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Carmichael Times

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Jesuit Raises New Carmichael Landmark



Jesuit President David Suwalsky and project engineer Ken Moitoza (above, center); staff and students pose before the growing emblem of the 51-year-old school. On 4.5 acres beside Fair Oaks, Jesuit's new chapel will be completed this fall (above). Father Suwalsky points out the chapel's contemporary interior (at right).

Story and Photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - An artist's rendition of the chapel includes the "garden of meditation" and a 60 ft. reflecting pool. Construction by Swinerton Builders began last fall.

A \$16 million testament of faith, Jesuit High School's new chapel will be the most cutting-edge building in Carmichael. With a crowning 52 ft. cross, the edifice is already a landmark to many thousands of motorists who view its changing profile from Fair Oaks Boulevard.

Construction broke ground last

September. The lofty steel cross was blessed with holy water from Rome during recent "topping off" ceremonies. Finished and furnished, the school's half-century project will be dedicated on September 17th, 51st anniversary of Jesuit's opening.

Services of blessing and an open house will introduce the community to its spectacular addition. The facility's full name is The Phelan Family Chapel of the Jesuit Martyrs of North America. Project donor Jeff Phelan graduated from Jesuit in 1980 and was first to pledge \$1 million in honor of his former Sacramento family.

The chapel design is ultra-modern, conceived by the lauded Los Angeles firm of Hodgetts +Fung. Retro elements nod to the school's 1960s roots. Engineers marvel that there is barely a right-angle in the structure. Instead, interior walls curve or meet obliquely; ceilings rise in unexpected slopes and asymmetry rules like a papal bull. On one wall, exposed supports are silhouetted like jagged crosses at Cavalry Hill.

Window design allows natural light and outside views for most congregants. In place of traditional stained glass, colored panes will wash the sanctified

interior with vibrant hues. "The play of light and our choice of building materials (polished ash clads much interior space) create a harmony to reassure people they are in a special place," explains school president, Father David Suwalsky.

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Rainy Day Fund Measure Heads to Voters

SACRAMENTO, CA (MPG) - In a bi-partisan effort, both houses of the Legislature passed the historic measure to create a savings account in preparation for economic uncertainties. The Governor and Legislative Leaders took swift action on the agreement for the Rainy Day Fund; Republican and Democrat lawmakers passed ACAX2-1.

"This is an historic accomplishment," said Senator Jim Nielsen (R-Gerber). "It is an example of sound policy where different thoughts and ideas come together in the spirit of bipartisan cooperation for the advancement of the state and its citizens."

Nielsen added, "The Rainy Day Fund sets in place restraints on how and when money can be withdrawn. It also guarantees annual transfers into the fund."

ACAX2-1 requires 1.5 percent of all General Fund revenues and all capital gains revenue that exceed eight percent of total General Fund tax revenues for purposes of the State Appropriations Limit be set aside to build a "rainy day reserve fund."

Once the fund reaches its cap—10 percent of the General Fund taxes—money can be withdrawn for one-time purposes like infrastructure and deferred maintenance.

"The bottom line is that this measure restrains future spending," Nielsen said as he voted for ACAX2-1. "It is the most significant legislation in decades to get California's budget under control."

The measure now goes before the voters on the November ballot.

Senator Jim Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Del Norte, Glenn, Nevada, Placer, Sacramento, Shasta, Siskiyou, Sutter, Tehama, Trinity and Yuba. To contact Senator Nielsen, please call him at (916) 651-4004 or email senator.nielsen@senate.ca.gov. ★

Source: Office of Jim Nielsen

Over 400 Youth Attend Eppie's Kids Duathlon

By Drisha Leggett

SACRAMENTO REGION, CA (MPG) - Over 250 children and their families, as well as an additional 150+ volunteers and spectators, attended the ninth annual "Eppie's Kids Duathlon," on Saturday, May 17, 2014 in Sacramento's Discovery Park. The first "Eppie's Kids Duathlon" (EKD) not executed on the same day as its "Eppie's Great Race" parent event, the May 17th EKD participants ran and cycled by age group before enjoying a "Farm to Fork" themed health and fitness expo that included "President's Challenge" fitness stations, healthy food demonstrations, games and entertainment.

The Eppie's Great Race (EGR) Committee implementing the EKD each year chose to move the Duathlon to a new date and venue, in part to allow different age groups to compete in different length courses, more conducive to their ages and athletic experience.

After the participants completed the EKD's running and biking, they immediately received free Redwood tree seedlings donated by Meek's



After the participants completed the EKD's running and biking, they immediately received free Redwood tree seedlings. Over 180 of the participants also completed five other fitness stations (manned by California State University, Sacramento students) to earn their "President's Fitness Challenge" awards and patches, from the President's Council on Fitness, Sports & Nutrition. Photo courtesy Eppie's Great Race

Hardware and Lumber. Over 180 of the participants also completed five other fitness stations (manned by California State University, Sacramento students) to earn their "President's Fitness Challenge" awards and patches, from the President's Council on Fitness, Sports & Nutrition. The participants also enjoyed free Quizno sandwiches and sampled locally-grown "Farm-to-Fork" cuisine at healthy cooking demonstrations presented by Lucca Restaurant and Bar's Executive Chef Ian MacBride and nine-year-old Entrepreneur and Chef Nicolas Come (founder of "Nicolas' Garden").

"As this was the first 'Eppie's' event following the

passing of my dad late last year, we were a little nervous," shared George Johnson, II, chairman of the Eppie's Great Race Foundation (and son of EGR founder Eppie Johnson). "We were not sure we should make such a big, logistical change as separating the two events into different dates and different locations. But in the eight previous years we have implemented the 'Eppie's Kids Duathlon' on the same day as, 'Eppie's Great Race' in July, we would receive the same comments back: 'Please move the Duathlon to a different day! I can't do Eppie's Great Race and watch my kid in

Continued on page 2



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THE SACRAMENTO BEE

Over 400 Youth Attend Eppie's Kids Duathlon

Continued from page 1

the Duathlon because the events overlap!' So the Committee decided to move the Duathlon to May so that Eppie's parents can watch their children in the Duathlon, and so more children in schools can participate. And it worked! We are so happy to see schools like St. Hope Academy bring out bus-loads of students to run and bike and then have fun in our 'Farm-to-Fork' Expo! Overall, we are very pleased with this year's Eppie's Kids Duathlon and consider it a big success! And I think my Dad's probably in heaven right now smiling, knowing his legacy of inspiring families to stay active and healthy is still living on through my and my kids' generations!"

Eppie's grandchildren, twins EJ and Athena Johnson, both participated in the 2014 EKD, Athena doing so just months following extensive leg surgeries.

"I just wanted to finish the race and have fun," stated Athena, EGR Founder Eppie Johnson's Granddaughter. "I think my papou (grandfather in Greek) would have been proud to see me cross the finish line. I can't wait to do it again next year!"

To see a complete list of EKD participant times and results listed by gender and age group, please check: www.eppieskidsduathlon.org. Additional photos of the event may be seen on the Eppie's Great Race and Eppie's Kids Duathlon Facebook pages as well.

Beneficiaries of the EKD include Eppie's Great Race Foundation, Nicolas' Garden, and Soil Born Farms. Adult competitors can compete in the upcoming, 41st Annual "Eppie's Great Race",



Byron Harmon cheers as he crosses the finish line. Photo courtesy Eppie's Great Race

scheduled for Saturday, July 19, 2014 on its traditional course in Rancho Cordova and Sacramento, on the American River Parkway. Participant and volunteer registrations may be recorded online at www.EppiesGreatRace.org or by calling 916-480-0270. For more EKD information, please visit www.EppiesKidsDuathlon.org.

Protect Your Family With Comprehensive Estate Planning

By Linda Harper

SACRAMENTO REGION, CA (MPG) - Do you have an estate? Of course you do. Your estate is everything you own, all that you've earned and saved, your homes, investments and retirement funds.

Many people wait until they have medical problems to start thinking about planning their estate. It's important however, to begin planning much earlier. We all presume we will experience a natural progression of life and then, after a long and fulfilling life, we know we will eventually leave this world.

But, as we all know, life doesn't always follow the progression we expect. Life just happens. In the midst of enjoying a bountiful career and raising a family, things can take a turn, and the unexpected could happen before that progression has reached its expected end. Planning for the protection of

your family in your absence should be taken as early as possible in your life journey. A qualified Estate Planning Attorney can help you ensure your family and loved ones are protected in your absence, regardless of your age, health, or wealth.

Richard W. McGinnis is a California attorney with more than 30 years experience in estate planning and elder law. His professional goal is to provide his clients with comprehensive legal advice and prepare estate planning documents which preserve assets, minimize taxes, and provide a legacy for future generations. He focuses exclusively on estate and elder law issues. Mr. McGinnis is a Senior Professor of Business Law at Sierra College, and is the co-author of *Practical Business Law*. He is an award-winning speaker who has conducted hundreds of estate planning seminars and

courses for businesses and educational institutions.

Richard McGinnis is a warm and personable individual. He has lived in the area for many years, raising his family, and becoming involved in the community through volunteer work. He considers giving back to his community an integral part of his life.

He is a 1983 graduate of the University of San Francisco School of Law, and a member of the California State Bar Wills and Trusts Section, the National Academy of Elder Law Attorneys, and California Advocates for Nursing Home Reform.

To schedule a FREE consultation to find out how estate planning can protect your family, call Richard W. McGinnis (916) 784-6377 or log on to www.rwmlaw.com.

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Community Shows a Taste For Carmichael

Kiwanis Fundraiser a Huge Success



Dueling pizzas. Kiwanis members (center) referee a mock mozzarella showdown between Domino's and Papa Murphy's Take 'N Bake. The merchants were among 30 outlets offering edibles.

Assembly Member Ken Cooley (right) enjoyed desserts with David Peterson (Sacramento Fine Arts Center), Jake Carr (Oakmont senior residence) and Bev's Angels volunteer Penny Johnson.



An event tradition, retro entertainers Sister Swing cozied up with Kiwanis volunteers.



**Story and Photos by
Susan Maxwell Skinner**

CARMICHAEL, CA (MPG) - Great food, wine, music –and weather – last week blessed the annual Taste of Carmichael fundraiser.

Presented by Carmichael Kiwanis, the festival celebrates local restaurants, wine merchants and community traditions.

The gourmet fundraiser attracted 450 supporters to the la Sierra Community Center. They sampled seafood, cheeses, sandwiches; Italian, Chinese, Mexican and American cookery. Desserts included fruits, cookies, candies, cakes and

fondues drenched from a chocolate fountain. Chardonnays, Cabernets and champagne flowed. In the center's courtyard, live music and a classic car show aided digestion.

Benefiting from this year's \$18,000-plus proceeds are over three dozen agencies that service youth, senior and community charities.

Learn more about the festival and its organizers at www.carmichaelkiwanis.org

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United Way Launches Online Volunteer Center

SACRAMENTO REGION, CA (MPG) - United Way has launched its online Volunteer Center to provide an organized, community-wide portal that connects the Sacramento region's volunteer and donor base with United Way's 160 local nonprofit partners and other local organizations. The center at your-localunitedway.org/volunteer is designed to connect individual donors and volunteers, as well as corporate or group volunteers, with opportunities of all sizes and commitments. Community members can log onto the website and create a profile that lists their interests, become fans of participating nonprofits, join volunteer groups, donate unused materials and household items to nonprofits in need, learn about upcoming special events and fundraisers, and advocate for causes.

United Way's Volunteer Center was partly launched in response to United Way's 450 corporate partners looking for a coordinated way to engage employees in corporate social responsibility through volunteer work, donation opportunities and events. "United Way's Live United Movement is gaining strong momentum as more and more people and companies are working to ensure everyone in our community has the building blocks for a good life: education, income and health. We need to make sure that as we mobilize everyone, they have an easy tool to join the movement and get their boots on the ground," said Stephanie McLemore Bray, president and CEO, United Way California Capital Region. The center launched with dozens of opportunities for the

community to get involved with local nonprofits, including United Way's 6th Annual Toilet Paper Drive on June 12. More than a hundred volunteers are needed to greet donors, wave signs, count rolls, organize food and water breaks, lead volunteer teams and package up toilet paper. Toilet Paper Drive volunteer opportunities are still available on the website. Most nonprofits across the region are eligible to add their volunteer opportunities, and can do so through the website. To sign up, organizations log onto the website and create a profile that includes the nonprofit's mission statement, contact information, needs and upcoming events. For questions, contact volunteer@uwccr.org. ★

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CARMICHAEL CANINE CORRAL ASSOCIATION in partnership with ReUseIt is making it easy to de-clutter homes while making a difference locally by hosting a 2-week Clothing Drive from May 19th through June 1st. The Clothing Drive will take place at the ReUseIt Donation Center located at 6328 Fair Oaks Blvd. in Carmichael.

All donations dropped off at the Carmichael Donation Center during the 2-week period directly benefits Carmichael Canine Corral Association and Big Brothers Big Sisters of the Greater Sacramento Area.

This unique recycling fundraiser event is sponsored by ReUseIt, a registered, commercial fundraiser in the state of CA and a local business that provides support & service to nonprofit organizations in our local communities. The ReUseIt team has over 40 years of experience in the household recycling industry, and is dedicated to making a difference locally. ReUseIt offers local nonprofit organizations the opportunity to raise important funds for their cause without having to spend a dime. All donations are tax deductible.



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THE RICH LOWRY COLUMN
By Rich Lowry

A Hero for the Ages

Jeremiah Denton, the Vietnam War POW who died in March at age 89, uttered one of the great statements of defiance in American history.

In 1965, he was shot down in his A-6 during a bombing run over North Vietnam. He became a captive for more than seven years and endured an unimaginable regime of torture, humiliation and isolation, managing to retain his dignity and spirit even as his captors went to hideous lengths to snuff them out.

Soon after his capture, Denton was taken to Hoa Lo Prison, or the Hanoi Hilton, where he led the resistance to the North Vietnamese efforts to extract propaganda confessions from their prisoners.

As Denton related in his book, "When

Hell Was in Session," they tried to starve one out of him. He began to hallucinate, but he still refused. They took him to the "Meathook Room" and beat him. Then, they twisted his arms with ropes and relented just enough to keep him from passing out. They rolled an iron bar on his legs and jumped up and down on it. For hours.

Denton agreed finally to give them a little of what they wanted, and he hadn't recovered from this ordeal when the Vietnamese told him he would appear at a press conference.

Denton told a fellow POW that his plan was to "blow it wide open." He famously blinked T-O-R-T-U-R-E in Morse code during the interview, a message picked up by naval intelligence and the first definitive word of what prisoners were being subjected to. When asked what he thought of his government's war, Denton replied, "Whatever the position of my government is, I believe in it, yes sir. I'm a member of that government, and it's my job to support it, and I will as long as I live."

The legend is that under the pressure of the Inquisition, Galileo said of the Earth, "Yet, it moves." That Martin Luther said, "Here I stand, I can do no other." Denton's words aren't an embellishment.

They were seen by millions when they were broadcast in the United States, and he almost immediately paid for them in torment so horrifying that he desperately prayed that he wouldn't go insane.

When the American involvement in the war ended and the POWs finally were released, Denton made a brief statement on the tarmac upon his return, no less powerful for its simplicity and understatement: "We are honored to have had the opportunity to serve our country under difficult circumstances. We are profoundly grateful to our commander in chief and to our nation for this day. God bless America."

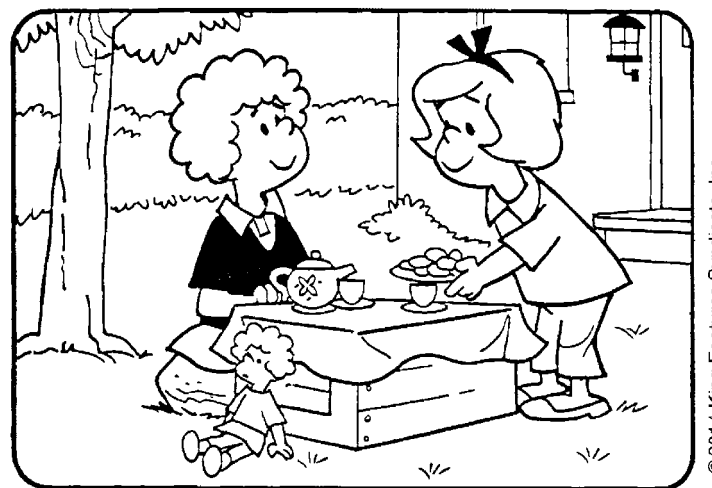
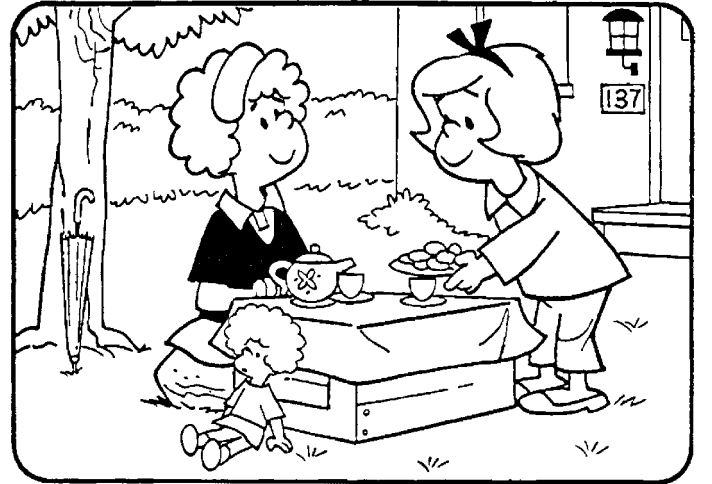
A Roman Catholic, Denton told his family that he had forgiven his captors and, after recounting to them what he had gone through, that he didn't want to speak to them of it again. His son James says he often heard him say -- with typical modesty -- "That's over. I don't want to be a professional jailbird."

He certainly wasn't that. Denton went on to become a U.S. senator from Alabama. With his passing, we've lost a hero whose example of faithfulness and duty should be for the ages.

Rich Lowry is editor of the National Review.

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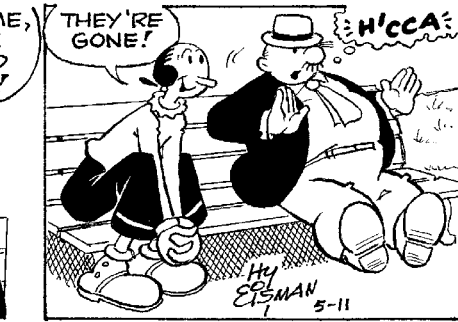
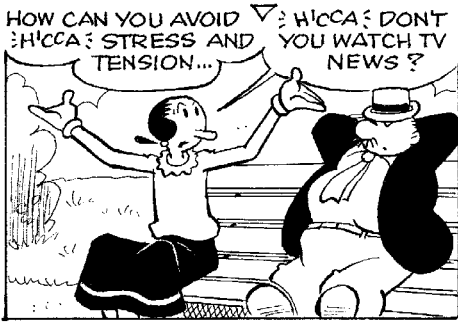
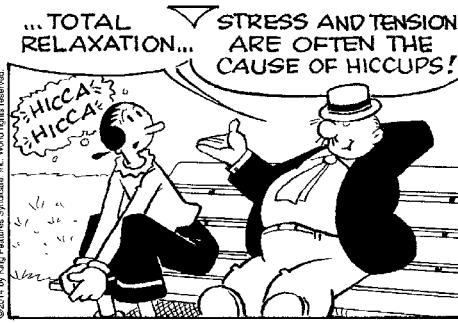
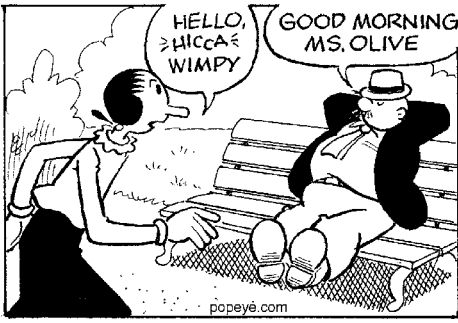
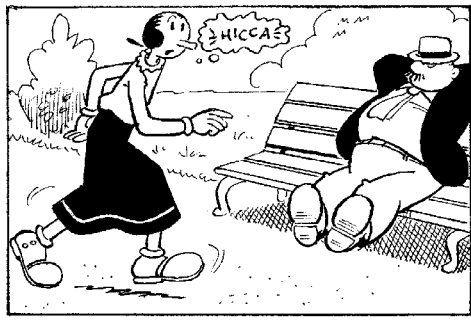
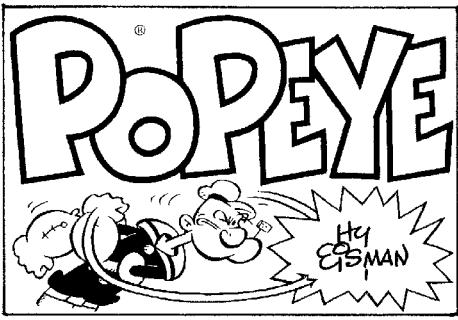
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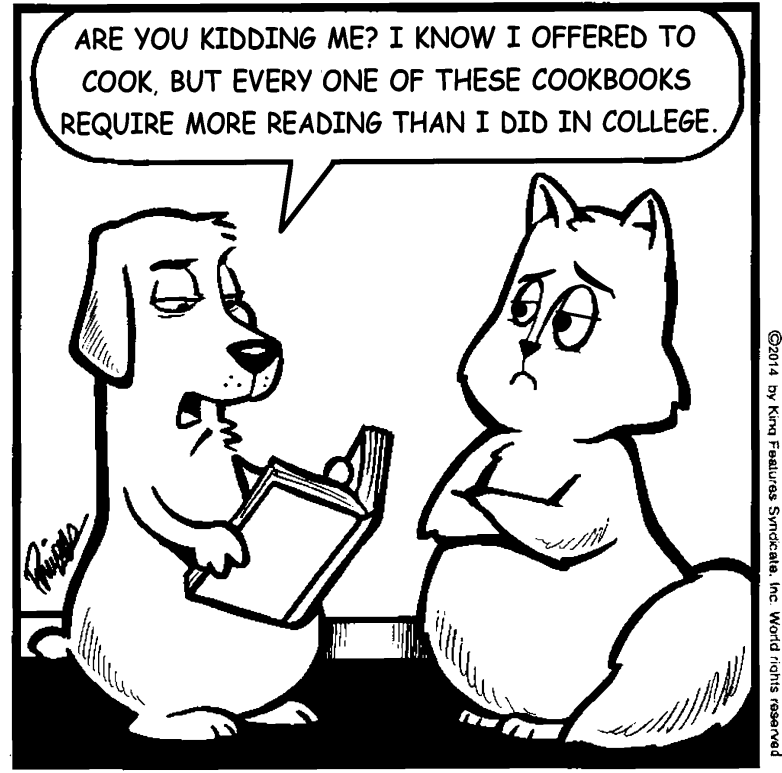
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Just Like Cats & Dogs by Dave T. Phipps



HUBERT - - By Dick Wingert



"Suppose we save the whole \$750."

MISTER BREGER By Dave Breger



"Sorry I'm late, fellows—had a little trouble getting away..."

LAFF - A - DAY



"I don't HAVE ulcers, Miss Green. I GIVE ulcers!"

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The Carmichael Soccer Club, founded in 1972, and located in the heart of Carmichael is registering new players for the upcoming soccer season. If you have a child between the ages of 4 and 18 and can drive your kids to the area for practice and games, you should sign them up.

No experience is necessary so come join us today. Go online to Carmichaelsoccer.org to begin the registration process or come see us at our in person registrations at the Carmichael Library, 5605 Marconi Ave on: **May 31st (12-5 p.m.) • May 8th (6-8 p.m.)**

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Have questions? Call **916.678.0341** or visit us at www.carmichaelsoccer.org

If you want to become more involved, come to a board meeting and consider joining our board. Meeting times and locations are on our website under the Calendar.

GALA TO AID EFFIE YEAW NATURE CENTER
Muriel Johnson chairs May 31 fundraiser for Parkway gem

Now in its fourth year operating as a non-profit, the Effie Yeaw Nature Center is preparing for its annual art-auction fundraiser with a new patron. The event's endorsement by former Sacramento County Supervisor and Parkway lover Muriel Johnson is great news for Effie Yeaw supporters. As honorary event chair, she follows in the footsteps of last year's benefactor, artist/philanthropist Marcy Friedman.

Johnson attended the 2013 gala and purchased a painting at auction. "Just by being there," said Effie Yeaw Fund Developer Betty Cooper, "community figures like Muriel, Marcy, Congresswoman Doris Matsui, Assemblyman Ken Cooley and Supervisor Susan Peters demonstrate that the Nature Center's work is vital. They are also draw cards in their own right - people love events where they can meet celebrities and elected representatives."

Having lived near the American River and enjoyed its Parkway for many years, Arcade resident Johnson presents an authoritative voice in the nonprofit's favor: "The Effie Yeaw Nature Center and wildlife preserve exists as an oasis in an urban area, providing respite and opportunity for quiet reflection," she says. "Visitors - especially children - learn, discover and grow through direct outdoor experience. This annual art gala is a wonderfully enjoyable way to support the educational center, which is truly the jewel of the American River Parkway."

Despite loss of Sacramento County funding in 2010, the Center offers services to over 90,000 visitors per year. The Sacramento Fine Arts Center is a vital event partner. Members' juried work will feature in silent and live auctions. Donated canvases from famous Sacramento painters will augment the sale. Effie Yeaw's financial supporter, the American River natural History Association, will join sponsors of the event.

Tickets are \$50. Admission includes gourmet food and hosted wine, beer and soft drinks. The gala runs from 5 to 8 p.m. at the Nature Center in Ancil Hoffman Park.

Table sponsors are welcome. For information on the event, visit www.sacnaturecenter.net

Effie Yeaw Nature Center
2850 San Lorenzo Drive, Carmichael
916-489-4918 - www.sacnaturecenter.net

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Current and Upcoming Events

"Painting Where the Wild Things Are" Exhibit
May 13-30, 2014

This Exhibit is a Preview for the Gala and Auction at the Effie Yeaw Center Center, May 31, 2014. Tickets: www.sacnaturecenter.com
Benefiting ARNHA & the Effie Yeaw Nature Center

Exhibition Schedule	
June 3-21, 2014	Fiber Art Show
June 24-July 12, 2014	"Inner Views", NCA Members Show
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

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"Untitled" by Jack Calvin Warren

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www.sacfinearts.org

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Salome's Stars

ARIES (March 21 to April 19) An unexpected development could change the Arian's perspective on a potential investment. Keep an open mind. Ignore the double talk and act only on the facts.

TAURUS (April 20 to May 20) A surge of support helps you keep your long-standing commitment to colleagues who rely on you for guidance. Ignore any attempts to get you to ease up on your efforts.

GEMINI (May 21 to June 20) Family continues to be the dominant factor, but career matters also take on new importance. You might even be able to combine elements of the two in some surprising, productive way.

CANCER (June 21 to July 22) A realistic view of a workplace or personal situation helps you deal with it more constructively once you know where the truth lies. Reserve the weekend for someone special

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

LEO (July 23 to August 22) As much as you Leos or Leonas might be intrigued by the "sunny" prospects touted for a potential investment, be careful that you don't allow the glare to blind you to its essential details.

VIRGO (August 23 to September 22) A friend's problem brings out the Virgo's nurturing nature in full force. However, don't go it alone. Allow others to pitch in and help share the responsibilities you've assumed.

LIBRA (September 23 to October 22) A business decision might need to be put off until a colleague's personal matter is resolved. Use this time to work on another business matter that you've been anxious to get to.

SCORPIO (October 23 to November 21) Relationships (personal or professional) might appear to be stalled because of details that keep cropping up and that need tending to. Be patient. A path begins to clear soon.

SAGITTARIUS (November 22 to December 21) A promotion could cause resentment among envious colleagues. But others recognize how hard you worked to earn it, and will be there to support you if you need them.

CAPRICORN (December 22 to January 19) Handling a delicate personal matter needs both your wisdom and your warmth. Expect some setbacks, but stay with it. The outcome will more than justify your efforts.

AQUARIUS (January 20 to February 18) Resist the temptation to cut corners just because time is short. Best to move ahead step by step so you don't overlook anything that might later create time-wasting complications.

PISCES (February 19 to March 20) Use the good will you recently earned with that well-received project to pitch your ideas for a new project. Expect some tough competition, though, from an unlikely source.

BORN THIS WEEK: Your love of family extends beyond your personal life to include others to whom you generously extend your care and affection.

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COUCH THEATER DVD PREVIEWS

BY SAM STRUCKHOFF

COUCH THEATER --
DVD PREVIEWS

By Sam Struckhoff

EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of May 26, 2014.

PICKS OF THE WEEK



Scene from "A Birder's Guide to Everything"

"A Birder's Guide to Everything" (PG-13) -- To 15-year-old David (Kodi Smit-McPhee), bird watching (or birding) is his passion, his lifeboat in a confusing sea of hormones. When David snaps a blurry photo of a duck once thought to be extinct, he and his friends quest to get a clear image before their mentor (Ben Kingsley) can swoop in and steal the discovery. All of this birding excitement makes a convenient distraction from the imminent remarriage of David's father.

As a coming-of-age comedy, the film hits every note. David and his friends have the right level of quirkiness to make authentic teenage awkwardness fun to watch on screen. This is the first feature-length offering from director Rob Meyer, and it shows genuine affection for his characters.

"Journey to the West" (PG-13) -- Stephen Chow lands another hit, solidifying his title as the master of kung-fu comedy. In this adaptation of a Chinese classic, shape-shifting demons, big-footed warriors, monster fish and slapstick action collide into one fun movie experience. Xuan Zang (Wen Zhang) is a bumbling young Buddhist monk on a mission: hunt demons from India to China and ultimately confront the Monkey King. In his travels, he befriends

a rival demon-hunter, the beautiful and ferocious Miss Duan (Qi Shu). With the right blend of over-the-top animated special effects and real-deal action, this goofball adventure can throw a punch.

"Run & Jump" -- A working-class Irish family faces a difficult transition after the father suffers a rare frontal lobe stroke. The once-strong patriarch of the family is now a collection of confusing behaviors, unable to relate to other people. Complicating things just a bit more is the observer, an American doctor (Will Forte) who asks to stay with the family and document the father's difficult rehabilitation. The doctor can't help being drawn into the family drama. Before last year, Forte was best known for his work on "Saturday Night Live." Since the Oscar nominations for the black-and-white dark comedy/drama "Nebraska," it seems he's successfully branching out into more serious roles.

DOG OF THE WEEK

"Endless Love" (PG-13) -- This remake of a novel adaptation (that's right, a remake of a remake) takes Hollywood's most boilerplate teen romance and somehow manages to make it even blander. There isn't any real conflict or controversy separating the young lovers, David and Jade (Alex Pettyfer and Gabriella Wilde), except that she's rich and he's blue-collar. They just graduated high school, and only recently discovered that the two of them are by far the best-looking people in town. Much of their romance consists of the 20-something-aged actors snuggling in good lighting.

In the second half of the film, however, the plot devices attack. Jade's father is clueless about feelings (but he's a heart doctor!) and takes a villainous stance against the purity of Young Love.

TV RELEASES

"Suits: Season 3"

"Covert Affairs: Season 4"

"Miss Fisher's Murder Mysteries, Series 2"

"The Bob Newhart Show: The Complete Series"

"Wallander: Season 3"

"Diagnosis Murder Season 7"

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top ten

SMARTEST DOGS

1. Border Collie
 2. Poodle
 3. German Shepherd
 4. Golden Retriever
 5. Doberman Pinscher
 6. Shetland Sheepdog
 7. Labrador Retriever
 8. Papillon
 9. Rottweiler
 10. Australian Cattle Dog
- Source: www.fenichel.com

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See to ID

If you can invest in a pair of binoculars, do so. The other day I saw a new bird at my feeder. Because of sun glare, I could not identify it. Grabbing my binoculars, I was delighted when a male painted bunting came into view. He was gorgeous and stayed all day. Wow!

E-mail: birdingbits@flr.com
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The Garden Bug

Landscape architecture is the analysis, planning, design, construction and stewardship of natural and built environments such as conservation areas, historic gardens and monuments, institutional and recreational settings, transportation corridors, private homes, etc. It requires advanced training and licensing.

- Brenda Weaver
Source: www.asla.org

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CLUES

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- ACROSS
1. Plant life
6. OB-GYN test
9. What the Big Bad Wolf did
13. Couch
14. Hit the slopes
15. #1 Across partner
16. North African inhabitants
17. *He patented the saxophone in 1846
18. Inflexible
19. *Queen Victoria's other half
21. Flying high
23. U.N. workers' grp.
24. "Rhinestone Cowboy" singer
25. Seasonal blues
28. As opposed to stereo
30. Like having pH less than 7
35. Climbed down
37. Beverage usually served hot
39. Swelling
40. Nessie's abode
41. *Nicholas I and Alexander III
43. Distinctive flair
44. Beforehand
46. *The Three Musketeers, e.g.
47. Singular of "algae"
48. *Famous HMS Beagle voyager
50. *William _____ Overture"
52. Costa del _____
53. Talk like a sailor?
55. Ice-T on "Law & Order: SVU"
57. *The Great _____ in Ireland
60. *Sitting Bull's tribe
63. Like Cheerios
64. *The Murders in the _____ Morgue"
66. Give a boot
68. Antler point
69. Geological Society of America
70. Hawaiian island
71. First-rate
72. *van Gogh severed his left one
73. Live snowmen?
- DOWN
1. Governmental approver
2. *Italian money starting in 1861
3. Face shape
4. Teacher of Torah
5. Founder of Scholasticism
6. Quiet attention grabber
7. Rap sheet abbreviation
8. Resolution dot
9. Fisherman's fly, e.g.
10. *Sled sport, originated in 1800s
11. Author Bagnold
12. Roll of bills
15. *Louisiana Purchase seller
20. Fowl place
22. Grassland
24. Soap Box Derby vehicles
25. Tossed starter
26. Luau greeting
27. Kitchen device
29. *a.k.a. Father of the American Cartoon
31. Brainchild
32. Small valleys with trees and grass
33. Idealized image
34. *Erie or Suez
36. Spring event
38. One of Great Lakes
42. Solfège syllables: 5th and 4th
45. Cutting into cubes
49. Convent dweller
51. Probable
54. Type of twill fabric
56. Star bursts
57. Betting game
58. Perching place
59. _____ room
60. Shakespeare's king
61. Windshield option
62. Palm tree berry
63. Pick
65. *This country declared war on Britain in 1812
67. "_____ the season ..."

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For Solutions See Page 11

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Miscellaneous

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Miscellaneous

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Meet singles now! No paid operators, just people like you. Browse greetings, exchange messages, connect live. FREE trial.

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KILL BED BUGS! Buy Harris Bed Bug Killer Complete Treatment Program or Kit. Available: Hardware Stores. Buy Online: homedepot.com

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Piano Lessons. GREAT RATES! Available Monday through Saturday. Any age can learn piano, flute and singing. pianocap.com or call (916) 974-7397

Music Lessons

Guitar Lessons - Beginner to Advanced. \$10/half hour. \$20/hour. freddiebalbert1@yahoo.com. 916-335-9741

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

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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.

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Give your pets great care while you're gone. Kennel free environment. Lots of TLC. Call Madeline 916-723-1608.

Keep your pet Happy, Healthy, and Protected. Call 800-675-7476 Now and get a free Pet Insurance Quote for your Dog or Cat.

LEGAL ADS FOR SACRAMENTO COUNTY? We Can Do That! Call 489-2299

Sudoku Puzzle on Page 10

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

Pets/Animals

SPCA THRIFT SHOP The Real Non-Profit Helpless Animals Need Your Donations

Will Pick Up Call 916-442-8118 1517 E Street for donations 10-4pm

DOG RESCUE Gary (916) 334-2841 Please Adopt or Foster Because so many really great dogs are dying for a good home...

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Volunteers

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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.

Sutter Auburn Faith Hospice Thrift Store invites volunteers to work as cashiers, sales floor assistants, donation processors or prices. Training is provided; a four hour weekly commitment is requested.

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.

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Want to Buy

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Cash for Old Postcards, Phonograph Records and CDs. Call 916-863-1360.

WANTED: Pre-1975 Superhero Comic Books, sports/non sports cards, toys, original art & movie/celeb memorabilia especially 1960's. Collector/Investor, paying cash. Call Mike: (800)273-0312, mike-carbo@gmail.com

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WANTED JAPANESE MOTORCYCLE KAWASAKI 1967-1980 Z1-900, KZ900, KZ1000, ZIR, KZ1000MKII, W1-650, H1-500, H2-750, S1-250, S2-350, S3-400 Suzuki GS400, GT380, CB750 (69.70) CASH PAID. 1-800-772-1142, 1-310-721-0726 usa@classicrunners.com

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Yoga

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Crossword Puzzle on Page 10

FLORA PAP BLEW DIVAN SKI FAUNA ARABS SAX RIGID ALBERT ELATED ILO GLEN SADI MONO ACIDIC ALIT SAKE EDEMA LOCH TSARS ELAN AHEAD TRIO ALGA DARWIN TELL SOL CUSS FIN FAMINE LAKOTA OATEN RUE EVICT PRONG GSA LANAI TOPS EAR YETIS

Legal Advertising Hotline 916-483-2299

LEGAL ADVERTISING

Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294-February 7, 1984

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

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-03469. ATLAS of Carmichael, 8061 Livorna Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "ATLAS Thrift Shop" at 6634 Fair Oaks Boulevard, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on April 22, 2014. Publish: May 1, 8, 15 and 22, 2014. ATLAS 140422 05-22-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-02780. Raquel Bonilla, 5979 DeVecchi Avenue #77, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "R & R" at 4447 Auburn Boulevard, Sacramento, CA 95841. Filed with the Clerk of Sacramento County on March 31, 2014. Publish: May 1, 8, 15 and 22, 2014. R&R 140422 05-22-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-02675. Steven M. & Jamie L. Scott, 7444 Wisam Court, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Garage 47" at 4701 El Camino Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on March 28, 2014. Publish: May 1, 8, 15 and 22, 2014. GARAGE 140423 05-22-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-03555. Chou Vang, 5824 Franklin Boulevard, Sacramento, CA 95824 is doing business under the Fictitious Business Name "Mama Vang's" at 5824 Franklin Boulevard, Sacramento, CA 95824. Filed with the Clerk of Sacramento County on April 24, 2014. Publish: May 1, 8, 15 and 22, 2014. MAMA 140424 05-22-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-03487. Kniarik Dermishyan, 4120 Big Meadow Way, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name "Master Auto Sales" at 3167 Fitzgerald Road, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on April 23, 2014. Publish: May 8, 15, 22 and 29, 2014. MASTER 140429 05-29-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-03261. Alex Tong, 515 P Street #1102, Sacramento, CA 95814 is doing business under the Fictitious Business Name "Safe, Swift Arrival Trips (SSAT)" at 4812 Roosevelt Avenue, Sacramento, CA 95820. Filed with the Clerk of Sacramento County on April 15, 2014. Publish: May 1, 8, 15, 22 and 29, 2014. SSAT 140428 05-29-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-03281. Kate M. Baker, 8200 Fair Oaks Boulevard #37, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Adagio Weddings & Events" at 8200 Fair Oaks Boulevard #37, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on April 15, 2014. Publish: May 8, 15, 22 and 29, 2014. ADAGIO 140429 05-29-14

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 is doing business under the Fictitious Business. 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 is doing business under the Fictitious Business. 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 95834 is doing business under the Fictitious Business Name "EyeRook Apparel" at 4450 El Centro Road, Apt. 536, Sacramento, CA 95834 is doing business under the Fictitious Business. 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 is doing business under the Fictitious Business. 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 is doing business under the Fictitious Business. 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 FBNF2014-03482. Legal Age ID Systems, Inc., 2425 Mercantile Drive, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name "See America RV" at 2425 Mercantile Drive, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on April 23, 2014. Publish: May 8, 15, 22 and 29, 2014. SEEMERICA 140429 05-29-14

FICTITIOUS BUSINESS NAME STATEMENT FBNF2014-03622. Dina Paulos, 631 Willingham Drive, Sacramento, CA 95864 is doing business under the Fictitious Business Name "Evolve Sites" at 17151 Street #135, Sacramento, CA 95811. Filed with the Clerk of Sacramento County on April 28, 2014. Publish: May 8, 15, 22 and 29, 2014. EVOLVE 140430 05-29-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00159573 WHEREAS, Andrew A. Well (SBN: 2881911) on behalf of Tiffany Ann Rupchock, has filed a petition with this court for a decree changing the name of Brandon Lemonte Terry to Brandon Lemonte Rupchock IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on May 29, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 17, 2014. Raymond M. Cadei, Judge of the Superior Court Publish: May 1, 8, 15 and 22, 2014 05-22-14 RUPCHOCK 140423

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00162423 WHEREAS, Ahmed Nemr & Mariam Elishawi, has filed a petition with this court for a decree changing the names of Safiah Ahmed to Safiah Ahmed Nemr and Yusuf Ahmed Ahmed to Yusuf Ahmed Nemr IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on June 5, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 17, 2014. Raymond M. Cadei, Judge of the Superior Court Publish: May 1, 8, 15 and 22, 2014 05-22-14 NEMR 140423

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00162673 WHEREAS, Mecca Jane Perrar-Prewitt, has filed a petition with this court for a decree changing the names of Mecca Jane Perrar-Prewitt to Mecca Jane Prewitt IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on June 11, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 30, 2014. Raymond M. Cadei, Judge of the Superior Court Publish: May 8, 15, 22 and 29, 2014 05-29-14 PREWITT 140430

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00162691 WHEREAS, Ariel Cecilia Pagan (AKA Ace Sebastian Pagan), has filed a petition with this court for a decree changing the names of Ariel Cecilia Pagan to Ace Sebastian Pagan IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on June 16, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 30, 2014. David I. Brown, Judge of the Superior Court Publish: May 8, 15, 22 and 29, 2014 05-29-14 PAGAN 140430

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00162690 WHEREAS, Richard Ikechukwu Anumene (AKA Alice Dorothy Reynard), has filed a petition with this court for a decree changing the names of Richard Ikechukwu Anumene to Alice Dorothy Reynard IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on June 13, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 30, 2014. Raymond M. Cadei, Judge of the Superior Court Publish: May 1, 8, 15 and 22, 2014 05-22-14 NGUYEN 140416

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00162392 WHEREAS, Conrad Duvekot (AKA Alexa Duvekot) has filed a petition with this court for a decree changing the name of Conrad Marcel Duvekot to Alexa Duvekot IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on June 3, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 30, 2014. Raymond M. Cadei, Judge of the Superior Court Publish: May 1, 8, 15 and 22, 2014 05-22-14 DUVEKOT 140423

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00162375 WHEREAS, Mohammad Reza Pishesh has filed a petition with this court for a decree changing the name of Mohammad Reza Pishesh to Ashkahn Pishesh IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on May 30, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 23, 2014. David I. Brown, Judge of the Superior Court Publish: May 1, 8, 15 and 22, 2014 05-22-14 PISHEH 140423

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00163000 WHEREAS, Adil Saed Mohamed Mohamed, has filed a petition with this court for a decree changing the names of Adil Saed Mohamed Mohamed to Adil Joan Saed IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 p.m. on June 19, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: May 7, 2014. Raymond M. Cadei, Judge of the Superior Court Publish: May 15, 22, 29 and June 5, 2014 06-05-14 SAED 140507

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00163030 WHEREAS, Ruth Elizabeth Gruver, has filed a petition with this court for a decree changing the names of Renee Marilyn Thompson to Renee Marilyn Gruver IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on June 23, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: May 7, 2014. Raymond M. Cadei, Judge of the Superior Court Publish: May 22, 29, June 5 and 12, 2014 06-12-14 GRUVER 140516

PETITION TO ADMINISTER ESTATE NOTICE OF PETITION TO ADMINISTER ESTATE OF VICTOR LIMING (descendent) ESTATE NO. 34-2014-00161764 Toalheirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of VICTOR LIMING, also known as RAY LIMING (deceased): A petition has been filed by VICKI JO ASHLEY in the Superior Court of California, County of Sacramento, requesting that VICKI JO ASHLEY be appointed as Executor to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take any actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. Bond is not required. A hearing on the petition will be held in this court as follows: May 28, 2014, 9:00 a.m. in Dept. No. 129, Room 214 at Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. IF you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of petitioner is: Hayley E. Dewey 289823, Law Office of Joan M. Medeiros, 3550 Watt Avenue, Suite 140, Sacramento, CA 95821. (916)729-1307 Publish: May 8, 15 and 22, 2014 LIMING 140501 05-22-14

NOTICE OF PETITION TO ADMINISTER ESTATE OF RICHARD W. MELKO, SR. (descendent) ESTATE NO. 34-2014-00163344 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of RICHARD W. MELKO, SR. (deceased): A petition has been filed by RICHARD W. MELKO, JR. in the Superior Court of California, County of Sacramento, requesting that RICHARD W. MELKO, JR. be appointed as Executor to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take any actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. Bond is not required. A hearing on the petition will be held in this court as follows: June 18, 2014, 9:00 a.m. in Dept. No. 129, Room 214 at Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. IF you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for petitioner, Richard W. Melko, Jr., is: Joan M. Medeiros, SBN 166972, Law Offices of Joan Medeiros, 3550 Watt Avenue, Suite 140, Sacramento, CA 95821. 916-729-1307 Publish: May 22, 29 and June 5, 2014 MELKO 140512 06-05-14

NOTICE OF PETITION TO ADMINISTER ESTATE OF RICHARD W. CONWAY BARNES (descendent) ESTATE NO. 34-2014-00160352 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of RICHARD CONWAY BARNES (deceased): A petition has been filed by MARIE ESTELLE BARNES in the Superior Court of California, County of Sacramento, requesting that MARIE ESTELLE BARNES be appointed as Executor to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take any actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. Bond is not required. A hearing on the petition will be held in this court as follows: May 6, 2014, 9:00 a.m. in Dept. No. 129, Room 214 at Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. IF you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for petitioner, Richard W. Melko, Jr., is: Joan M. Medeiros, SBN 166972, Law Offices of Joan Medeiros, 3550 Watt Avenue, Suite 140, Sacramento, CA 95821. 916-729-1307 Publish: May 22, 29 and June 5, 2014 MELKO 140512 06-05-14

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NOTICE OF PUBLIC SALE OF LIENED PROPERTY Notice is hereby given that a public lien sale will be held at: Auburn Blvd. Mini Stor 6230 Auburn Blvd. Citrus Heights, CA 95621 on 06/05/14 at 12:00 PM in accordance with Section 21700 et seq of the Business and Professions Code of the State of California. The auctioneer is Forrest O'Brien, Bond # 001040533207, telephone # (925) 679-8679. General description of the goods: clothing; furniture; appliances; misc. household goods; bicycles, scooters, skateboards and similar misc. motorized & non-motorized transportation devices; hand/garden and power tools; construction equipment/tools and materials; musical instruments; exercise equipment; beds and bedding; misc. boxes/containers and bags, contents unknown; craft, art, hobby and pet supplies/materials; artwork; sporting goods; engine and auto parts and accessories; toys; electronic equipment; office furniture, machinery, equipment and supplies; large flat screen TV; child rocking horse toy; large Graco Magnum DX portable paint spray rig. The units belonging to the following self-service storage unit tenants will be auctioned at this public lien sale: Courtney Brazelton, Karl Brown, Charlotte Carmasi, Kathleen A. Fagliano, Adriane Fairchild, Joshua Fillion, Cheryl Hart, Kelley Menefee, Danika Mouton, Latasha Skipper, Jason Thornberry, Rene E. Whitlock, Jodi L. Parker. This is a cash-only auction due immediately when sold; no checks or credit/debit cards accepted. Each person attending must sign in and agree to follow all Rules and Regulations of the sale. All purchased goods are sold "as is" and must be removed by 12:00 PM (noon) on the second day following the sale. This sale is subject to cancellation in the event of settlement between landlord and obligated party. Published: May 22, 23, 29 and 30, 2014

NOTICE OF PUBLIC SALE OF LIENED PROPERTY Notice is hereby given that a public lien sale will be held at: Hazel Mini Stor 6108 Hazel Avenue Orangevale, CA 95662 on 06/05/14 at 10:00 AM in accordance with Section 21700 et seq of the Business and Professions Code of the State of California. The Auctioneer is Forrest O'Brien, Bond # 001040533207, telephone # (925) 679-8679. General Description of the goods: clothing; furniture; appliances; misc. household goods; bicycles, scooters, and similar misc. motorized & non-motorized wheeled transportation devices; hand/garden and power tools; construction and hardware equipment/supplies/tools and materials; musical instruments; exercise equipment; ambulatory equipment; beds and bedding materials and soft goods; misc. boxes/containers and bags, contents unknown; craft, hobby and pet supplies/materials; artwork; sporting goods; engine and auto parts and accessories; toys; electronic and audio/video equipment; office machinery, supplies and equipment; misc. computer parts and components; fishing equipment; electric scooter; deer (buck) taxidermy; psychologist's couch; Monster beverage mobile display case/cart; crossbow; aprox. 20 or more plastic bins with unknown misc. goods including automotive and go cart parts and accessories. The self-service storage units under contract with the following tenants will be auctioned at this public lien sale: Erik Alfstad, Samantha Bond, Steffanie Cabral, Nunazahra Dhahrusalam, William Esbit, John Espino, Sandra Ferrari, Jennifer Flachman, Michelle Harrison, Gina Lincoln, Charles Norris, Michael Pratt, Vicki Veiga. This is a cash auction due immediately when sold; no checks or credit cards accepted. Each person attending as bidder must sign in and agree to follow all Rules and Regulations of the sale. All purchased goods are sold "as is" and must be removed by 12:00 PM (Noon) on the second day following the sale. This sale is subject to cancellation. Published: May 22, 23, 29 and 30, 2014

NOTICE OF LIEN SALE Lien Identification No: 5NPEC4AC08H047306 Year: 2001, Make: Hyundai Model: Sonata License: 6MIW/36 Sale Date: 06/02/14 at 10:00 am Location: Johnnie's Body shop 5755 35th Street Sacramento, CA 95824 Publish: May 23, 2014

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Riley Reviews

DISNEY SCORES AGAIN WITH INSPIRING "MILLION DOLLAR ARM"

with his Indian-American business partner Ash (Asif Mandvi), JB finds keeping the doors open is tough, mostly since he can't close on a hot NFL prospect who contemplates signing with the high-powered competition.

Focusing his attention on deal-making with a baseball team owner to find untapped talent sources, JB hits on the unique idea of conducting a televised talent contest in a foreign country with a million dollar payoff.

Not a fan of cricket, JB comes up with this idea on a late night TV viewing that consists of alternating between Susan Boyle belting out tunes on "Britain's Got Talent" to a sports channel carrying an Indian cricket match.

Heading over to India with a deadline to get prospects in place within a year, JB and Ash get help from salty, cantankerous, narcoleptic retired baseball scout Ray (Alan Arkin, in fine form) who can judge the speed of a pitch even with his eyes closed.

To help navigate the cultural differences in India, the American team is joined by eager go-fer and translator Amit (Pitobash), an unabashed baseball fan in a country dominated by a cricket-loving population. JB announces that his mission is to find the next Yao Ming, except for baseball. He figures that in a country with more than a billion people the odds favor finding undiscovered raw talent.

Hyped by Indian TV programs, the Million Dollar Arm bus tour covers the rural areas of India, where eager young men jump at the chance to show their

talent. Mostly, though, the team has no luck at first locating anyone who can throw the ball at a speed above 50 miles per hours.

Ultimately, JB finds his best prospects in Rinku Singh (Suraj Sharma from "Life of Pi") and Dinesh Patel (Madhur Mittal from "Slumdog Millionaire") and then brings them home to Los Angeles, where culture shock is a rude awakening.

At first, the boys are put up in a hotel, but that proves to be disastrous since they are mystified by the vagaries of American life. JB's ordered life is then upended when he brings them to live in his big house.

Accustomed to dating models and living in his own bubble, JB finds it challenging to get his new talent on the right course. He gets help on that score from sexy, smart medical student Brenda (Lake Bell), a tenant renting out his guest house.

JB also depends heavily on USC baseball coach Tom House (Bill Paxton), a former major league player, to get his green pitchers into shape for a showcase in front of skeptical baseball scouts.

Part of the movie's core redemptive spirit is JB's eventual grasp of his need to show some heart for his players. In fairly short order, he spends more time eating pizza with Rinku and Dinesh, and finds Brenda more enchanting than shallow one-night stands.

The fish-out-of-water experience for the Indian players brings a nice mix of comedy and drama. Though the young men will struggle to adapt to the necessary pitching skills, the eventual formulaic ending is a winner.

"Million Dollar Arm," similar to a walk-off game-winning home run in the bottom of the ninth, is a truly enjoyable, satisfying sports story that ranks in the same league of comparable gratifying films like "The Rookie" and "42," the inspiring story of Jackie Robinson. ★

Atria El Camino Gardens To Honor Memorial Day

CARMICHAEL, CA (MPG) - On May 26th, Atria El Camino Gardens will honor their 72 veterans and those fallen in observance of Memorial Day.

In an effort to recognize the veterans' sacrifices and service to our country, the local senior living community will host at wonderful event featuring the community choir known as the Atria Singers, recognition of family members and those close to the residents that gave their lives for our country and a special planting of a maple tree in honor of those fallen with the opportunity for each resident who has lost someone to participate in filling in the dirt for the tree.

"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 3:00pm on Monday, May 26th 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. ★

MILLION DOLLAR ARM (Rated-PG)

A Film Review by Tim Riley

The fictional Don Draper could be just as impressive as an self-centered, arrogant, fast-talking sports agent as the driven, philandering advertising executive he is in the TV drama series in "Mad Men."

That's because actor Jon Hamm brings the same charisma and hardened attitude to the role of Los Angeles sports agent JB Bernstein in Disney's fascinating feel-good sports drama "Million Dollar Arm."

The difference, this time, is that JB Bernstein is a real-life person, and his story of searching for Major League Baseball pitching talent with cricket bowlers in India, of all places, is factually-based. Don Draper, on the other hand, remains pure fiction.

As a baseball fan, I find heartening sports movies almost irresistible, chiefly if they combine underdog triumphs, personal redemption, inspirational hope and determination to succeed as the essential ingredients.

Thus, "Million Dollar Arm" is in league with films like "The Blind Side" and "Miracle."

The story begins with JB Bernstein almost coasting, at least financially, on his past success with a large firm, where he handled big name talent, and ended up with a big house, expensive sports car and tailored suits.

Now struggling on his own



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By Mark J. Cimino, CEO CiminoCare

Senior Care Finance Primer: Part 1

and focuses on medical acute care such as doctor visits, drugs, and hospital stays, not long term care directly. (<http://medicare.gov/>)

Medi-Cal (Medicaid): Medi-Cal is a state "safety net" for both short term medical care as well as long term care. Medi-Cal is a government low income health care assistance program for adults and children. Many people that receive Medi-Cal have no premium, no co-payment and no out of pocket costs. Medi-Cal has very similar benefits to Covered California at a lower cost. For a Medi-Cal eligible person needing long term care in California, they can either live in a skilled nursing facility or, in some limited areas, in an assisted living facility. (<http://Medi-Cal.gov/>)

Social Security Supplemental Insurance: This is a federal program that provides monthly cash payments to people in need. To qualify for supplemental income you must be over the age of 65 and have income and assets less than \$2,000 (single) and \$3,000 (married). In California, if one's social security is below \$1,133 and they are in non-medical out of home care, such as an assisted living facility, they can qualify for a supplemental income. Very few assisted living facilities take only SSI payments, however, you can combine SSI with private pay funds from family or in conjunction with the Limited Medi-Cal

Assisted Living Program. (<http://www.ssa.gov/pgm/ssi.htm>)

Long term care insurance: An insurance policy purchased either privately or through an employer that will pay for long term care down the road, including skilled nursing, assisted living, in-home care support, and possibly adult day care. The amount paid out in benefits (or reimbursed) depends upon the premium paid. The earlier these policies are purchased during one's life, the less the monthly premium. Policies vary widely, so examine carefully.

Hopefully this brief synopsis helped clarify some of the commonly asked questions. My goal was to give many people a better understanding of the differences of each resource and what it takes to qualify. If you wouldlikemorespecificsregarding the above, please feel free to email me at Mark@ciminocare.com and I will try my best to help you.

Mark J. Cimino, is the Chief Executive Caregiver of CiminoCare, a Sacramento-based assisted living provider. Mark started in his caregiving profession at age six when he and his siblings would tag along as their mother visited her in home care clients. In addition to his job, Mark is actively involved in Rotary International. His interests include hiking and doing fun things with his three boys. Mark can be reached at mark@ciminocare.com



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POPPOFF!

with Mary Jane Popp

3) **MEDITATION.** It's one of the best things for our bodies. No time? Try a mini meditation. Concentrate on your breath, and on the inhale think, "I am" and on the exhale think "at peace."

4) **LOW ENERGY.** No need to turn to caffeine. Take a few deep breaths and have a big glass of water. Still not quite awake? Try B vitamins, but don't take them too late in the day.

5) **TIRED BECAUSE YOU'RE NO SLEEPING WELL.** Try natural like melatonin or tryptophan before turning to OTC or prescription sleep aids.

6) **STILL CAN'T SLEEP?** Maybe it's your mind. So often our thoughts go round and round and prevent us from sleep. Use the affirmation, "I'll fall asleep quickly and easily and I wake up feeling refreshed." Repeat

7) **LET'S TALK FOOD.** Organic is definitely best, especially for meat, dairy, and processed and packaged foods. Non-organic food has higher amounts of pesticides, herbicides, genetically modified ingredients, hormones, and artificial sweeteners. They are more expensive, but do your best. Or eliminate processed foods altogether and skip the sodas. They are the cheapest, but they serve nothing toward better nutrition

8) **WHY NOT SODA?** There's no nutritional value. It's empty calories that empty your wallet. The

sweeteners are bad for us, whether it's high fructose corn syrup or the artificial sweeteners in diet sodas. And those sugary substitutes may be making us fatter by shutting down leptin in the brain.

9) **HOW ABOUT A MULTI-VITAMIN.** Even though she already mentioned magnesium, she thinks we should all be taking a high quality multi-vitamin and mineral. Our soils are depleted, and we're just not getting enough nutrition.

10) **LAST BUT NOT LEAST.** One of the best things you can do for your health is be mindful and stay positive. It's easy to revert to old patterns of negative thinking and dwelling in the past. Try to do at least one task a day mindfully. Go into it with focus and curiosity. This pulls you into the present moment and let's stresses of the past melt away.

So why can't traditional and alternative medicine work together? Perhaps the change is beginning to happen. After all, isn't the ultimate goal for the patient to be well? Let's hope we continue to reach for that goal. If you want to check out **Dr. Kathy Gruver** and her book "The Alternative Medicine Cabinet" go to www.thealternativemedicinecabinet.com for more information. **BE WELL! BE HAPPY!** ★

THE ALTERNATIVE MEDICINE CABINET

We know that traditional medicine can do its job, but what if you could find alternatives to heavy duty drugs and procedures? Enter **Dr. Kathy Gruver** and "The Alternative Medicine Cabinet." She is host of the national TV show based on this book and has been featured on CNN, Prevention and Glamour Magazines and so many more.

Well, I tapped into her expertise on POPPOFF to share some of her insights into good health like the following.

1) **MAGNESIUM...**useful for sleep, mood, headaches, muscle aches, PMS, constipation, and heart health. It's her favorite mineral.

2) **STRESS.** We have to remember that stress isn't the problem, our reaction to it is. That we can control. She recommends doing affirmations to help block out those negative thoughts. Make them short, in the present, and positive. "I am healthy and well."



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Jesuit Raises New Carmichael Landmark



An artist's rendition of the chapel includes the "garden of meditation" and a 60ft reflecting pool. Construction by Swinerton Builders began last fall.

Continued from page 1

Stations of the Cross will be marked by 1960s sculptures resurrected from a now closed Kansas church. Central to the floor plan is a raised pulpit area, floored by glossy, polished concrete.

Funding for the \$16 million project comes entirely from 17 years of fundraising and from private donations. While a

chapel was included in the 1963 campus, the school outgrew this facility; services now occur in a gym. Jesuit's long journey to realize a modern place of worship—seating 350 people -- meant acquiring several adjacent lots. The 4.5 acres will provide for parking and a "garden of meditation." Here landscaped courtyards will allow transition from a busy campus to a sacred

place. A 60ft reflecting pool will aid this process.

"The chapel will be a school focal point and a statement of our Catholic Christian heritage," predicts Father Suwalsky. "It will also be a wonderful contribution to the beauty of the Carmichael area."

★
Learn about the Jesuit Chapel project at www.jesuithighschool.org



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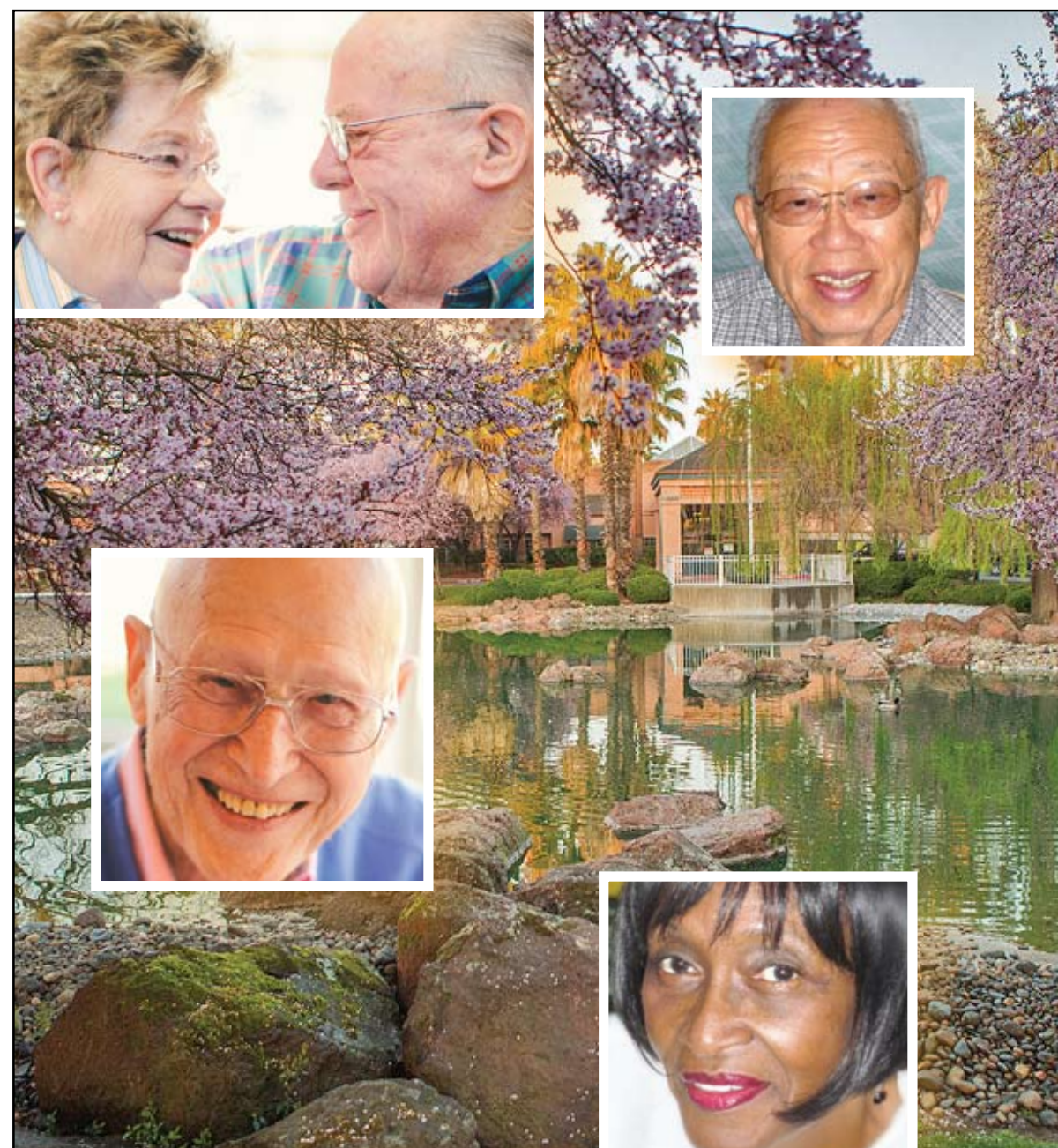


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Your community. Your life. Your choice.

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



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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

Wednesday, May 21 11:30 am to 12:30 pm
Thursday, June 19 Dinner 6:30 pm
SIERRA HILLS MEMORIAL PARK & EAST LAWN MORTUARY
5757 Greenback Lane • Sacramento
RSVP Required: 916.732.2020

Friday, May 16 • Wednesday, July 16
11:30 am to 12:30 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

FAIR OAKS CEMETERY MEMORIAL DAY AND AVENUE OF FLAGS CEREMONY



The Fair Oaks Cemetery District and the Memorial Day Ceremony Committee will be holding one of the most popular and inspiring Memorial Day ceremonies in the area again this year.

The Sixteenth Annual Memorial Day and Avenue of Flags Ceremony will be held Saturday, May 24, at the Fair Oaks Cemetery, located at 7780 Olive Street, Fair Oaks. The formal ceremonies start at 10 AM. This year's theme is to honor "Families of Fallen Heroes".

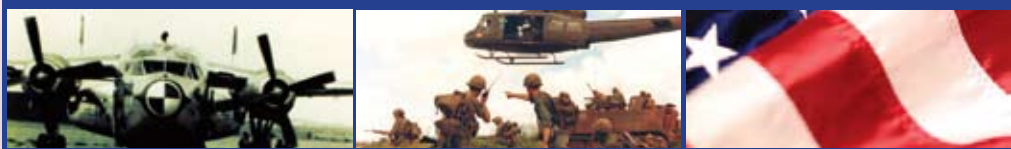
Over the years, beginning when the Plymouth Colony was at war with the Pequot Indians, the Pilgrims passed a system of compensating veterans and their families. Congress has continued through the years to improve the benefits system for the families of War.

In spite of these benefits, the families still need our emotional support. The Fair Oaks Cemetery's Memorial Day Ceremony is a fine example of how we, the community, say thank you to the families for their sacrifice.

The Fair Oaks Cemetery will be decorated with hundreds of flags lining its roadways as "The Avenue of Flags." We will also be adding more names to the Veterans Memorial Wall.

A formal Color Guard and Rifle Salute Team will provide military honors and assist with the laying of the wreath at the memorial in honor of over seventeen hundred veterans who are buried in the cemetery.

The musical program will be provided by the American Veterans Band, conducted by Warren "Bud" Turner. Refreshments will be served at the conclusion of the ceremony by the Orangevale Fair Oaks Grange & Fair Oaks Historical Society.



Neighborly people need neighborly people.

The Atria lifestyle is tailored to active older adults who recognize the value of community – sound like anyone you know?

Together, we enjoy group fitness classes and impromptu happy hours. We volunteer in our community. 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 community living. Schedule a tour of our two area communities today.

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

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

For more information: www.bemoneysmartusa.org