property OSE PROPERTIES, INC.

**SPOTLIGHT ON BUSINESS**

**Senior Computer School (50 +)**

*Non Profit, All Volunteer Organization teaches to use the computer in a relaxed, even-paced atmosphere.*

Are you a Senior Citizen (50+)? Do you have a Microsoft Windows computer and want to learn how to use it? Senior Computer School offers computer classes exclusively for Seniors. Core courses include Computer Fundamentals, Word Processing, Internet, and Excel. Each of these classes is six 2 ½ hour sessions, which meet either in the morning or afternoon on MWF or TTH.

The cost for these core courses is \$30 total for all 6 sessions. The cost includes lessons/manuals. Additional one or two 2½ hour session workshops are offered for \$5 per workshop.

Workshop titles include: Digital Cameras, Computer Maintenance, E Bay, Greeting Cards, Downloading, Windows 7, Storage and Backup Files, Flash Drives, etc, and Database.

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

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

**Courses Offered:**  
(6 2 ½ hr Sessions) Computer Fundamentals I, Word Processing, Internet, Excel, Graphics

**Also Workshops: (1 or 2 2½ hr Sessions)**  
Digital Camera, Computer Maintenance, Greeting Cards, Downloading, Organize and Edit Digital Camera Photographs, I Pads etc.

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

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

# Boxer Introduces Bill That Would Be A New Gun Grab

*In Response to the Mass Shooting at Isla Vista, Senator's Measure Would Give Families and Close Associates New Tools to Help Prevent a Tragedy?*

WASHINGTON, D.C. (MPG) - In the wake of the tragic shootings in Isla Vista near the University of California, Santa Barbara last week, U.S. Senator Barbara Boxer (D-CA) today announced that she will be introducing legislation soon to help provide families and close associates of a potentially dangerous person with new options to help prevent gun violence.

"It is haunting that the family of the gunman who committed this massacre in Isla Vista was desperate to stop a tragedy, and yet they lacked the tools to do so," Senator Boxer said. "My bill would give families and associates who fear someone close

to them could commit violence new tools to help prevent these tragedies."

The new legislation - The Pause for Safety Act - will include the following provisions:

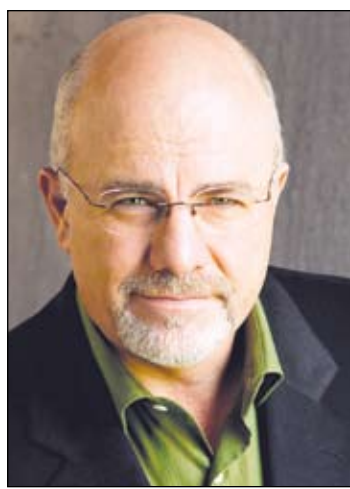
One, it would help ensure that families and others can go to court and seek a gun violence prevention order to temporarily stop someone close to them who poses a danger to themselves or others from purchasing a firearm.

Two, it would help ensure that families and others can also seek a gun violence prevention warrant that would allow law enforcement to take temporary possession of firearms that have

already been purchased if a court determines that the individual poses a threat to themselves or others.

Three, it would help ensure that law enforcement makes full use of all existing gun registries when assessing a tip, warning or request from a concerned family member or other close associate.

Senator Boxer is pleased that similar legislation has been introduced in California by Assemblywoman Nancy Skinner (D-Berkeley), Assemblyman Das Williams (D-Santa Barbara) as well as state Sen. Hannah-Beth Jackson (D-Santa Barbara). ★



*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.*

# Dave Says

- Heather

Dear Heather,

For years I told people never to do prenuptial agreements. I always said if you love your money more than you love your spouse, then you're too immature and selfish to be married.

However, I've changed my tune on this subject a little bit recently. When one or two wealthy people get married, the problems that can arise usually have nothing to do with those two people. The problem is that it can invite a lot of crazy into your lives from the outside. Whether it's a parent, cousin or child, sometimes people start feeling a sense of entitlement when wealth is suddenly thrust into the picture.

You both sound like mature, functional people with good values. In most cases, that's a pretty good indication that crazy isn't in the immediate vicinity. Still, there's a lot on the line. So while I would advise a prenup, you might keep an open mind to revisions somewhere down the road. Make it pretty solid and protective for the first five or 10 years. But then, after you guys have built a life together, you'll hopefully reach a point where you'll feel safe looking at it as all ours.

So, the only reason I'd ever suggest a prenup is when two parties are bringing really unequal amounts to the table. Yours is an extreme situation, Heather, so I'd

give it some serious thought. Let him know you want to do this to protect the relationship, so that there's never any hint that the money is a problem or will create problems. If he's as kind and thoughtful as you say, I think he'll understand.

- Dave

## AAA or self-insure?

Dear Dave,

What do you think about auto club memberships like AAA?

- Jeremy

Dear Jeremy,

I've got nothing against AAA. But honestly, I tend to self-insure through savings for these kinds of things. I've probably used, or had need of, a tow truck twice in the last 20 years. When it comes to this kind of product, I always look at it from the perspective of, "Where does it leave me if I don't sign up for their service?"

Again, I don't think AAA is a big rip-off or anything like that. It's just a type of insurance, if you will, for which I have no need. I guess it could be a handy thing to have if you were in a situation where you were using their services a lot. But if their average customer were like that, they'd probably end up losing money on you.

- Dave

*\*For more financial help, please visit daveramsey.com. ★*

## Millionaire Widow Needs a Prenup

Dear Dave,

My husband died several years ago. He always worked very hard, and we did very well financially. I am now 48 and have \$3.8 million in assets. I've found a wonderful man who is very stable and loving with a good job, and we're considering getting married. Do you think I need a prenuptial agreement?

**Persian Lamb Chop Kabob \$14<sup>99</sup>**

Juicy marinated pieces of lamb chops, delicately prepared and cooked over an open flame, served over aromatic long grain Basmati Saffron rice, and grilled Tomatoes.

TAK Food Market.com  
call 916-944-3188  
9045 Fair Oaks Blvd, Carmichael

THE SACRAMENTO BEE  
FOOD REVIEW  
FEB 2013

**Foster Care**

The need is great for loving, safe homes for foster children ages 0-18 & pregnant/parenting teens.

We offer free training, fingerprinting, CPR/ 1st aid, 24 hr support, monthly reimb.

Call Lenka (916) 338-7156

A STANDARD OF EXCELLENCE FOR 110 YEARS

**FREE LUNCHEON & 20 MINUTE PRESENTATION**

**"THE PRIVILEGE OF PLANNING"**

This is not a sales seminar. It is a community educational presentation that focuses on the importance of advance funeral planning and all of the options available, including Veteran's benefits, cremation and burial choices as well as key consumer advice. In addition to lunch, each attendee will receive a FREE Emergency Planning Guide.

Thursday, June 12 11:30 am to 12:30 pm	Thursday, July 17 Dinner 6:30 pm
---	-------------------------------------

EAST LAWN MEMORIAL PARK & CREMATORY  
4300 Folsom Boulevard • Sacramento  
RSVP Required: 916.732.2000

Wednesday, June 18 • Wednesday, August, 20 (Spanish & English) 11:30 am to 12:30 pm
---

ANDREWS & GREILICH FUNERAL HOME  
3939 Fruitridge Road • Sacramento  
RSVP Required: 916.732.2026

Thursday, June 19 Dinner 6:30 pm	Wednesday, July 23 11:30 am to 12:30 pm
-------------------------------------	--

SIERRA HILLS MEMORIAL PARK & EAST LAWN MORTUARY  
5757 Greenback Lane • Sacramento  
RSVP Required: 916.732.2020

Wednesday, July 16 11:30 am to 12:30 pm	Thursday, August 14 Dinner 6:30 pm
--	---------------------------------------

ELK GROVE MEMORIAL PARK & MORTUARY  
9189 E. Stockton Boulevard • Elk Grove  
RSVP Required: 916.732.2031

www.EastLawn.com

Reservations Required, please RSVP to the location of your choice, or to Lisa West at LisaW@EastLawn.com

Seating is limited to 30 attendees per seminar

SUPPORTING LOCAL FARMERS, YOUTH AND COMMUNITIES

**California Certified**

**EAT HEALTHY, BUY LOCAL**

Enjoy organic produce, specialty gourmet foods, live music, chef demos and craft/health fairs.

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

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

## Bev's Angel Project Needs a New Home

**CARMICHAEL, CA (MPG)** - Bev's Angel Project is an all-volunteer California non-profit corporation that serves over 3,000 children/families each December. Their mission statement is: "Serving the less fortunate and challenged children of Sacramento". They are in need of at least 5,000 square feet of donated space located in the Carmichael/Citrus Heights/Arden Arcade area. They will pay their own utilities and liability insurance. It is critical for them to have this space September through January in order to serve the children and families they touch during the holiday season. For many children this is their only Christmas.

They work all year long sorting and organizing donations, making quilts and blankets and preparing for the holidays. In December, over 48 Starbuck's stores, as well as other businesses, collect toys for the project from a very generous community. They are also blessed to have the support of Carmichael Kiwanis and Chamber of Commerce.

Bev's Angel Project serves children/families through local schools, CPS, churches, hospitals, sheriff's and fire department, Mustard Seed, Alta Regional Children's Therapy Center, St. John's Women's and Children's Center, and more. With the dedication of volunteers and

the generosity and support of the community, they have been able to continue their efforts each holiday season. As stated, they are in serious need of a new home and are reaching out to anyone who may have a space they are able to donate and make a commitment to the project.

Please contact Jan at (916) 342-4689 or Judee at (916) 798-6311, or email [topredrvr1@comcast.net](mailto:topredrvr1@comcast.net) if you have any information or can help. You may also make monetary donations to: Bev's Angel Project, P.O. Box 204, Carmichael, CA 95609. ★

Source: Bev's Angel Project

## Carmichael's Water Efficiency Efforts are a Success

**CARMICHAEL, CA (MPG)** - Carmichael Water District would like to thank its customers for their help during the current dry conditions.

Following a January 2014 call for 10% voluntary reductions of water use, District customers responded by doubling their conservation efforts and reducing use more than 20%. Compared to the same period last year, these reductions are equivalent to 142 million gallons of water saved.

The District is asking customers to continue their water

efficiency efforts by following the conditions under the Water Shortage Contingency Plan Stage 1. In addition the following Stage 2 requirements are in place:

- Avoid using water to clean sidewalks, driveways, parking lots and other hardscapes.
- Car washing must use bucket and hose with automatic shut off or patronize local car washes that use recycled/recirculated water.
- Filling of swimming pools,

ornamental fountains, water features, or ponds allowed only to maintain levels.

- Keep watering of lawns and landscaping to only two (2) days a week.

Your efforts help in maintaining water quality, safe operating conditions, and fire flow capability. ★

Visit our website at [www.carmichaelwd.org](http://www.carmichaelwd.org) for further information.

## YOU'RE NEVER TOO YOUNG OR TOO OLD TO PLAN AHEAD

### PROTECT YOUR FAMILY THROUGH ESTATE PLANNING

- ✔ Creation and Administration of Revocable and Irrevocable Trusts
- ✔ Will Drafting, Including Guardianship Provisions
- ✔ Probate Administration
- ✔ Durable Powers of Attorney
- ✔ Advance Health Care Directives
- ✔ Authorizations for Use and Disclosure of Protected Health Information
- ✔ Medi-Cal Planning and Qualifications



**RICHARD W. MCGINNIS**  
Attorney at Law, Estate Planning & Elder Law  
735 Sunrise Blvd., Suite 208 • Roseville  
(916) 784-6377 • TOLL FREE (855) 478-1606  
[www.rwmlaw.com](http://www.rwmlaw.com)



OVER 30 YEARS LOCAL EXPERIENCE • COMPREHENSIVE, PROFESSIONAL SERVICE



LOCALLY OWNED AND OPERATED ~ SERVING THE SACRAMENTO AREA SINCE 1954

## Sierra View

FUNERAL CHAPEL & CREMATORY, INC.

(916) 481-1515

[www.SierraViewFuneralChapel.net](http://www.SierraViewFuneralChapel.net)

6201 Fair Oaks Boulevard, Carmichael

Lic. FD-924

### TRADITIONAL FUNERAL \$3995

Package includes viewing with casket.

### DIGNIFIED DIRECT CREMATION \$695

Please call for details.

## SALON OOH LALA

Full Service Salon

Owner:  
**Paulette Susnjara**  
27 YEARS EXPERIENCE

## Springtime Special

FOR FIRST TIME CUSTOMERS

Receive \$10 off your first service and a FREE Lip and Eyebrow Wax

**SERVICES:**  
Relaxing, private appointments - only one client at a time  
Hair Cut and Style  
Perms  
Color - Certified Redken Colorist  
Highlights  
Lip and Eyebrow Waxing  
Men's Haircut

**(916) 721-0245**

## Union Gospel Mission Sacramento

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.

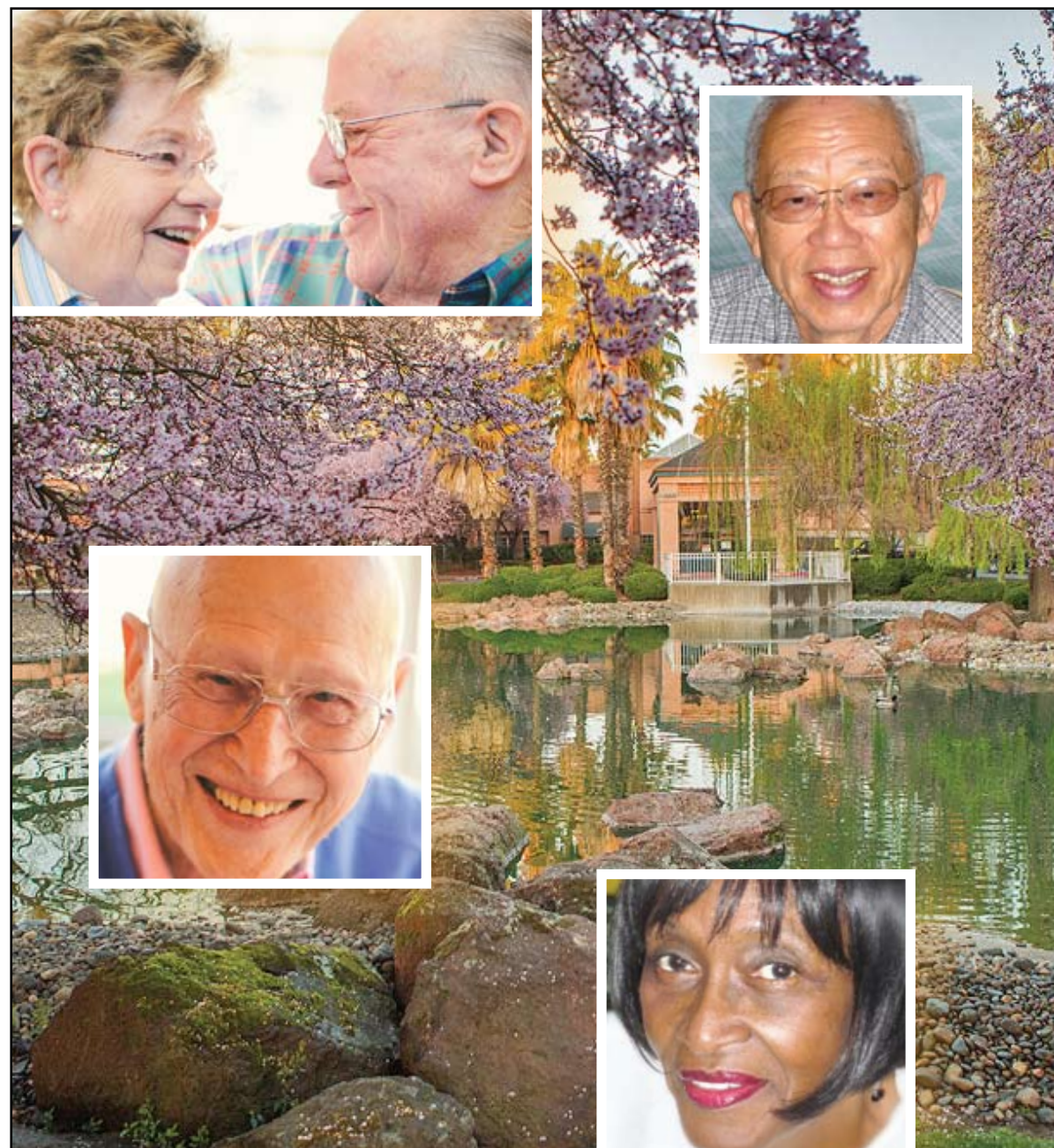
We accept donations, clothing and goods, 7 days a week...and prayer always!

Matthew 25:40  
"Caring for the Least"

**(916) 447-3268**  
400 Bannon Street • Sacramento, CA 95811  
Exec. Director, Pastor Tim Lane  
P.O. Box 1108, Sacramento, CA 95812

Tune in our Radio Program:  
**KFIA 710 AM, Sun & Mon 3 PM**  
listen online & visit us at:  
[www.ugmsac.com](http://www.ugmsac.com)  
[Facebook.com/UGMSAC](https://www.facebook.com/UGMSAC)

**50+ Years of Service**



## Eskaton Village Carmichael Spring Home Tours

Lunch is on us. Reserve your spot today.

We're the area's only continuing care retirement community that lets you build the retirement lifestyle you want. Our unique resident-driven culture means we offer more choice and variety than any community around.

You're invited to our Spring Home Tours for an up-close look at our spacious cottages and apartment homes. Take in our beautiful 37-acre campus and imagine your life with so many exciting opportunities right outside your door.

**Your community. Your life. Your choice.**

Call 916-967-1017 for dates in March or April or to schedule a personal tour.



**Eskaton Village Carmichael**

3939 Walnut Avenue | Carmichael, CA 95608  
[eskaton.org](http://eskaton.org)

License #340313383 / COA #202





**HunterDouglas**

celebration of  
**Light & Design**

Come celebrate!

Dealer display layout may vary.



We're shining a **light** on our new look.

It's an impressive new Hunter Douglas window fashion display. And we're showing it off in dazzling style. Come in June 10th, and experience the beauty, enjoy refreshments, plus take advantage of valuable rebates on select styles. If you purchase 8 or more window coverings, we will match the manufacturer rebate with an instant in store rebate too!

Silhouette Window Shades



**Blind Magic**

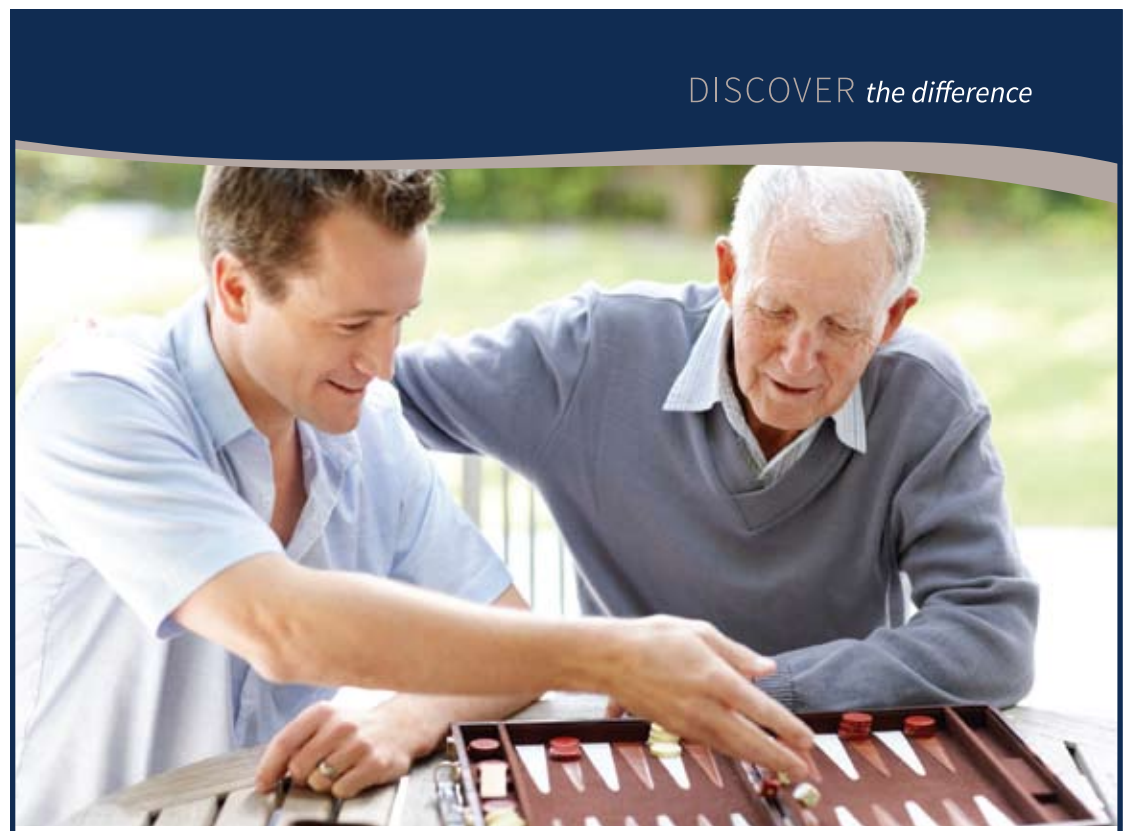
ULTRASONIC BLIND CLEANING  
FABRIC SHADE CLEANING  
Blind, Shade, Shutter Repair

See you June 10th!  
Rebates Effective till June 13th

**FREE**  
with this ad

**Blind Magic**  
4562 Roseville Rd., Ste B,  
North Highlands, CA  
M-F: 8:30 AM - 5:30 PM  
10:00 AM - 2:00 PM  
Closed Sunday  
916-349-0555  
www.draperyandshades.com

Don't forget to ask about our Blind Cleaning and Repair Services!



DISCOVER *the difference*

## Happy Father's Day from Crosswood Oaks!

Years of caring for Seniors brings...Stability, Satisfaction & Smiles.

Come see why Crosswood Oaks is still the Best Choice and Best Value...

### New Friends are Waiting!

Call 916-969-6161 for a *Personalized tour of our beautiful Senior Living Community.*



**CROSSWOOD OAKS**

*An Independent Living Community*

6650 Crosswoods Circle  
Citrus Heights, CA 95621

tel 916-969-6161 | fax 916-726-4223

Visit us online at [crosswoodoaks.com](http://crosswoodoaks.com)

# The Exciting New World of Implant Supported Dentures



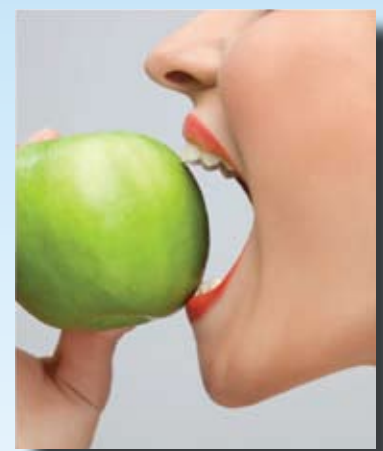
- **Has the Security of a Fixed Bridge!**
- **Easier to Maintain Good Oral Hygiene**

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

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

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

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



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



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

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

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

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

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

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

**Carmichael Dental Group**

**8329 Fair Oaks Blvd., Ste B  
Carmichael, CA 95608**

**(916) 944-7700** [www.YourCarmichaelDentist.com](http://www.YourCarmichaelDentist.com)