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Carmichael Times

Volume 34 • Issue 13

Serving Carmichael and Sacramento County since 1981

April 3, 2014

**Connie James:
Making a Smooth
Transition**



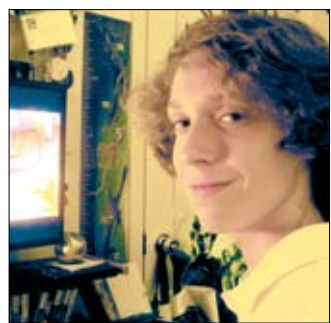
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Church Makeover Complete



Above: While parishioners line chapel walls, American River Community Church governors Cyndie Holland (left) and Eva Willis anoint refurbished pews with scented oil. The blessing was part of recent services to celebrate completion of a major spruce-up project. The church is among Carmichael's oldest houses of worship.

At right: Doris Reimer headed the \$45,000 remodeling program. At Sunday services, A.R.C. Church Pastor Rich Reimer (her brother), presented roses and thanks to the volunteer.

**Story and Photos
By Susan Maxwell Skinner**

CARMICHAEL, CA (MPG) - Thirty two age-hardened Carmichael church pews recently took a trip to Southern California. They returned revarnished and reupholstered. User reviews since proclaimed them some of the most comfortable seats in Carmichael.

While American River Community Church members take pride in having one of the area's oldest churches, outdated furnishings previously left much to be desired. "Some people used to bring their own cushions on Sunday," lamented A.R.C.C. refurbishment manager Doris Reimer. "That was a sure sign that our pews were not comfortable... well, they're comfortable now."

Observed Reimer's brother Pastor Rich Reimer: "We live in a culture that demands nice things. Comfortable seating, good carpets, a nice nursery for children; if people are to receive our message, our facility must acknowledge those needs. Churches need curb appeal. By taking care of your buildings, you send a message that you'll care for people's souls, too."

To this end, the Church Foundation Memorial Fund covered the makeover

cost through parishioner donations. Over \$45,000 saw the 64-year-old church interiors repainted, rewired and recarpeted. Augmented by volunteers, tradesmen pitched in immediately after Christmas services and turned the mission-style building around in a four weeks.

Doris Reimer recalls that through months of planning, she felt "the wind of the holy spirit pushing from behind." Her greatest challenge was finding professionals to revamp the church's vintage oaken pews. In Riverside (near Los Angeles), she found a company called Worship Interiors Group. "Churches are all they do," she approved. "They had the specialized skills and equipment needed. Our pews were longer than most and could not be dismantled, so the company had to make two truck and trailer trips to haul them all down to Riverside."

Craftsmen sanded generations of scratches, kicks and nicks to absolution. Three coats of stain returned mirror sheens to dull surfaces. Rustic red upholstery embellished with fleur de lis - a popular emblem in mission art -- came next. "We'd selected our fabrics and carpet from swatches," said Reimer. "I held

my breath as the first pew came off the truck and was set down on the new carpet. At last, I could see the fabrics and carpets we'd chosen were perfect together."

On a March Sunday, her brother blessed and flung open the chapel doors. He then led his 150-strong flock into a home redolent with unmistakable new-carpet scent. Doris Reimer beamed through following services. By the time church governors dabbed fragrant oil on immaculate pews, she was hearing whispered raves. "Everyone thought the pews looked and felt brand new," she said. "I had a sense of joy and thanksgiving. The project was hard work but I praise God for the opportunity to be part of it."

Anyone may visit or attend American River Community Church at 3300 Walnut Avenue. For information, call (916) 483-3465. ★



CAL FIRE Increases Staffing as Fire Threat Expands Additional Firefighters Hired From Sacramento Foothills

SACRAMENTO, CA (MPG) - Despite recent rainfall, CAL FIRE continues to respond to a significant increase in wildfires across much of California. While March rain totals were higher than this winter, the rain has done little to combat drought conditions. Starting Monday, March 31, CAL FIRE will begin hiring additional seasonal firefighters in Central California, the Bay Area region and the Sacramento foothills.

"Even with rain in March, our fire activity has remained 200 percent more over average state-wide," said Chief Ken Pimlott, CAL FIRE director. "The rain has been great, but it has not been enough to make up for our dry winter and California's drought."

Monday's move includes the hiring of additional seasonal firefighters and the opening of many remote seasonal fire stations. The staffing increase comes after several months of CAL FIRE staffing equipment with permanent and seasonal firefighters several months earlier than normal. The increase includes CAL FIRE's move to peak staffing levels in San Diego, Riverside and San Bernardino Counties.

"This week's rainfall has stayed relatively in the North, but the medium and heavy brush and timber along the Central Coast and Southern end of the state remain critically dry," said Chief Thom Porter, CAL FIRE assistant southern region chief. "A recent fire in Monterey County charred 400 acres with extreme intensity, despite the humidity being above 80 percent."

Between January 1 and March 22, CAL FIRE has responded to over 800 wildfires that have charred nearly 2,300 acres. In an average year for the same time period, CAL FIRE would typically respond to under 275 wildfires for approximately 1,000 acres.

CAL FIRE continues to ask homeowners to ensure that they are prepared for wildfires by maintaining 100 feet of Defensible Space. For more information on preparing for wildfires and defensible space visit www.ReadyForWildfire.org.

Visit Drought.ca.gov to learn more about how California is dealing with the effects of the drought, and for more water conservation ideas, visit SaveOurH2O.org. ★

Source: California Department of Forestry and Fire Protection

Veteran SJUSD Leader Kent Kern Named Superintendent



Kent Kern

SJUSD Special Release

SACRAMENTO REGION, CA (MPG) - The San Juan Unified Board of Education has announced that it has named veteran District leader Kent Kern as the next superintendent of schools, effective

March 26.

Kern, a Bella Vista High School graduate who has served San Juan Unified schools his entire professional career, has filled the top leadership post on a temporary basis since November. He was previously the District's assistant superintendent of operations and support services.

"As a proud San Juan Unified alum, this District has always been a family to me, and I am excited and honored for the opportunity to continue working to improve student achievement," Kern said. "I look forward to working alongside our outstanding school communities and staff to continue San Juan Unified's

tradition of excellence."

Board President Lucinda Lutgen said Kern is the perfect fit for San Juan Unified as the District implements major changes - including the Common Core State Standards and the new state school funding formula - that are transforming the face of education.

"Our District needs a trusted face to lead the way as we take on some of the most significant changes we've seen in education in a generation," Lutgen said. "Kent is a proven and respected leader throughout the halls of our schools who can inspire us all to rise to the challenge."

Continued on Page 2

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Making a Smooth Transition

SACRAMENTO REGION, CA (MPG)
-For those eager to move but paralyzed by their belongings, Hank Fisher Senior Communities is presenting organizing and downsizing specialist, Connie James from Smooth Transitions of Sacramento.

James will offer insight and information about downsizing – how to identify items you want to keep, how to get rid of things you don't and how to make the whole process manageable for you and your loved ones.

Smooth Transitions of Sacramento provides individuals and families the emotional and physical assistance needed in making a change in living arrangements. From the consultation that tells you how to do it, to handling all aspects of the move and clearing the house and estate dispersal, James will offer tips to make the



Connie James

move less traumatic - for everyone. The event will take place Thursday, April 17 at 2:00 p.m. at the Chateau on Capitol Avenue, 2701 Capitol Avenue, Sacramento. Refreshments will

be served and reservations are required. Call 916-447-4444

Located in the heart of Sacramento's vibrant Midtown neighborhood, the Chateau on Capitol Avenue provides luxury independent living, assisted living, and respite suites for short-term stays. Residents enjoy stylish apartments, fine cuisine, and daily life-enhancement programs that promote wellness, social interaction and lifelong learning.

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Maestro in Final Pops Season

SACRAMENTO REGION, CA (MPG)

- In his farewell year with the Capitol Pops, director Jerry Lopes plans an entertaining spring concert for Saturday, April 12 at Rusch Park. The event heralds a full 2014 season of Capitol Pops performances in the Sacramento area.

The Rusch Park date also marks the 17th anniversary for the 60 piece ensemble. "Maestro" Lopes, whose career includes 50 years as a music educator, helped form the group in 1997. Membership ranges from teens to nonagenarians and includes many professional musicians.

For April 12, Lopes promises a diverse program that includes show medleys, patriotic tunes and vocal numbers. As a fundraiser for the non-profit band, spring plants (provided by Eisleys Nursery of Auburn) will be offered for sale. The two-hour



Under the baton of retiring Director Jerry Lopes, the Capitol Pops Concert Band will present a free April 12 concert in Citrus Heights. Photo by Susan Maxwell Skinner

performance is sponsored by the City of Citrus Heights and the Sunrise Park District.

The Capitol Pops concert kicks off at 7 p.m., April 12. The Rusch

Park facility is located at 7801 Auburn Boulevard. Admission is free and anyone may attend. For more information, visit www.capitolpops.org ★

IRS Warns of New Email Scheme

WASHINGTON, D.C. - The Internal Revenue Service today warned consumers to be on the lookout for a new email phishing scam. The emails appear to be from the IRS Taxpayer Advocate Service and include a bogus case number.

The fake emails may include the following message: "Your reported 2013 income is flagged for review due to a document processing error. Your case has been forwarded to the Taxpayer Advocate Service for resolution assistance. To avoid delays processing your

2013 filing contact the Taxpayer Advocate Service for resolution assistance." □

□ Recipients are directed to click on links that supposedly provide information about the "advocate" assigned to their case or that let them "review reported income." The links lead to web pages that solicit personal information.

Taxpayers who get these messages should not respond to the email or click on the links. Instead, they should forward the scam emails to the IRS at phishing@irs.gov.

gov. For more information, visit the IRS's Report Phishing web page.

The Taxpayer Advocate Service is a legitimate IRS organization that helps taxpayers resolve federal tax issues that have not been resolved through the normal IRS channels. The IRS, including TAS, does not initiate contact with taxpayers by email, texting or any social media.

For more on scams to guard against see the "Dirty Dozen" list on IRS.gov. ★

Kent Kern Named Superintendent

Continued from Page 1

Kern, 46, began his career in San Juan Unified in 1993 as a teacher at Will Rogers Middle School. By 2002 he was Carnegie Middle School's principal and in 2007 became a director of schools and programs overseeing middle schools. Since then he has also served as the director of safe schools; interim senior director

of facilities and planning; and assistant superintendent of operations and support services.

Kern fills the vacancy left by former Superintendent Glynn Thompson. Under the terms of Kern's three year contract, he will earn \$238,500 which includes a 6 percent longevity provision which is the same amount provided to other employees in the system. The

Board of Education launched an internal search for the District's next superintendent in January and collected extensive public input on the qualities, characteristics, and priorities the next superintendent should bring to the position. A community panel and Board members conducted candidate interviews on March 22. ★

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Publisher:
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Cruising Down The River



The River City Chorale is well known in the greater Sacramento region for the wide range of its repertoire and for providing concerts that are both entertaining and accessible

SACRAMENTO REGION, CA (MPG) - The River City Chorale cordially invites you to attend its Spring Concert, to be held May 2 in Sacramento and May 4 in Roseville. With the theme, "Cruising Down the River," the group will present a lively and varied selection of both sacred and secular music, from classical through American folk and spiritual to modern popular tunes. Many of the songs, e.g., Shenandoah, Moonriver, will be explicitly about rivers, as the Chorale is preparing for its 10th international concert tour this June which will be a cruise down the Rhine River from Amsterdam to Switzerland, with performances at such places as the Cologne Cathedral and the Heidelberg Castle Gardens.

The River City Chorale is well known in the greater Sacramento region for the wide range of its repertoire and for providing concerts that are both entertaining and accessible. Its sixty-plus members, admitted by audition, join this non-profit group out the sheer love of singing. This is the Chorale's 37th year of sharing that love of making beautiful music with the community, making it the longest-standing local group of its kind. For the past twelve years the Chorale has performed under the baton of Musical Director Richard Morrissey, and the group has benefited greatly from his leadership. Mr. Morrissey has also served as the Musical Director of the Yuba-Sutter Oratorio Society Chorus and the Yuba-Sutter Symphony Orchestra for 25 years. He taught

band, orchestra and theater arts at Yuba City High School, and was the District Supervisor of Performing Arts in the Yuba City Unified School District for 36 years. He also is a featured jazz horn player in "Hot Lynx," the brass ensemble often featured at the annual cabaret concerts.

River City Chorale
May 2, 7:30pm. Northminster Presbyterian Church, 3135 Pope Ave., Sacramento
May 4, 4:00pm. Pleasant Grove Community Church, 1730 Pleasant Grove Blvd., Roseville
Tickets: Adults, \$15 in advance (\$20 at the door). Children, \$5
For tickets, call 331-5810 or order online at RiverCityChorale.org
 ★

Ron Paul Endorses Igor Birman For Congress

SACRAMENTO REGION, CA (MPG) - Dr. Ron Paul - a fervent defender of the Constitution and founder of the modern-day liberty movement - endorsed Igor Birman for Congress in California's 7th Congressional district on March 21st.

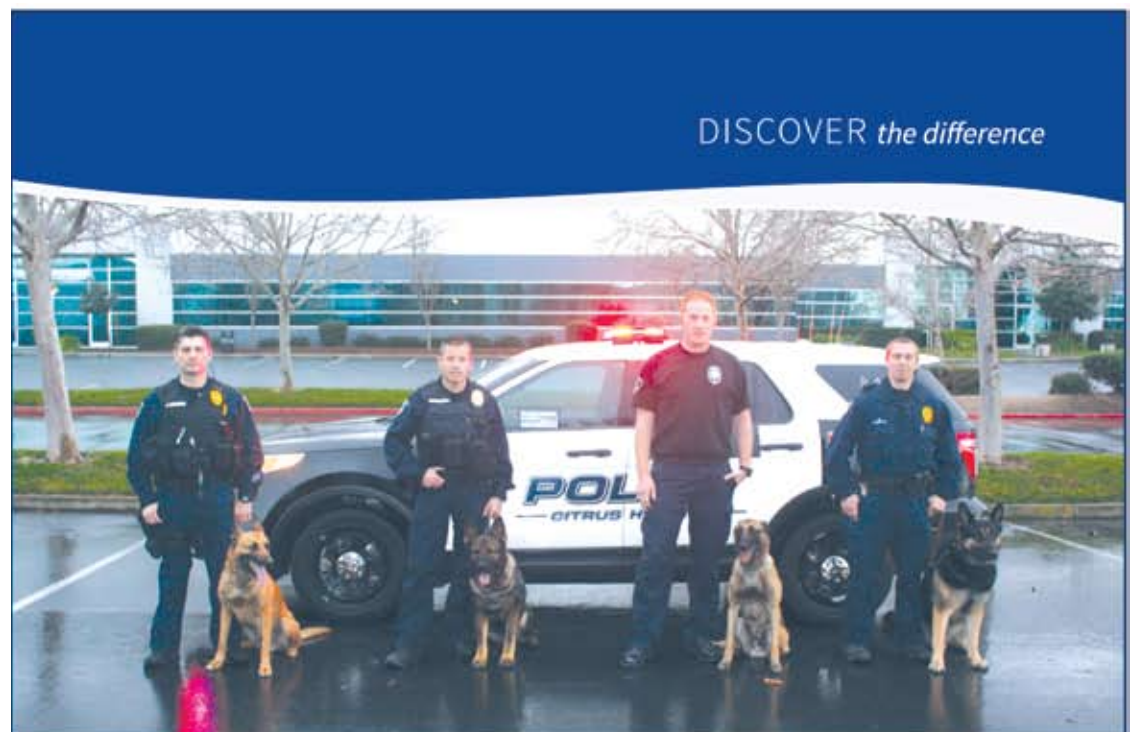
"Igor Birman has seen first hand what happens when the government takes control of every aspect of your life. That experience will make him a valuable member of the House

of Representatives and a leader for smaller government and more personal liberties. I am proud to endorse Igor Birman for Congress," said Dr. Paul.

"I am absolutely thrilled that the leader of the liberty movement has endorsed our campaign. Dr. Paul has inspired millions to fight to restore our federal government to its proper constitutional role, and I am very humbled to have him stand with us in this campaign" Birman

said. Igor has also been endorsed by fellow champions of liberty in California and across the nation. Among them: Senator Mike Lee, Rep. Tom McClintock, Rep. Thomas Massie, Rep. Justin Amash and Rep. Raul Labrador and groups like Young Americans For Liberty and FreedomWorks. ★

Source: Igor Birman for Congress



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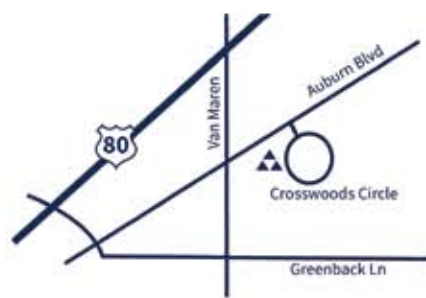
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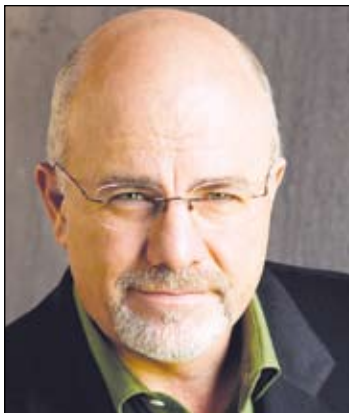
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Dave Says

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

Dear Linda,
I'm sure your mom loves you guys a lot, but she's wrong twice on this one. First, she should mind her own business. Second, you guys have obviously worked hard and been extremely smart and disciplined with your finances.

Book a hotel room without a credit card?
Dear Dave,
Is it possible to book a hotel room without a credit card?
-James

For someone in your situation, bringing your family together for one of the most important days of the year isn't foolish on any level. I think it's awful that you're even having this conversation with her.

Dear James,
Absolutely, it is. Just use a debit card.

One of my great dreams years ago was to have the ability to do things like that for my family. When I was 22, I worked for a real estate guy who would bring his entire family in from all over the country once a year to go skiing for a week. He and his wife would pay for everything. They would rent a nice chalet, and spend that time having fun as a family and growing closer together. I sort of borrowed that idea a while back. Once a year we'll take all our kids and their spouses on a nice vacation. We pay for everything, and it's just one of our gifts to them because we love them.

I don't have a credit card. When it comes to finances, the only pieces of plastic you'll find in my wallet are two debit cards—one for my business, and the other for my personal account.

A Visa or Mastercard-branded debit card can be used anywhere credit cards are accepted. And the best part is that you're not borrowing money when you use one. The funds come directly from your checking account.

Some hotels might put a temporary hold on your account for the amount in question, so you need to make sure you actually have the money in the bank.

But that just makes sense, doesn't it? You shouldn't be traveling without money in the first place.

If you're too broke to travel, then you need to stay home. Pretty simple!

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

Extravagant giving, foolish spending?
Dear Dave,


My husband and I are debt-free, and we have several hundred thousand dollars in savings. We pay for our children and grandchildren to visit during Christmas each year, but my mother thinks this is foolish spending. What do you think?
-Linda

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Letter to the Editor

Proposition 218, Another View on New Parks Plan March 29, 2014

Recently, all residential Carmichael parcel owners received a brochure with a Proposition 218 ballot enclosed asking us to vote "for" or "against" a \$44.87 annual assessment based on information provided by the Carmichael Recreation and Park District (CR&PD).

This letter is not written to support or oppose the assessment. It is written to provide all parcel owners with information that was omitted from the brochure.

The final page of the brochure contains the following sentence: Ballots are weighted by the proposed amount of the assessment and will be tabulated accordingly. This is from the Proposition 218 law.

How does this assessment work? One residential assessment (\$44.87) is equal to 44.87 votes. Omitted in the information from the Carmichael R&P District is that the Prop. 218 law stipulates that all parcels that are taxpayer/publicly owned must be assessed, i.e., CR&PD is assessed \$1286 which equals 1286 votes, San Juan Unified School District is assessed \$6308 which equals 6308 votes, Carmichael Water District is assessed \$581 which equals 581 votes. These are just three of the many publicly owned parcels within Carmichael—look around as you drive around Carmichael, how many do you see?

On March 17th, the Carmichael Water District chose to abstain; on March 20th, the CR&PD Board unanimously voted in favor of the assessment; and on March 25th, the San Juan School Unified School District voted unanimously in favor of the assessment.

The CR&PD brochure mentions security and safety nineteen times. This assessment provides money for hiring of one full-time security patrolman to patrol thirteen area parks during one eight-hour shift.

Self-proclaimed community leaders and proponents can and will say anything they feel will sway the public to a "yes" vote. However, people who take an oath to serve the community lose that option and assume the obligation to share all information openly, honestly, completely and truthfully so the public may make an informed decision. Sadly, that did not happen.

On the last page of the CR&PD brochure, it states: "if you lose your ballot, require a replacement ballot, or want to change your vote, call the CR&PD at 916.485-5322 for another ballot".

More information will be provided in the future.

Jim Baker, Carmichael ★

Focus on Creeks - Creek Week 2014

SACRAMENTO REGION, CA (MPG) - Sacramento area creeks can be both directly and indirectly impacted by drought. We usually hear about creeks when heavy rains create high waters which swell the small tributaries resulting in area flooding. But even in dry years, creeks play an important role.

"As conservation efforts ramp up, urban water use goes down leaving less run off in storm drains—one source of water feeding Sacramento creeks," states Alta Tura, president of the Sacramento Area Creeks Council. Less water flow- no matter what the source- can hurt

Event focuses on drought's impacts to creeks and waterways

the creeks' sensitive ecosystem, Tura continues.

In its 24th year, Creek Week, April 4 - 12, 2014 provides an opportunity for residents of all ages to clean, educate and celebrate! Thousands of volunteers come together and clean our area creeks while learning about their wildlife, habitat, and human influences. "This year we'll see how to care for our creeks when they aren't getting all the water they need," Tura explains.

Creek Week 2014 Happenings

• April 12, 9 am-2 pm, Carmichael Park, Carmichael
E-Waste Recycling available at the Celebration. Visit creekweek.net for a list of acceptable e-waste items.

• April 12, 12 - 2 pm, Carmichael Park, Carmichael
Volunteers celebrate with food, live music and entertainment, contests, games, and more!

Detailed information on 2014 Creek Week is at www.creekweek.net.

For more information on SJUSD Art Exhibit, go to <http://www.sanjuan.edu/arts.cfm> ★

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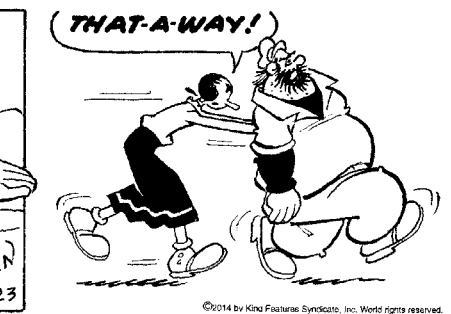
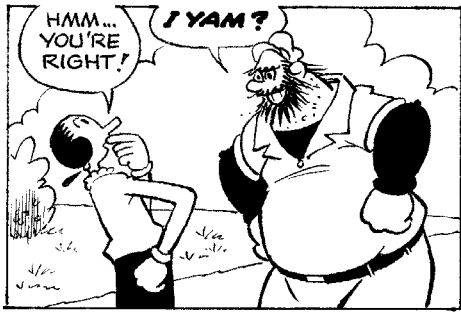
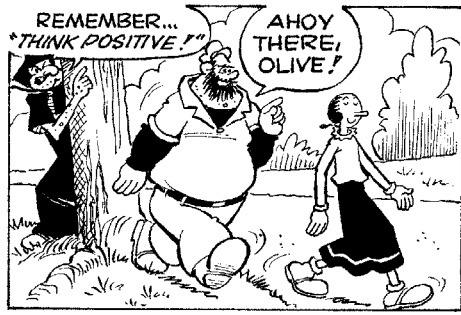
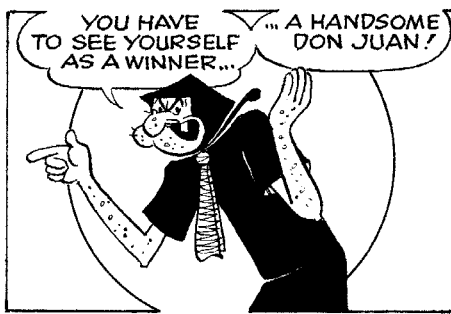
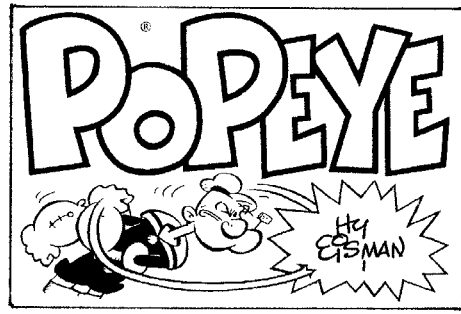
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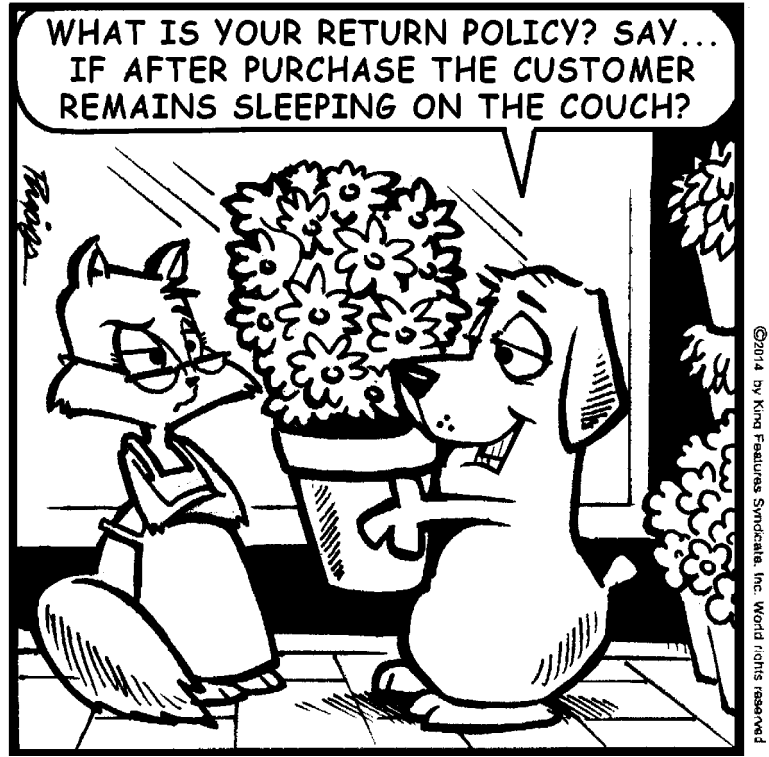
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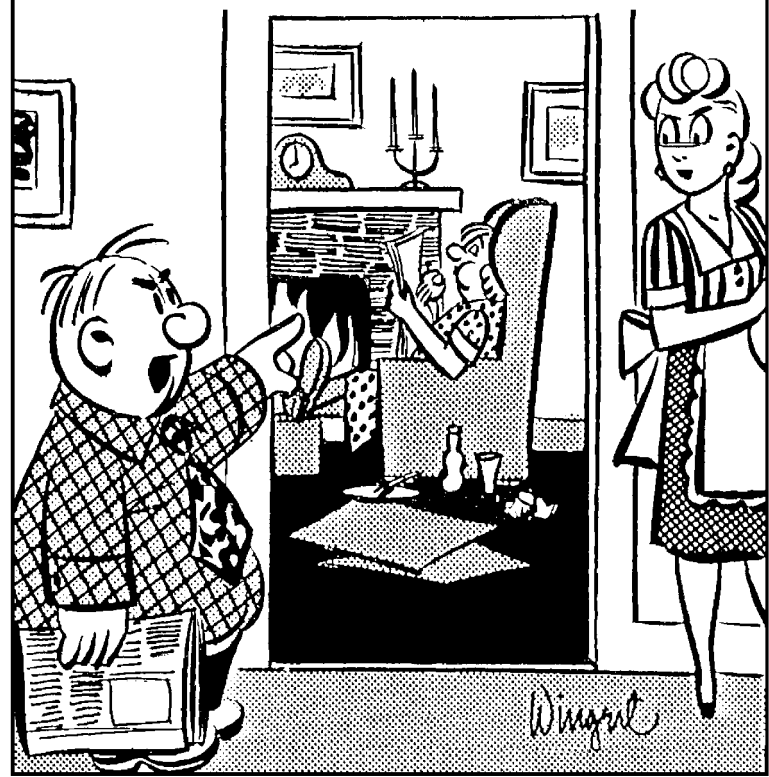
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Just Like Cats & Dogs by Dave T. Phipps

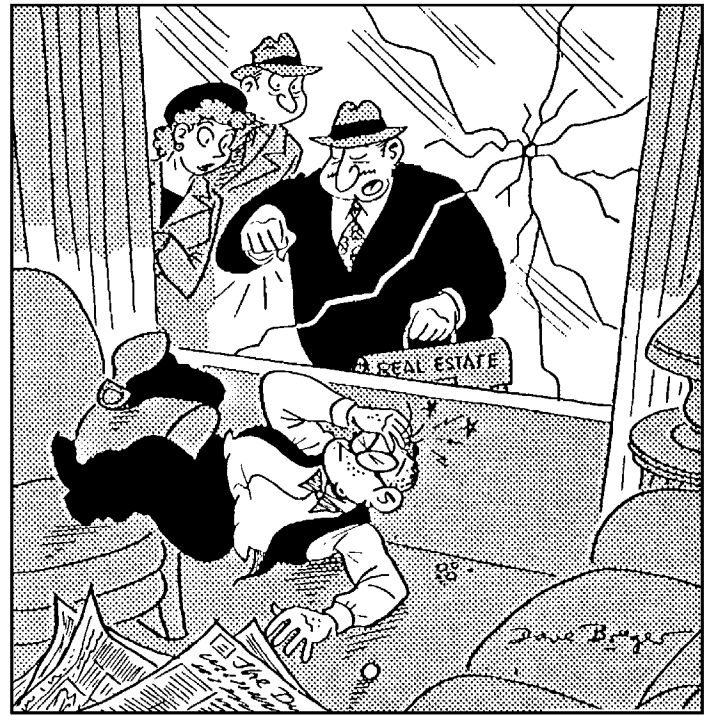


HUBERT - - By Dick Wingert



"I don't mind her staying here, but who let her out of the guest room?"

MISTER BREGER By Dave Breger



"Sorry, old man—I was showing them that this neighborhood's only a stone's throw from the station..."

LAFF - A - DAY



"I was coming as Cleopatra, but we couldn't get a sitter."


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Current and Upcoming Events



The Complete Pouring Watercolor Workshop
Presented by Tony Rogone
Sunday, April 6, 2014, 10:00 am-4:00 pm

Foyer Gallery:
"Hang Out and Do Art" Artists
Gallery 3: Sacramento Fine Arts Center
Board Members • April 1-30, 2014

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

"Awash With Color"

WASH Inc., or Watercolor Artists of Sacramento Horizons, presents an annual members watercolor show, April 1-19, 2014. Judged by Jeannie Vodden. "Awash With Color" will be a display of members watercolor paintings. Over 100 watercolors are expected to be displayed.

Special 2nd Saturday Reception with live music, awards presentation, refreshments, April 12, 2014, 5:30-8:30 pm.

Best of Show, Robert Bowden, "Maria's Kitchen"

Club Meetings

Wash Inc. Next meeting is 7 pm
April 14, 2014 • Judy Lew Loose


NCA Next meeting is 7 pm
April 9, 2014 • David Lobenberg
"California-Vibe Portraiture!"

Photo Club Meets • 4th Thursday 7 PM
Fiber Arts Group • NEW! Meets 3rd Wednesday 10 am

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Jobs In America

To Work Better, Take A Vacation

(NAPSA)—Perhaps one of the best-kept secrets for staying happy and efficient at your job may be what you do outside office walls.

Why To Vacation

According to new research by the Society for Human Resource Management, employees who take regular vacations enjoy greater productivity, increased job satisfaction and higher organizational morale than those who don't.

Despite such studies, not all working Americans have a positive attitude about taking a vacation. In fact, 61 percent of organizations report that their employees leave behind three or more unused vacation days a year. Taking full advantage of earned time off—as well as completely “unplugging” while away—may seem an odd way to get ahead but it can be a great gift to your employer and yourself.

What You Should Know

One thing that may help you get yourself that gift is a vacation ownership. Here are three reasons:

1. Your vacation is paid for in advance. Because of the prepaid nature of a timeshare, you never have to think about finding or funding accommodations throughout the length of your trip. You can cost effectively enjoy vacation lodging every year for the rest of your life without the burden of paying increasingly more for your stay, as you would for hotel rates, which continue to rise.

2. You're guaranteed consistent time away. Owning a timeshare can instill in you the discipline of taking time away, at least once a year, from hectic work schedules to relax and recharge in high-quality accommodations. Plus, if you part-



Owning a timeshare in a vacation home can encourage workers to get away enough to revive their effectiveness on the job.

ner with a timeshare exchange company, you can swap out your stay at your “home” resort for one in a new destination.

3. Time away and together is healthy for the entire family. Beyond the individual benefits of coming back to the office more motivated, creative and innovative, family and friends can share in the excitement, closeness and health benefits of regular rest and reprieve. Many timeshare companies let you pass timeshare investments through generations, so your children can inherit and enjoy your timeshare for many more years.

Travelers who value variety often choose vacation exchange companies such as RCI, which has been delivering dream vacations for 40 years, because of its expansive portfolio of more than 4,000 affiliated resorts.

Where To Sample A Stay

Those considering vacation ownership can try the timeshare experience firsthand before they purchase by booking a stay through Endless Vacation Rentals at www.evrentals.com.

Create Great Food—Fast

(NAPSA)—You can enjoy delicious, healthful dishes in minutes: The secret is a good imported extra virgin olive oil (EVO). It's nutritious, a trans fat-free food and loaded with flavor.

To make every meal special:

- Toss cooked whole wheat penne, spaghetti or cavatelli with EVO, garlic and parsley to taste. Add steamed mixed vegetables of your choice for a quick and colorful pasta primavera.



Substitute flavorful, nutritious, extra virgin olive oil (EVO) for other cooking oils in marinades, sauces, salad dressings and more.

- Pan sear shrimp or scallops in EVO for about five minutes. Cut red and green peppers into thin strips and toss with a tablespoon of EVO. Microwave peppers briefly until tender. Combine seafood with peppers and serve on top of instant brown rice.

- Make your own signature salad dressing by combining EVO, vinegar or lemon juice with favorite herbs like oregano, chives or ground pepper. The flavor will permeate the salad greens, tomatoes, cucumbers and vegetables.

Learn More

Share your favorite recipes and tips with the Gourmet Factory, makers of Capatriti Extra Virgin Olive Oil, on Facebook at www.facebook.com/gourmetfactoryoliveoil.



(NAPS) – While the word “organic” typically demonstrates the commitment to an environmentally sound growing method for farmers, there's an increased interest in finding ways to live organically beyond just food choices. It's driven by the growing desire to make wise choices for the planet. Living an organic lifestyle not only offers something to people of all ages, it can be achieved in the kitchen, garden or even during an outdoor activity.

Here are a few simple tips to start living an organic lifestyle:

1. *Take small steps* - Take the first step with your staple shopping ingredients. Consider replacing conventional products one by one with organic alternatives. Make foods like fruits, vegetables, milk and meat your first priority.

2. *Grow an organic garden* - Why not grow your own organic vegetables and herbs? Plants like tomatoes, peppers, onions, potatoes and cucumbers are easy to grow and can be easily maintained on a rooftop or patio garden. Plus, it's a great way to teach kids where food comes from and how it grows.

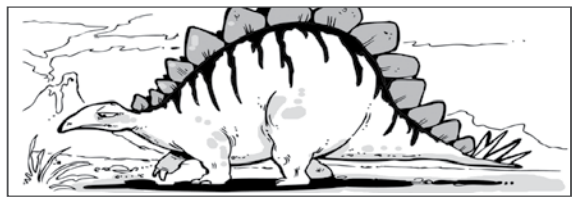
Simple Tips To Live An Organic Lifestyle

Living an organic lifestyle can be easier to achieve than many people realize.

3. *Read the labels* - Look for products with the “Certified USDA Organic” seal and read labels carefully to check out the main ingredients and any additives that may be included. The first ingredients listed should be common names and easy to pronounce.

4. *Pack an organic lunchbox* - Send your kids off to school each morning with a delicious, organic lunch. For example, Santa Cruz Organic(r) Peanut Butters and Fruit Spreads offer a variety of options and flavors to keep kids excited at lunchtime. To help round it out, the company's Fruit Sauces are a tasty, organic treat, with each 4-ounce sauce cup providing 100 percent of the Reference Daily Intake (RDI) of vitamin C.

As a pioneer organic brand born in the Santa Cruz Mountains, Santa Cruz Organic is committed to providing delicious organic foods. Its offerings include more than 60 products ranging from fruit juices to peanut butter. All Santa Cruz Organic products are Certified USDA Organic and never contain artificial flavors. To learn more, visit www.santacruzorganic.com.



The stegosaurus, was a large, plant-eating dinosaur that lived about 150 million years ago in what is now the western United States. It had two rows of bony plates shaped like huge arrowheads sticking out of its back.



Tonsurphobia is the fear of haircuts.



The most-used letter in the English alphabet is “E,” and “Q” is the least used.



A pound of potato chips can cost up to 200 times more than a pound of the potatoes that were used to make them.

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Salome's Stars

ARIES (March 21 to April 19)

A suggestion from a colleague on how to work out a problem might not sit too well with you. But before you suspect his or her motives, why not just accept it as a friendly gesture?

TAURUS (April 20 to May 20)

An associate might seek your counsel on a workplace dispute with another co-worker. Listen to what she or he has to say, but withhold advice until you've heard the other side of the story.

GEMINI (May 21 to June 20)

Use your Twin gifts for creativity and practicality to score points in landing an opportunity that could open doors to a new career. Someone returns after a long absence.

CANCER (June 21 to July 22)

Although things are pretty hectic through much of the week, some quiet time with loved ones helps restore balance. An unexpected visitor brings welcome news about a mutual friend.

LEO (July 23 to August 22)

Getting used to change isn't always easy for the Big Cat. But make the adjustments gradually, and soon you'll hardly remember when things were any different from how they are now.

VIRGO (August 23 to September 22)

Continue to stay the course you've chosen, and avoid distractions that could throw you off track. Some knowledgeable folks are happy to provide guidance if you need it.

LIBRA (September 23 to October 22)

Although you earned plaudits from most co-workers for your recent stand on a workplace situation, you also raised the envy quotient among others. Tread carefully for now.

SCORPIO (October 23 to November 21)

You feel more positive about that delayed project, and you're ready to pick it up on a moment's notice. However, you might need to re-motivate those who have since lost interest.

SAGITTARIUS (November 22 to December 21)

Some welcome news should be coming your way. In the meantime, use that

Sagittarius charm to persuade some still-reluctant colleagues that your ideas have merit.

CAPRICORN (December 22 to January 19)

Don't wait for a misunderstanding to work itself out. Instead, ask for a chance to explain the circumstances before those bruised feelings lead to an irreversible break.

AQUARIUS (January 20 to February 18)

A physical problem should be checked out in order to avoid it going from just being a nuisance to something more serious. Your social life takes an unexpected but not unwelcome turn.

PISCES (February 19 to March 20)

Yours might be the wisest sign in the Zodiac. But you still could benefit from the wisdom of a close friend who has suggestions on how to handle a perplexing personal problem.

BORN THIS WEEK: *Your passion for doing the right thing inspires others to follow your well-trodden path toward justice.*

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COUCH THEATER DVD PREVIEW

COUCH THEATER -- DVD PREVIEW

By Sam Struckhoff

EDITOR'S NOTE: *DVDs reviewed in this column will be available in stores the week of April 7, 2014.*

PICKS OF THE WEEK



Evangeline Lilly in "The Hobbit: The Desolation of Smaug"

"The Hobbit: The Desolation of Smaug" (PG-13) -- Bilbo Baggins (Martin Freeman) and his dwarf companions continue their quest to defeat a dragon and reclaim a kingdom in the second piece of the trilogy. When last we left Bilbo, he had just picked up the golden Ring from Gollum. Now the short crew continues through hostile elven woods, into the town of Lakefront, and then on to the Lonely Mountain for the first face-off with Smaug the dragon -- with a lot of cameos and action in between.

If the first film was all packing luggage and pointing at maps, then this film is all water-slides and daring escapes. The story includes much more Middle-Earth lore than Tolkien ever included in the novel. A new character, an elven huntress named Tauriel (Evangeline Lilly) is one of the more galvanizing additions. **"August: Osage County" (R)** -- In a dusty old Oklahoma home, the dour relatives of the Weston family gather together in a time of hardship. This makes them easier targets for the acid-tongued, viper-eyed, knife-twistingly sadistic

quips of the family's matriarch, Violet Weston (Meryl Streep). While all members of the family get their fill at the table, it's the oldest daughter, Barbara (Julia Roberts), who shows that she's learned the most from her mother.

This is pitch-dark comedy about the unbreakable bonds of family love, and how they can be used to suffocate one generation after another. The movie is adapted from a Pulitzer-Prize winning stage drama. Expect to be emotionally drained in exchange for a few laughs.

"Grudge Match" (PG-13)

Robert De Niro and Sylvester Stallone star as boxers with a decades-old rivalry ripe for one last match. If you're expecting the dramatic equivalent of Raging Bull vs. Rocky, then you've played right into their hands, and you deserve the sucker punch. Billy "The Kid" McDonnen (De Niro) and Henry "Razor" Sharp (Stallone) were A-list prizefighters in their day, but each one has spent the past 30 years out of the ring. The son of a shady fight promoter (an electric Kevin Hart) gets the old timers to gear up for one last bout. What this movie lacks in heart (which is considerable) it tries to make up for with prostate jokes.

"Paranormal Activity: The Marked Ones" (R)

Recent high-school grad Jesse (Andrew Jacobs) and his pal Hector (Jorge Diaz) are enjoying a summer of illicit fun in their native Los Angeles, when they decide to investigate the mysterious death of Jesse's downstairs neighbor. Turns out she was a witch, and she had a particular interest in Jesse, who starts to show symptoms of demonic possession. This spin-off of the popular horror franchise dabbles with a new setting and new mythology. The scares are the same ol' jump-out-of-your-seat shocks, though maybe less effective since they've become so predicable.

TV RELEASES

"The Big Valley: Season 2"

"Mayberry Rfd: Complete First Season"

"The Bobby Darin Show"

"Power Rangers Megaforce 3"

"Moonshiners Season 2"

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Moments in time

THE HISTORY CHANNEL

• On April 8, 563 B.C., Buddhists celebrate the commemoration of the birth of Gautama Buddha, the founder of Buddhism. Gautama Buddha was born as Prince Siddhartha, son of the king of the Sakya kingdom, located on the borders of present-day Nepal and India.

• On April 7, 1776, Navy Capt. John Barry, commander of the American warship Lexington, makes the first American naval capture of a British vessel when he takes command of the British warship HMS Edward off the coast of Virginia.

• On April 12, 1914, the Mark Strand Theater opens to the public in New York City. The Strand was the first of the "dream palaces." It seated 3,000 people and boasted a second-floor balcony.

• On April 9, 1939, Easter Sunday, more than 75,000 people come to the Lincoln Memorial in Washington, D.C., to hear black contralto Marian Anderson give a free concert. Anderson had been scheduled to sing at Washington's Constitution Hall, but the Daughters of the American Revolution denied her the right to perform because of her race.

• On April 11, 1951, President Harry Truman relieves Gen. Douglas MacArthur of command of the U.S. forces in Korea. The firing set off an uproar among the American public, but Truman remained committed to keeping the conflict in Korea limited. Eventually the American people understood that MacArthur's policies might have led to a massively expanded war in Asia.

• On April 10, 1963, the USS Thresher, an atomic submarine, sinks in the Atlantic Ocean, killing the entire crew when it unexpectedly plunged to the sea floor 300 miles off the coast of New England. A subsequent investigation revealed that a leak in a silver-brazed joint in the engine room had caused a short circuit.

• On April 13, 1970, disaster strikes 200,000 miles from Earth when oxygen tank No. 2 blows up on Apollo 13, the third manned lunar landing mission. The crippled spacecraft continued to the moon, circled it, and began a long journey back to Earth, parachuting safely into the Pacific Ocean.

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Thought for the Day: "A person usually has two reasons for doing something: a good reason and the real reason." — Thomas Carlyle

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The Garden Bug

Acanthus mollis



Commonly known as "bear's breeches," this Mediterranean native is grown as much for its attractive leaves as for its showy flower spikes. Its foliage is thought to have inspired the appearance of the "Corinthian" column found in ancient Greek architecture. - Brenda Weaver

Source: www.missouribotanicalgarden.org

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THE SACRAMENTO BEE
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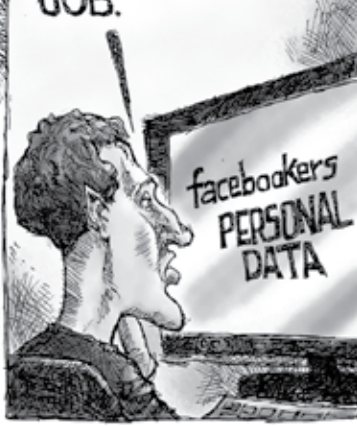
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BARACK, ZUCKERBERG HERE, SO WHAT GIVES YOU THE RIGHT TO SPY ON LAW-ABIDING CITIZENS?



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The MUFFLER



THE RICH LOWRY COLUMN
By Rich Lowry

Dumbing Down the SAT

It turns out that SAT words were too abstruse. The College Board is updating its iconic test yet again in ways that are indistinguishable from dumbing it down. The old vocabulary words are out, the math is easier, guessing is no longer punished in the scoring -- and we're supposed to believe that the test is better than ever. The SAT, relied on heavily in college admissions, has long been attacked for not producing sufficiently egalitarian results. The multiple-choice test has been accused of everything from racism to classism. It is almost certainly the most hated exam in America, and the easiest way to placate the critics is simply to make it less exacting.

The last round of changes 10 years ago eliminated the analogies (e.g., zenith : nadir :: pinnacle : valley) and instituted an essay. This was supposed to be an upgrade, but the mandatory essay is now being discarded. Peter Wood of the National Association of Scholars describes it as "a decade-long experiment in awarding points for sloppy writing graded by mindless formulae."

The new SAT will move away from what a reporter in The New York Times calls -- obviously relying on his readers' knowledge of old SAT vocabulary -- "esoteric" words. Instead, the test will emphasize "evidence-based reading." The head of the College Board says an example would be an excerpt from an old speech by Rep. Barbara Jordan in which she said that the impeachment of Richard Nixon would divide people into two parties. Students taking the test would then have several choices for what Jordan meant by the word "party." (Students answering "a gathering to celebrate an occasion," or "to drink with friends," will presumably get no credit.)

The SAT is called an instrument of privilege because students from higher-income families perform better. But parental educational attainment tracks with parental income, and highly educated parents will inevitably pass along their advantages to their kids. It

is not in the power of the SAT to change this. As Robert VerBruggen of the website RealClearPolicy writes, "Income gaps are evident on basically every academic measure we have."

The SAT is hardly perfect. It isn't strictly an aptitude test: The more you read and the more math you know, the better you are going to do. Maybe we should go all the way and use achievement tests instead? But that has its own problems, as Howard Wainer of the University of Pennsylvania pointed out in his book "Uneducated Guesses." How much does proficiency in one subject area weigh against another? And this doesn't help if a student is in a rotten school that teaches nothing.

The SAT aims to predict first-year performance in college, with only modest success. But with its broader, more general approach, the SAT provides different information about students than either GPA or achievement tests. It is a useful tool.

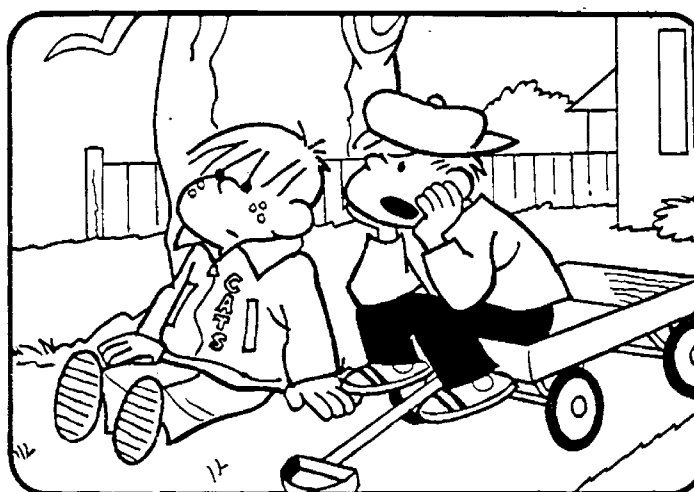
At the end of the day, the problem isn't the SAT, it's ourselves. We have to do a better job raising and educating kids. That is much harder than complaining about the SAT, and the College Board can't do them for us.

Rich Lowry is editor of the National Review.

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HOCUS-FOCUS

BY HENRY BOLTINOFF



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.

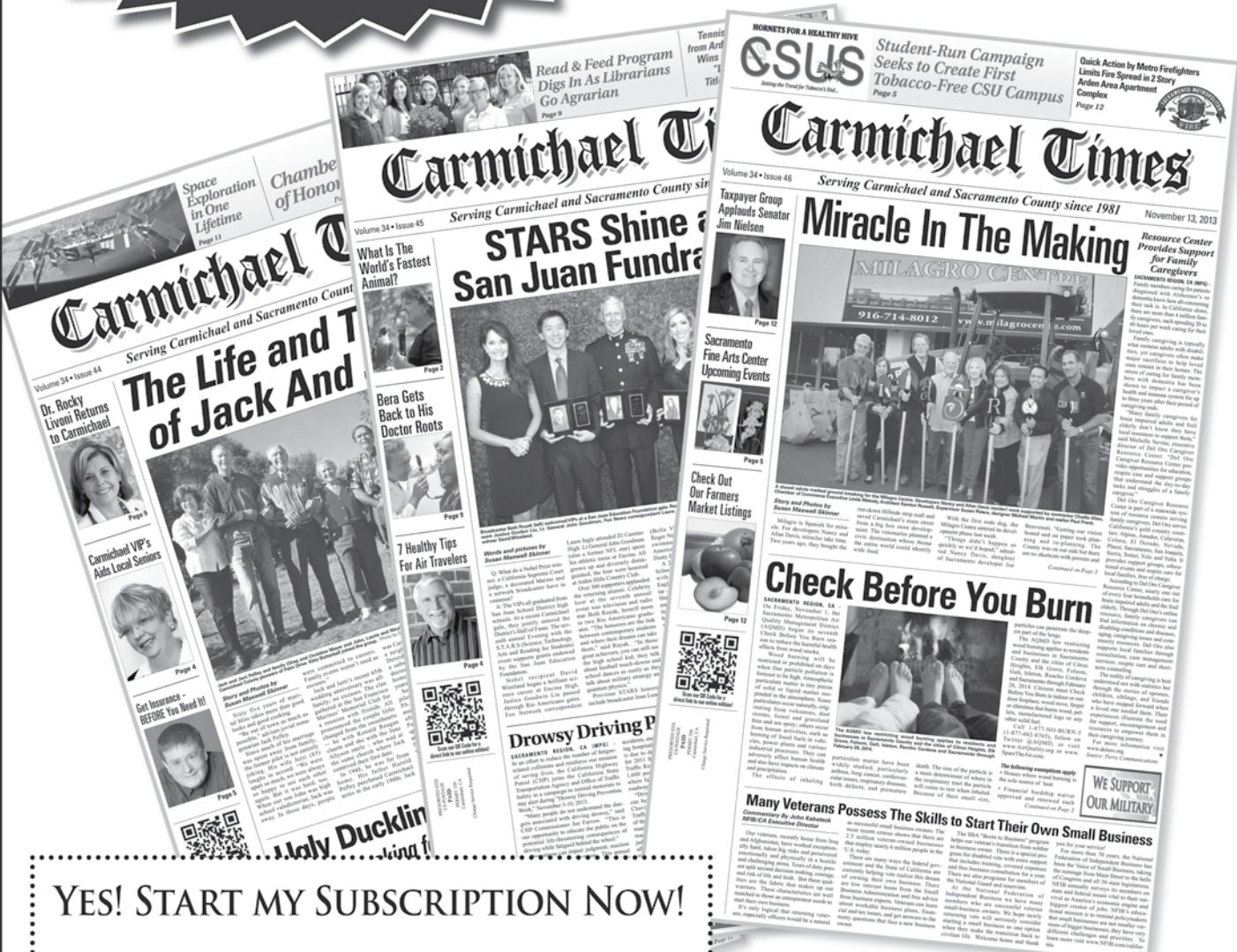
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CLUES

- ACROSS
1. Wanderer
 6. Equinox mo.
 9. *Healing sign or picket line crosser
 13. Rossini's offering
 14. Big-headedness
 15. Wilderness Road trailblazer
 16. Show opposition
 17. "High" drink
 18. What Pinocchio was doing?
 19. *To alter or coins
 21. *Shape where A=a² or town gathering place
 23. Romanian money
 24. Small ornamental case
 25. Make lacework
 28. Applies makeup, e.g.
 30. In R.E.M. stage
 35. *Regrets or streets in Paris
 37. Giant kettles
 39. What helicopter parents do
 40. Eurasian mountain range
 41. Anemic-looking
 43. Delhi dress
 44. ___ congestion
 46. Arid
 47. Children's author ___ Blyton
 48. "Not my brother's ___"
 50. Small mountain lake
 52. *Seat of a bishop or to regularly date
 53. London subway
 55. Variable, abbr.
 57. Follows teeter
 60. *Far away or couch potato's controller
 63. Star bursts
 64. *To take drugs or to employ for a purpose
 66. Nail salon board
 68. *Where happy person walks or Jimmy Fallon works
 69. Definite article
 70. Rental agreement
 71. *Good or water source
 72. Long fish
 73. Yesteryears
- DOWN
1. Affirmative action
 2. Oil group
 3. "Breaking Bad" product
 4. "He's ___ nowhere man" (The Beatles)
 5. Repaired by stitching
 6. Dole
 7. Sensitive subject?
 8. ___ beef
 9. Miso bean
 10. Coconut fiber
 11. "Green Gables" girl
 12. "Don't make me ___!"
 15. Resembling ocean's color
 20. Jelly fruit
 22. In so far as
 24. Another spelling for aesthete
 25. *Elephant's appendage or luggage
 26. Saints' lights
 27. Badger and bug
 29. *Fish or Chaiapin's voice
 31. Fail to win
 32. Famous restaurateur Bob
 33. Bone-chilling
 34. *Deadly sin or pack of lions
 36. Lover's blow?
 38. Evening in Italy
 42. *Audacity or bundle of axons
 45. *Infamous scarlet symbol or word from home
 49. Part of Parisian address
 51. That is to say
 54. Beastly person
 56. Young Montague
 57. Voice quality
 58. Like West Wing's office
 59. *One side of a coin or a spy
 60. *Spool of film or lively dance
 61. *Product of lacrimation or a rip
 62. Gaelic
 63. Right away
 65. Mother, sister or daughter
 67. Word for a nod

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	
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	57	58	59					60				61	62
63					64	65			66				67
68						69				70			
71								72				73	

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

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

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Sudoku Puzzle on Page 10

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#FBNF2014-01415. Sophia Agnes Benedetto, 3742 Gibbons Parkway, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Just Babies" at 3742 Gibbons Parkway, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on February 21, 2014. Publish: March 13, 20, 27 and April 3, 2014. BABIES 140304 04-03-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00937. Jamie M. Lyon, 8436 Noel Drive, Orangevale, CA 95662 and Sonya S. Raya, 5805 Pecan Avenue, Orangevale, CA 95662 is doing business under the Fictitious Business Name "OVTees & Apparel" at 8436 Noel Drive, Orangevale, CA 95662. Filed with the Clerk of Sacramento County on February 4, 2014. Publish: March 13, 20, 27 and April 3, 2014. OVTEES 140304 04-03-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01807. Thomas Galowina, 104 Countess Way, Sacramento, CA 95827 is doing business under the Fictitious Business Name "JT Customs" at 104 Countess Way, Sacramento, CA 95827. Filed with the Clerk of Sacramento County on March 5, 2014. Publish: March 13, 20, 27 and April 3, 2014. JTCUSTOMS 140307 04-03-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01269. Hari Narayan, Inc. 4247 Stromford Way, Mather, CA 95655 is doing business under the Fictitious Business Name "Sac Sun Solar" at 4247 Stromford Way, Mather, CA 95655. Filed with the Clerk of Sacramento County on February 18, 2014. Publish: March 20, 27, April 3 and 10, 2014. SACSUN 140310 04-10-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01775. Capitol Barricads, Inc., 6001 Elvas Avenue, Sacramento, CA 95819 is doing business under the Fictitious Business Name "Capitol Signs + Graphics" at 6001 Elvas Avenue, Sacramento, CA 95819. Filed with the Clerk of Sacramento County on March 4, 2014. Publish: March 20, 27, April 3 and 10, 2014. CAPITOL 140310 04-10-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02017. Mark Stewart, 240 Natomas Station #149, Folsom, CA 95630 is doing business under the Fictitious Business Name "Precision Asphalt Transport Services" at 11327 Trade Center Drive #360, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on March 10, 2014. Publish: March 20, 27, April 3 and 10, 2014. PRECISION 140310 04-10-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01998. Magnified Video Devices, Inc., 3371 Hanks Street, Sacramento, CA 95827 is doing business under the Fictitious Business Name "Teowarehouse, MVD, MV Devices" at 3371 Hanks Street, Sacramento, CA 95827. Filed with the Clerk of Sacramento County on March 10, 2014. Publish: March 20, 27, April 3 and 10, 2014. MVD 140311 04-10-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01980. Epigenismo Mauricio Martinez, 10318 Mills Station Road, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name "San Miguel's Mexican & American Restaurant" at 10535 Folsom Boulevard, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County on March 10, 2014. Publish: March 20, 27, April 3 and 10, 2014. SANMIGUELS 140311 04-10-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01995. Vera Kozlovskiy, 4000 Innovator Drive, Unit 23103, Sacramento, CA 95834 is doing business under the Fictitious Business Name "Flowers Paradise" at 4000 Innovator Drive, Unit 23103, Sacramento, CA 95834. Filed with the Clerk of Sacramento County on March 10, 2014. Publish: March 20, 27, April 3 and 10, 2014. FLOWERS 140313 04-10-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01835. Charles Ernst, 8835 Swallow Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Sportbling" at 8835 Swallow Way, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on March 6, 2014. Publish: March 20, 27, April 3 and 10, 2014. SPORTBLING 140313 04-10-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01777. Steven K. Smith and Carolyn D. Smith, 6238 Lincoln Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Goatee Garmen" at 6238 Lincoln Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on March 4, 2014. Publish: March 20, 27, April 3 and 10, 2014. GOATEE 140313 04-10-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01624. Andres Aguilar Nunez, 4401 Perry Avenue, Sacramento, CA 95820 is doing business under the Fictitious Business Name "El Patio" at 5223 Hazel Avenue, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on February 27, 2014. Publish: March 20, 27, April 3 and 10, 2014. ELPATIO 140313 04-10-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02120. Deborah M. Oyler, 1051 Brightwood Court, Walnut Creek, CA 94598 is doing business under the Fictitious Business Name "VSE Insurance Solutions" at 2933 Gold Pan Court, Suite E, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County on March 13, 2014. Publish: March 20, 27, April 3 and 10, 2014. VSE 140314 04-10-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02074. A's Auto Repair, Inc., 6636 Tonzi Road, Ione, CA 95640 is doing business under the Fictitious Business Name "i fix cars and i fix all cars" at 10655A Coloma Road, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County on March 12, 2014. Publish: March 20, 27, April 3 and 10, 2014. FIXCARS 140314 04-10-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02115. Lyubov Gerber, 7052 Plumber Way, North Highlands, CA 95660 is doing business under the Fictitious Business Name "Bride to Memories Photography" at 7052 Plumber Way, North Highlands, CA 95660. Filed with the Clerk of Sacramento County on March 12, 2014. Publish: March 20, 27, April 3 and 10, 2014. BRIDGE 140313 04-10-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02156. Melvin Bow, Jr., 2737 Las Casas Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name "Wrenchhead Automotive" at 6633 Fair Oaks Boulevard, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on March 13, 2014. Publish: March 27, April 3, 10 and 17, 2014. WRENCHHEAD 140318 04-17-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02065. L & C Enterprises, LLC, 866 Golden Heights Drive, Galt, CA 95632 is doing business under the Fictitious Business Name "Galt Auto Sales" at 866 Golden Heights Drive, Galt, CA 95632. Filed with the Clerk of Sacramento County on March 11, 2014. Publish: March 27, April 3, 10 and 17, 2014. GALTAUTO 140319 04-17-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02308. Morakot Goh, 5622 Great Valley Drive, Antelope, CA 95843 is doing business under the Fictitious Business Name "Healthy Spa" at 3901 Madison Avenue, Suite 60, North Highlands, CA 95660. Filed with the Clerk of Sacramento County on March 18, 2014. Publish: March 27, April 3, 10 and 17, 2014. HEALTHY 140319 04-17-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02236. Karla Lugo, 9243 Water Lilly Court, Elk Grove, CA 95624 is doing business under the Fictitious Business Name "Buddy Shot" at 9243 Water Lilly Court, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County on March 17, 2014. Publish: March 27, April 3, 10 and 17, 2014. BUDDY 140319 04-17-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02148. Michael Alan Axton, 9844 Culp Way, Sacramento, CA 95827 is doing business under the Fictitious Business Name "Setting Sun Gallery" at 9844 Culp Way, Sacramento, CA 95827. Filed with the Clerk of Sacramento County on March 13, 2014. Publish: March 27, April 3, 10 and 17, 2014. SETTING 140320 04-17-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02015. Mason Her, 7713 Malory Court, Sacramento, CA 95828 is doing business under the Fictitious Business Name "Boba Bar & Grill" at 7713 Malory Court, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on March 10, 2014. Publish: March 27, April 3, 10 and 17, 2014. BOBA 140320 04-17-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02014. Charlene Joyce Cate, 12687 Highland Drive, Auburn, CA 95603 is doing business under the Fictitious Business Name "Charlie's Cafe" at 7979 Auburn Boulevard, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on March 3, 2014. Publish: March 27, April 3, 10 and 17, 2014. CHARLIES 140320 04-17-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02326. Timothy Sampson, 3833 Marconi Avenue #110, Sacramento, CA 95821 is doing business under the Fictitious Business Name "All Pro maintenance and Repair" at 3833 Marconi Avenue #110, Sacramento, CA 95821. Filed with the Clerk of Sacramento County on March 18, 2014. Publish: April 3, 10, 17 and 24, 2014. ALLPRO 140321 04-24-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02315. Julianna Horrell, 1060 41st Street, Sacramento, CA 95819 is doing business under the Fictitious Business Name "Sactown Kids Tours" at 1060 41st Street, Sacramento, CA 95819. Filed with the Clerk of Sacramento County on March 18, 2014. Publish: April 3, 10, 17 and 24, 2014. SACTOWN 140322 04-24-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02374. Julianna Horrell, 1060 41st Street, Sacramento, CA 95819 is doing business under the Fictitious Business Names "Sactown Kids' Tours, Sactown Kids' Tour" at 1060 41st Street, Sacramento, CA 95819. Filed with the Clerk of Sacramento County on March 19, 2014. Publish: April 3, 10, 17 and 24, 2014. SACTOWN#2 140322 04-24-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02530. Korbs and Associates, Inc., 1767 10th Avenue, Sacramento, CA 95818 is doing business under the Fictitious Business Name "Korbs and Associates Investigations" at 1767 10th Avenue, Sacramento, CA 95818. Filed with the Clerk of Sacramento County on March 24, 2014. Publish: April 3, 10, 17 and 24, 2014. KORBS 140327 04-24-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02274. Bogdan Brunets, 7032 Cantel Way, North Highlands, CA 95660 is doing business under the Fictitious Business Name "B-Fix Appliances" at 7032 Cantel Way, North Highlands, CA 95660. Filed with the Clerk of Sacramento County on March 18, 2014. Publish: April 3, 10, 17 and 24, 2014. B-FIX 140325 04-24-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02475. Architectural Blomberg, LLC, 1453 Blair Avenue, Sacramento, CA 95822 is doing business under the Fictitious Business Name "Blomberg Window Systems" at 1453 Blair Avenue, Sacramento, CA 95822. Filed with the Clerk of Sacramento County on March 21, 2014. Publish: April 3, 10, 17 and 24, 2014. BLOMBERG 140325 04-24-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02511. Donghyun Kim, 8824 Fallbrook Way, Sacramento, CA 95826 is doing business under the Fictitious Business Names "DKIM Architect, DKIM Development" at 8824 Fallbrook Way, Sacramento, CA 95826. Filed with the Clerk of Sacramento County on March 21, 2014. Publish: April 3, 10, 17 and 24, 2014. DKIM 140325 04-24-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02655. A and D Care LLC, 2857 Autumn Falls Lane, Lincoln, CA 95648 is doing business under the Fictitious Business Names "Palm Grove" at 7710 Elsie Avenue, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on March 27, 2014. Publish: April 3, 10, 17 and 24, 2014. PALM 140328 04-24-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-02188. Tkachuk Enterprises Inc., 5222 Hillside Boulevard #3, Sacramento, CA 95842 is doing business under the Fictitious Business Names "What A Pizza" at 5222 Hillside Boulevard #3, Sacramento, CA 95842. Filed with the Clerk of Sacramento County on March 14, 2014. Publish: April 3, 10, 17 and 24, 2014. WHAT 140328 04-24-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01863. Midtown Nurse Midwives A Nursing Corporation, 1764 4th Avenue, Sacramento, CA 95818 is doing business under the Fictitious Business Names "Midtown Nurse Midwives, Midtown Lactation Consultants, MILC" at 1764 4th Avenue, Sacramento, CA 95818. Filed with the Clerk of Sacramento County on March 6, 2014. Publish: April 3, 10, 17 and 24, 2014. MIDTOWN 140327 04-24-14

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00159763

WHEREAS, Laura Gonzales De Lumen has filed a petition with this court for a decree changing the name of Laura Gonzales De Lumen to Laura Buan Gonzales, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 15, 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: March 5, 2014 David I. Brown, Judge of the Superior Court Publish: March 13, 20, 27 and April 3, 2014 GONZALES 140305 04-03-14

Classified Advertising
MPG
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SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00159725

WHEREAS, Jerry Robert Edwards has filed a petition with this court for a decree changing the name of Jerry Robert Edwards to Jeremiah Waya Engle Bear, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 18, 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: March 5, 2014 David I. Brown, Judge of the Superior Court Publish: March 13, 20, 27 and April 3, 2014 EDWARDS 140305 04-03-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00159734

WHEREAS, Carlos Magana Garcia has filed a petition with this court for a decree changing the name of Carlos Magana Garcia to Karla Garcia, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 18, 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: March 5, 2014 David I. Brown, Judge of the Superior Court Publish: March 13, 20, 27 and April 3, 2014 GARCIA 140305 04-03-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00159742

WHEREAS, Blayne Iving has filed a petition with this court for a decree changing the name of Blayne Iving to Scott Blayne, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 21, 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: March 5, 2014 David I. Brown, Judge of the Superior Court Publish: March 13, 20, 27 and April 3, 2014 IVING 140306 04-03-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00157480

WHEREAS, Joshua P. Calistro has filed a petition with this court for a decree changing the name of Joshua Pomaikai Calistro to Joshua Pomaikai Sowa, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 23, 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: March 10, 2014 David I. Brown, Judge of the Superior Court Publish: March 20, 27, April 3 and 10, 2014 IVING 140312 04-10-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00160058

WHEREAS, Heather Ann Hernandez & Asiatic Supreme Elohim has filed a petition with this court for a decree changing the names of Heather Ann Hernandez to Heather Ann Hernandez-Fort, Asiatic Supreme Elohim to Lamar Edward Fort III, Amari Sekai Elohim to Amari Sekai Fort and Sekiya Maia Elohim to Sekiya Maia Fort IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 23, 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: March 12, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: March 20, 27, April 3 and 10, 2014 FORT 140313 04-10-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00159760

WHEREAS, Sydney Maria Jocelyn Browne has filed a petition with this court for a decree changing the names of Sydney Maria Jocelyn Browne to Gideon Ephraim Browne IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 22, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: March 5, 2014 David I. Brown, Judge of the Superior Court Publish: March 13, 20, 27 and April 3, 2014 GONZALES 140305 04-03-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00160115

WHEREAS, Nikolay Chipak has filed a petition with this court for a decree changing the names of Nikolay Chipak to Nikolay Syatelskiy IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 25, 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.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00160074

WHEREAS, Jessica Lockhart has filed a petition with this court for a decree changing the names of Keele Michaelle Dickson to Keele Michaelle Lockhart IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 24, 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: March 12, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: March 20, 27, April 3 and 10, 2014 LOCKHART 140314 04-10-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00160069

WHEREAS, Anthony Bryce Barber has filed a petition with this court for a decree changing the names of Anthony Bryce Barber to Anthony Bryce Lockhart IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 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: March 12, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: March 20, 27, April 3 and 10, 2014 BARBER 140314 04-10-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00159760

WHEREAS, Sydney Maria Jocelyn Browne has filed a petition with this court for a decree changing the names of Sydney Maria Jocelyn Browne to Gideon Ephraim Browne IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 22, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: March 5, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: March 20, 27, April 3 and 10, 2014 BROWNE 140314 04-10-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00160128

WHEREAS, Christie Mitchell, SBN 197975, Attorney for Halle Dupuis has filed a petition with this court for a decree changing the names of Halle Dupuis to Halle Merchant IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 28, 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: March 12, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: March 27, April 3, 10 and 17, 2014 DUPUIS 140318 04-17-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00160429

WHEREAS, Jagjit Sahota & Angelina Diaz has filed a petition with this court for a decree changing the names of Devon Anthony Diaz to Anthony Singh Sahota IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 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: March 19, 2014 David I. Brown, Judge of the Superior Court Publish: March 27, April 3, 10 and 17, 2014 SAHOTA 140320 04-17-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00160435

WHEREAS, Maricela Zermeo Rodriguez & Jagjit Sahota has filed a petition with this court for a decree changing the names of Maricela Zermeo Rodriguez to Mari Zermeo Sahota, Xavior Othello Rodriguez to Xavior Othello Sahota IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 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: March 19, 2014 David I. Brown, Judge of the Superior Court Publish: March 27, April 3, 10 and 17, 2014 RODRIGUEZ 140320 04-17-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00159666

WHEREAS, Valerian Ro-Mel Smith has filed a petition with this court for a decree changing the names of Valerian Ro-Mel Smith to Ro-Mel Smith IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 29, 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.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00160439

WHEREAS, Morgan Yates has filed a petition with this court for a decree changing the names of Morgan Alexandra Yates to Lexa Mae Yates IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on May 1, 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: March 19, 2014 David I. Brown, Judge of the Superior Court Publish: March 27, April 3, 10 and 17, 2014 YATES 140320 04-17-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00160463

WHEREAS, Lifang Wang has filed a petition with this court for a decree changing the names of Lifang Wang to Nuojie Wang IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on May 2, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

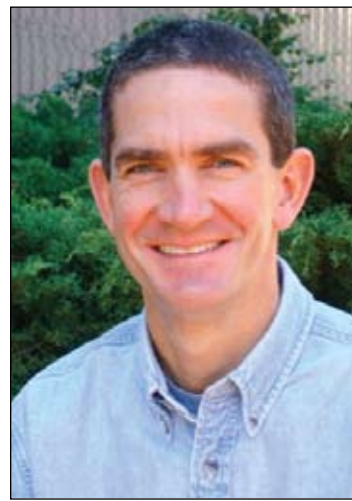
Fairytale Town Hosts Spring Eggstravaganza

SACRAMENTO REGION, CA (MPG) - Celebrate spring with egg hunts, puppet shows, hands-on activities and more at Fairytale Town's annual Spring Eggstravaganza. The fun-filled family celebration is set for Saturday and Sunday, Apr. 19 & 20 from 11 a.m. to 3 p.m. Egg hunts will be held promptly at 12, 1 and 2 p.m. each day, and guests are encouraged to arrive early and bring a basket for collecting eggs. The egg hunts are separated by age group: 3 and under, 4 to 6 and 7 to 12. Each child will return their eggs to Mr. McGregor's Garden to receive a small prize, no matter how few or how many eggs they find. Following the egg hunts, guests are invited to the Children's Theater to see the puppet show, "Bunny Boot Camp," performed

by Puppet Art Theater Company. This zany comedy includes heroic characters, devious villains and madcap chase scenes. Show times are at 12:30, 1:30 and 2:30 p.m., and tickets are \$1 for Fairytale Town members and \$2 for nonmembers. Peter Cottontail will be hanging out on the Mother Goose Stage to visit with families. And children of all ages will enjoy making spring art activities, including bunny ears, a basket for collecting eggs and more. Spring Eggstravaganza is free with paid park admission. Weekend admission is \$5.50 for adults and children ages 2 and older and free for children ages 1 and under. Activities take place from 11 a.m. to 3 p.m., and Fairytale Town is open from 9 a.m. to 4 p.m. daily, weather permitting. Spring Eggstravaganza

is sponsored in part by SAFE Credit Union and My Kid's Dentist. For more information, visit www.fairytaletown.org or call (916) 808-7462. **Event Details**
What: Spring Eggstravaganza
When: Saturday & Sunday, Apr. 19 & 20, 11 a.m.-3 p.m.
Park Hours: 9 a.m.-4 p.m. Daily (weather permitting)
Where: Fairytale Town, 3901 Land Park Drive, Sacramento, CA 95822
Cost: Admission Fees: \$5.50 weekends & holidays, children 1 and under are admitted free
Puppet show tickets are \$1 for members and \$2 for nonmembers.
Phone: (916) 808-7462
Email: mail@fairytaletown.org
Website: www.fairytaletown.org ★

Cancer Researcher Kelly Turner Explores Spirituality in Healing



By Eric Nelson

When Kelly Turner began researching spontaneous remission as part of her doctorate dissertation, she did her best to keep an open mind. This led her to the realization that the avenues for treating and even curing cancer are a lot more diverse than one might expect, including a number of thought-based approaches that put the patient squarely in the driver seat of his or her own health.

Part one of this two-part column explored the inspiration behind Dr. Turner's just-released book, *Radical Remission: Surviving Cancer Against All Odds*, the nature and implications of her research, and the reception she's received from her peers. This last installment will examine what she considers her most important discovery and will take a closer look at the role of spirituality in the treatment of this disease.

"My research is qualitative research, so I go in with no hypothesis," said Turner during an interview last year. "I go in willing to hear anything. So, if every single one of my subjects had said, 'I had shark cartilage and that's what healed me,' that's what I would have written down."

Although none of the initial 20 or subsequent 80 (and counting) cancer survivors she interviewed about their remission said anything about shark cartilage, they did bring up a number of other factors they believe relate to their cure, most of which had to do with their state of mind. Of the nine most commonly mentioned "treatments," as Turner calls them, seven dealt with emotional and spiritual issues.

"I was fully expecting a lot more physical stuff to come up, but it didn't," she said.

This is not to say that the physical condition of these individuals was not addressed. It was, either through non-conventional means from the start or, after having tried a conventional medical approach, through other alternatives such as meditation or reconnecting with loved ones. However, it is the overall manner in which this was done that presented Turner with her most startling revelation: Ultimately it wasn't about adopting a western-based approach to destroying cancer cells but, rather, adopting certain thoughts and behaviors geared toward

"cleaning up the body."

"According to my research, there are many ways to clean up a body," she said. "You can do it with diet. You can do it with meditation. You can do it with supplements. You can do it with forgiveness."

For conventional medical researchers, this presents a bit of a problem since not every cancer remission is affected in the same manner. This is not the case, however, for Turner.

"I think that's a narrow view of looking at it," she said. "I think because I'm not a medical doctor - and I'm glad I'm not, because it allowed me to go into this without any of my knowledge needing to be broken down - I just went in as someone who cares about cancer patients, and so I didn't have to have all of my training be taken away in order to hear what these people were saying."

What they said, either directly or indirectly, is that there is an undeniable connection between mind and body, perhaps most noticeably when fear is involved.

"As soon as we go into fear, our bodies are not healing," said Turner. "It is one or the other."

We're either in fight or flight or we're in rest and repose. The problem with cancer is that there's so much fear around that word that most cancer patients instantly go into fear and stay there.

It's hard for your body to heal when you're in fight or flight mode. It just is."

Experiencing what she calls a "deepening spirituality" is one of the ways that Turner's subjects overcame this fear.

One individual she interviewed, who had brain cancer, was told he had about two months to live after having tried everything that conventional medicine had to offer. Even though he had never been religious or even particularly spiritual, he decided on a whim to visit a spiritual healer in Brazil.

"He ended up staying there for two years and basically meditated for three days a week, eight hours a day," said Turner. "He'd never meditated before, but two years later, his MRI was completely clean and he's been cancer free ever since."

Of course, this approach to health and healing isn't new, only the language to describe it is.

Since the days of Abraham and Moses, Jesus and St. Paul - clear up until the present day - people have been discovering that even a slight shift in thought from a limited, matter-based view of things to a more divinely inspired one has the effect of making the body better.

While there are some who see this kind of thing as little more than positive thinking, Turner sees it more complexly, noting that an individual's conscious thought (what we hear ourselves thinking in our head) and his or her underlying belief need to

be in sync in order for the mind to have an effect on the body, regardless of the approach.

"If you're swallowing [a placebo] and you don't know it's a sugar pill and you think it's medicine, your conscious thought, or your superficial thought, is, 'This is medicine and this is going to heal me,' and your deeper belief agrees with that," she said. "Your deeper belief is, 'Medicine is good and medicine leads to healing.'"

"You could say the same thing about prayer," she continued. "If you're saying, 'I am praying for God to heal me,' and deep down you have a very firm, unwavering belief that divine energy can have a very powerful healing effect on the body - when those things are in alignment, the chances of there being a positive effect on the body are much higher."

Turner's contributions to the study of spontaneous remission are likely to go well beyond her initial book. In fact, she's already set out to redefine the phenomenon altogether.

"To use the word 'spontaneous' really takes away from what I have found in my research," she said, "which is, many of these people worked very hard to get better. They didn't just sit there and twiddle their thumbs and poof, one day their cancer was gone."

The better term, according to Turner, is "radical remission."

"I think 'radical' indicates two things," she said. "It indicates that this is a radical occurrence. This is out of the ordinary. Number two is that it involves radical changes, which is really the heart of my research - that these people made radical changes to their lives."

Turner is also building a free online database at radicalremission.com where individuals can share anonymously their own stories of radical remission. Eventually this will become a searchable repository for doctors and patients alike.

But perhaps her greatest contribution will be the degree to which she pierces the specter of cancer itself - for others, certainly, but also for herself.

"Since I was a girl I was very afraid of this disease," said Turner. "Just to have my own fear go away as a result of my research has been a relief for me, and if my research can help other cancer patients get a little less fearful, then I think that's something positive to give them." ★

Eric Nelson's columns on the link between consciousness and health appear weekly in a number of local and national online publications. He also serves as the media and legislative spokesperson for Christian Science in Northern California (norcalcs.org). This article originally appeared on [Communities @ WashingtonTimes.com](http://Communities@WashingtonTimes.com) and is used with permission.

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Shoffner is the son of Shanon Shoffner of Carmichael.

He is a 2011 graduate of California Aerospace Academy, McClellan.

Source: Defense Media Activity



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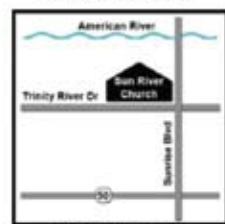
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By Noah Howard

The earliest games had no story. No one recalls the plot of Pong, or the fiction of Frogger, but games arguably started their upward movement toward the super-industry they are today when they began to introduce narratives. The Legend of Zelda, Metroid, and Final Fantasy all had basic, but still appealing stories that helped people care about them and encouraged people to continue playing for longer amounts of time. Now, games without stories are rarely released, if ever. Oftentimes developers shoehorn one in when they're not needed (we're looking at you, Titanfall). But should story in games really be that big of a deal?

At this year's GDC (Game Developers Conference), the Narrative Lead of Riot Games, Tom Abernathy, and the Design Lead of Microsoft Game

Game Plots

Studios, Richard Rouse III, said in a speech entitled "Death to the Three Act-Structure" that plot in games is "highly over-rated." They discussed research conducted by Microsoft that finds that, when compared with movies and TV shows, consumers rarely remember the plots of even their favorite games. However, the research also found that consumers consistently remembered characters and impressive gameplay sequences, but not in the context of the story. The two explained this by saying that, when someone plays a game, they are solely focused on gameplay, and can't extend the "mental bandwidth" to follow a complex story.

Abernathy and Rouse raise an interesting question about stories in video games. Games often try to imitate movies in the ways they entertain the player. But a movie is over in just an hour or two, while games can continue for dozens of hours, if not more. Statistics pulled from the digital distribution service Steam show that the majority of players don't finish games they buy, and, understandably, Abernathy and Rouse are concerned about developers putting effort into a story's "third act" that most

people won't even see. They'd rather see developers put their resources into better gameplay, instead of creating stories that won't be fully experienced or even remembered.

On the other hand, plot is a major draw for many games. The reason that we don't remember game plots compared to movies and TV could be because games are much longer than movies, often with an intertwining web of sequels and prequels. Expecting someone to remember the plot of a series of five or six twenty-hour games is unrealistic, even if the story was enjoyed and absorbed just as much as in any TV show or movie.

Abernathy and Rouse do have a solid argument. Games should focus on what games do best: interactivity. If the gameplay is to be immersive and emotionally engaging, and the characters unique, the world itself needs to seem as believable as possible, whether players finish the game or not. Video game stories may not be as memorable as those in other mediums, but they still help to provide context for the interactivity that makes video games destinations we want to visit. ★

Carmichael Chamber Welcomes New Members



Text and photo courtesy of Linda Melody

The Carmichael Chamber of Commerce welcomed in new members at its March luncheon, held in the Education Building at The Church on Cypress in Carmichael.

New members (appearing in the picture from left to right) included Jenna Medina of ResCare Home Care, Bethel Aberra of Bank of the West, and Art Flores of Atlas Disposal Industries. For information on the benefits of joining the Chamber, please contact the Chamber at 916-481-1002. ★

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Dare to Live Without Limits

The Sun is Always Shining



by Bryan Golden

The weather has a substantial impact on how you feel. On a mild sunny day with beautiful cloud shapes floating overhead in a deep blue sky, you're bound to feel upbeat. Contrast this to your emotional state during a cold, rainy, and windy day. Chances are your spirits will be somewhat downcast compared to the sunshine filled day.

This effect becomes exaggerated when the inclement weather lasts for an extended period of time. Overcast skies have a cumulative impact on your emotions when persisting for days on end.

Regardless of what the weather is doing, the sun is always shining above it all. Even at night, the sun is still shining somewhere. In our lives, we lose track of the sun's omnipresence. The weather changes, seasons come and go, but the sun is consistent.

Optimists understand the sun is always shining. Pessimists only see the clouds, the inclement weather, or the darkness. Pessimists tend to maintain their negative outlook all the time. However, even the most fervent optimists will have bouts of pessimism. What sets optimists apart is that they quickly refocus on the shining sun.

How is your outlook? Your outlook determines your attitude. Just as the sun is the source of energy for the earth, your attitude is your source of energy. Don't discount the

role attitude plays in the direction and quality of your life.

You can't change the weather but you can change your outlook. Remembering that the sun is always shining helps get you through tough times. You will see opportunities missed by others. Additionally, solutions, insights, and inspiration appear more readily.

The daily weather report always includes the 5 day forecast. Do you have a forecast for your attitude? What is it? Most people don't consciously direct the way they feel. They plan for what they have to do but not for their mindset.

A common misconception is that attitude is a reaction to circumstances. When things are good you feel happy and positive. When faced with problems you are negative and unhappy. In reality, just the opposite is true. Your attitude is a magnet that actually attracts what you think about. Your circumstances are a result of your thoughts rather than vice versa.

This is why it's so very important to make sure you acknowledge the sun is always shining while thinking about all the good situations you want in your life. Whenever you think something you want isn't possible, you block the sun with mental clouds.

Even the most optimistic people have negative thoughts.

But they catch themselves quickly and get their outlook back on a positive track. This is possible because they constantly monitor their thoughts.

They know what their daily mental weather is. If some attitudinal fogging should slip in, they clear it. This is an effective process that produces results far in excess of the effort it takes. Since you may not be used to doing this, it will take some practice to turn it into a habit.

Each day is a great day. If you have any doubts, try skipping one. Start each day with a sunny forecast with everything you want and need coming your way. You have the power to make each day whatever you want it to be.

Fill your mind with enthusiastic thoughts. Get rid of negative, sun blocking vocabulary such as; I can't, it won't work, what if I fail, I don't know how, I've tried before, and it's no use. Replace it with positive, sunny self-talk such as; I can, I will, It will work, I'll find a way, there is a solution, and things will work out. Make every day a sunny day. ★

NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. © 2009 Bryan Golden



ROCK DOC

By Dr. E. Kirsten Peters

My mother lives with me and I'm involved in her medical care. She's a tough cookie. But like many 88-year-olds, she has several health problems. We visit her doctor at least once a month to report what's working and what isn't doing the trick. Recently the doctor ordered blood work that showed she was low in vitamin D. So now I've added vitamin D tablets to her daily medication regime.

In the summer our bodies produce vitamin D when sunlight strikes our skin. But during the dark winter months, that source of vitamin D dries up. Vitamin D is in fortified milk (and some OJ) but my mama is living proof not everyone gets enough vitamin D from their diet.

Vitamin D is important in its own right in terms of what it does for us. But as a sideline, it helps

Vitamin D Levels Can be Checked

us absorb calcium. As we age, getting more calcium to where it's needed in the body can help us avoid osteoporosis. For that reason alone, it's worth talking to your health care provider about vitamin D levels. If you don't like the thought of taking pills, there are foods that are good sources of vitamin D. The Mayo Clinic website recommends eggs, milk, fish and cod liver oil. (The thought of downing spoonfuls of cod liver oil makes taking pills seem like a pretty good deal - but maybe that's just me.)

In extreme cases of low vitamin D, rickets can result. Rickets is a softening and a weakening of bones. My poor mother had rickets when she was a kid in the early 1930s. It's quite possible the milk she drank back in the day wasn't fortified with vitamin D. But you can experience some degree of vitamin D deficiency without developing rickets.

You may be at higher risk for vitamin D problems if you are obese, elderly, or you don't get much sun exposure. People with inflammatory bowel disease are also more likely to have low levels of vitamin D.

According to the WebMD website, sufficient vitamin D can

potentially help lower your blood pressure, as well as lowering your risk of diabetes, rheumatoid arthritis and even such major maladies as multiple sclerosis.

Taking vitamins sometimes seems like a fad idea, and anything can be done to excess. There are also some ins and outs about different types of vitamin D, as well as the importance of complementing it with calcium intake. I would say it's worth talking to your medical provider, not just trying to treat yourself blindly. Once you are at your doc's office, a simple blood draw can determine if you are low in Vitamin D.

I'm glad my mother's doctor tested her for vitamin D levels. I've now scheduled my own blood draw appointment for the same simple check. Like mother, like child? ★

Dr. E. Kirsten Peters, a native of the rural Northwest, was trained as a geologist at Princeton and Harvard. Follow her on the web at rockdoc.wsu.edu and on Twitter @RockDocWSU. This column is a service of the College of Agricultural, Human, and Natural Resource Sciences at Washington State University.



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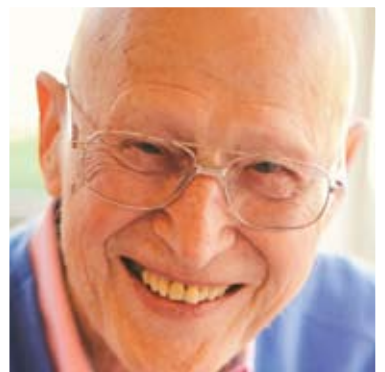

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SPOTLIGHT ON BUSINESS

**Best Tutors Ever, LLC
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By Linda Harper, Business Writer

Rebecca Ragle, founder and owner of Best Tutors Ever, LLC taught High School for three years when she realized something was missing in the process. She wanted to help her students reach those “Light Bulb Moments” of understanding, when they really grasp and comprehend a concept. Rebecca believes education is about learning, not just “passing.” She knew personalized guidance for students would accomplish her goal. So, she opened Best Tutors Ever, LLC, a private tutoring business in Carmichael, located at 5740 Windmill Way (close to Winding Way and Manzanita).

BTE makes qualified tutors available in Math, Science, and many other subjects. Their services include One-on-One Private Tutoring, Small Group Tutoring and Unlimited Drop-in Tutoring for after school homework help. In addition, they hold workshops on SAT/ACT Preparation, Writing College Application Essays, Test-taking skills, Overcoming Math Anxiety, and more. BTE helps students throughout the Sacramento area, whether they travel to the student, or if coming to their office is more convenient. Rates for various tutoring services are very competitive for the area.

Rebecca’s goal is to help students succeed in their academics, and to support them in learning study



Tutor Mrs. Rebecca Ragle

skills. She understands that students sometimes need an advocate; someone to support and supplement what they learn in the classroom. At BTE students are instructed on how to become independent learners by providing caring, comprehensive assistance, coupled with accountability. Rebecca is proud of her Christian upbringing. She carries a positive attitude and honest morals into her business life, enhancing the level of caring she has for every student passing through the doors of Best Tutors Ever, LLC.



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**Sacramento County
DA Reports**



Recent cases of interest

CASE: Tywan Johnson (03/26/14)

PROSECUTOR: Deputy District Attorney Kevin Greene, Homicide Unit

District Attorney Jan Scully announced today that the Honorable Eugene Balonon sentenced Tywan Johnson to 16 years to life in prison. On January 28, 2014, a jury convicted Johnson of second-degree murder and torture.

On November 26, 2012, Rancho Cordova police officers responded to a report of a deceased person on La Loma Drive. Johnson had repeatedly stabbed 55-year-old Jeffery Rozenski, killing him.

CASE: Robert Brian (03/27/14)

PROSECUTOR: Deputy District Attorney Hilary Bagley-Franzoia, Homicide Unit

District Attorney Jan Scully announced today that Robert Brian was convicted by jury of three counts of felony animal cruelty, one count of assault, and one count of criminal threat.

On October 7, 2013, Brian was arrested for assaulting and threatening to shoot a female roommate after an early morning argument. After Brian’s arrest, Sacramento County Animal Care and Regulation received multiple complaints regarding the grave condition of Brian’s male pit bull terrier “Bubba.” On October 8, 2013, the dog was impounded and immediately transported for treatment by Animal Control. The dog suffered a fractured skull and snout, trauma to the right eye and face along with a massive infection and possible chemical burns.

The investigation revealed that a neighbor observed Brian pulling the dog off the ground using a broken swing set and choking and kicking the dog forcefully multiple times. Additionally, an occupant in the home heard what she believed to be cruelty being inflicted on the dog from Brian’s living quarters. After his arrest, that occupant searched the backyard of the Brian’s property and found the remains of three dogs. Only one set of remains maintained the structural integrity for a meaningful necropsy. After finding a skull and facial fractures in that set of remains, an additional count of felony animal abuse was charged against Brian. The surviving dog recovered from his fractures but has lost vision in his right eye.

Sentencing is set for May 2, 2014 at 2:00 p.m. in Department 21 before the Honorable Steve White.

CASE: Ronald Eugene Russell (03/24/14)

PROSECUTOR: Deputy District Attorney Dean Archibald, Real Estate Fraud Unit

District Attorney Jan Scully announced today that Ronald Russell was convicted by jury of 49 felony counts of grand theft and two misdemeanor counts of petty theft.

From 2009 through 2010, Russell solicited victims to participate in his “Rent-to-Own” real estate program. The victims were usually financially distressed and paid Russell approximately \$2,900 to join this program. In return, Russell promised to purchase a home for the victims with investor money, rent the home to the victims, and eventually sell the home to the victims at his purchase price. Russell stated he would provide a full refund to the victims if they were not satisfied with the transaction.

District Attorney Investigator Jeanne Williams investigated this case and determined that Russell’s “Rent-to-Own” program was simply a Ponzi scheme. The victims’ money was used to fund Russell’s personal expenses and pay refunds to those participants who demanded refunds earlier in time. No one obtained a house through the “Rent-to-Own” program and most participants did not get the promised refund. The total loss to the 51 victims was \$139,200.

Sentencing is scheduled for April 25, 2014 in Department 10 of the Sacramento Superior Court.



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