



One Boss Too Many : Arden Playhouse presents a modern adaptation of one of the world's great comedies

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Carmichael Times

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March 06, 2014

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Park Master Plan Invites Community Input



Residents discussed ideas for Carmichael Park improvement at December and January master plan workshops.

Story and Photo By Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Following December and January workshops, two public meetings are scheduled to consider upgrades for Carmichael's most central park.

"For 69 years, Carmichael Park has been the area's best known and most used reserve," says Carmichael Park District administrator Tarry Smith. "It serves 51,000 residents. Yet its potential as a community resource has not been fully realized."

The park does not lack useful features: a concert shell, tennis courts, baseball fields, playgrounds, disc golf circuit and dog enclosures ensure constant

public use. But its 42 acres (apple orchards until the 1940s) suffer the malaise of much of unincorporated Sacramento - insufficient planning. Complained a workshop attendee: "For years, amenities were just flung in - any place they fitted. We've ended up with a hotchpotch. Entering the park, you're confronted by great wire netting fences. They're necessary around baseball and tennis areas but if you'd wanted a graceful civic center, you'd have put them somewhere else."

Park beautification is generally supported. Some help is promised later this year when Sacramento County upgrades the Fair Oaks Boulevard frontage and Grant Avenue corner. Included in phase two of the Carmichael corridor

project will be a meandering new sidewalk. New landscaping and a water feature near the "great wall" mural are also on the cards. Beyond the boulevard, the park hinterland sprawls like an unpolished diamond, ready for attention. "Many people feel this reserve should be the showplace of Carmichael," says administrator Smith. "The district is eager for that to happen."

Master plan meetings kicked off with an open house in December. Attendees were asked to submit suggestions in categories such as beautification, landscaping, traffic and amenities. Over 100 people participated and scores of ideas were received. Concluded administrator Smith: "People definitely want the park to be a gathering

place and a hub for activities."

The consultant HLA Group (architectural and landscape planners) has been hired to consolidate ideas for presentation to the park board by spring. Funding of improvements will then be discussed. Meantime, residents may still have their two cents' worth. "Our workshops are exciting opportunities to help shape the future," advises Smith.

A final workshop will convene on Tuesday March 18 at 6:30 p.m. at the Carmichael Park Clubhouse (5750 Grant Avenue). Topics to be further considered include traffic, pedestrian paths, parking and the need for a central gathering place in the park.

For further information, contact Tarry Smith at (916) 485-5322. ★

Confirmed Flu Deaths Reported in State Reach 302

SACRAMENTO, CA (MPG) - Dr. Ron Chapman, director of the California Department of Public Health (CDPH) and state health officer, announced today the number of confirmed influenza related deaths in persons under 65 years of age reported in the state has increased by 24 to a total of 302 confirmed deaths for the 2013-14 season. Six of the 302 are pediatric deaths. There are an additional 19 deaths under investigation, not yet confirmed.

The 302 confirmed influenza-associated deaths this season have been reported by the following jurisdictions: Alameda (6), Butte (1), Calaveras (2), Contra Costa (6), El Dorado (2), Fresno (21), Glenn (1), Humboldt (1), Imperial (1), Kern (10), Kings (6), Lake (1), Lassen (1), Long Beach (7), Los Angeles (44), Madera (2), Marin (2), Mendocino (4), Merced (5), Monterey (5), Nevada (1), Orange (13), Riverside (13), Sacramento (25), San Bernardino (23), San Diego (25), San Francisco (3), San Joaquin (7), San Luis Obispo (1), San Mateo (6), Santa Barbara (3), Santa Clara (15), Santa Cruz (3), Shasta (3), Siskiyou (2), Solano (3), Sonoma (7), Stanislaus (13), Sutter (1), Tulare (3), Tuolumne (1), and Ventura (3).

By this time last year, CDPH had received reports of a total of 34 influenza fatalities in persons under 65 years of age and in all of the 2012-13 season, a total of 106 deaths were reported.

The great majority of reported influenza deaths in persons under 65 years of age have occurred in people with underlying medical conditions. Outpatient visits continued to decrease and both outpatient visits and hospitalizations are within expected baseline levels for this time of year. The influenza season status was decreased to regional.

"The influenza season continues and it's not too late for vaccination, which is still the best way to prevent illness and the spread of illness," said Dr. Chapman.

Those at highest risk - the elderly, pregnant women, infants, or those with other health conditions - who show flu symptoms should contact their physician immediately in order to get the most effective treatment. Symptoms include fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue.

Influenza vaccine remains available and there is no widespread shortage of anti-virals for treatment. CDPH continues to closely monitor influenza activity statewide and related resources.

Visit a flu vaccine location near you to get immunized. Some local health departments may also offer free or low-cost immunizations. More information on influenza and other respiratory disease surveillance reports can be found on the CDPH website. ★

Source: www.cdph.ca.gov

CA Lottery Joins Problem Gambling Awareness Month

SACRAMENTO, CA (MPG) - The California Lottery joins other state and national organizations to recognize the month of March as California Problem Gambling Awareness Month. The goal is to educate and raise public awareness that problem gambling affects people from all segments of society, and it can negatively influence the gambler's family, friends, employer and community.

The Lottery annually participates in National Problem Gambling Awareness Month in partnership with statewide communications efforts that promote the 1-800-GAMBLER Hotline. The Hotline is featured on all draw game tickets, Hot Spot

monitors and electronic point of sale advertising display devices. Additionally, the Lottery website, www.calottery.com, and social media pages will have a special banner and messaging to connect visitors to the Office of Problem Gambling website.

In past years, the Lottery has produced and distributed a dozen television public service announcements in six languages promoting the 1-800-GAMBLER Hotline. Those PSAs are in the process of being updated once again. The PSAs, seen here and produced in coordination with the California Office of Problem Gambling, will air throughout the state during Problem Gambling Awareness

Month. The PSAs will continue airing throughout the year. The Lottery will also distribute responsible gaming guidelines to retail locations across the state.

Responsible gambling in California provides entertainment for many people, it's a source of revenue for state and local governments and it creates many jobs for our residents. Most Californians are able to gamble responsibly, however, almost four percent of the state's adult population experience significant difficulties as a result of their gambling addiction.

To combat the problem, the Lottery has joined forces with several state and private agencies to promote Problem Gambling

Awareness Month. Agencies include the Department of Alcohol and Drug Programs, the California Gambling Control Commission, the Department of Justice's Bureau of Gambling Control, the California Council on Problem Gambling, and card rooms and tribal gaming organizations.

As always, the California Lottery would like to remind players that gambling should be fun. Borrowing money to play, spending above a person's budget or using money intended for other purposes can ultimately lead to significant problems for players and their families. If a player

Continued on Page 2



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THE SACRAMENTO BEE
Friday, September 22, 2012

CARMICHAEL COMMUNITY UPDATE



By County Supervisor Susan Peters

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

Sheriff Services Topic for Next Community Coffee Meeting

Sheriff Captain Matt Morgan who commands the North Division will be the speaker at my next Community Coffee Meeting on Wednesday, March 19. These informal morning gatherings are held five times throughout the year and include guest speakers on topical issues.

The meeting this month will be at 7:30 a.m. at the Fair Oaks Water District's conference room, 10326 Fair Oaks Blvd. near Winding Way.

The Sheriff's North Division is responsible for the municipal police services for the unincorporated area north of the American River including the communities of Arden Arcade, Carmichael, and Fair Oaks.

Coffee, of course, will be provided.

Discount Animal Adoptions

Animals make wonderful companions for people of all ages, bringing friendship and unconditional love into their owners' lives. For senior citizens whose children have moved out and often live alone, that companionship can be very important and much appreciated.

To help seniors find the companionship that can enrich their lives by having a four-legged friend, the Sacramento County Animal Shelter has lowered adoption and licensing fees. Seniors age 62 and over only have to pay \$10 per year to license a spayed or neutered animal and only \$25 for a three-year license.

And there's a discount for adopting a senior animal, too. Any animal over six years old is just \$25, and there can be deeper discounts for animals over the age of eight. The all-inclusive adoption fee covers microchipping, vaccinations and spaying/neutering of the pet.

For more information, visit animalcare.saccounty.net or visit the shelter at 3839 Bradshaw Road, Sacramento, Wednesday through Friday, 12:30- 5:30 p.m., or weekends, between noon and 4:30 p.m. The shelter is closed Mondays and Tuesdays.

Sheriff Community Meetings

The Sheriff's Department holds regular community meetings to share information about trends in crime and recent activities. The next meeting for the community of Carmichael will be held on Tuesday, March 18, 6 pm, at the Del Campo High School Library, 4925 Dewey Drive. ★

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susanpeters@saccounty.net.

California Lottery Joins Problem Gambling Awareness Month Effort

Continued from Page 1

recognizes that they have a gambling problem or if someone knows of someone who may have a problem, the Lottery recommends calling the Problem Gambling Helpline at 1-800-GAMBLER.

For more information on how to play responsibly, please click on the following link: <http://www.calottery.com/secondarynav/>

playresponsibly. For more information on the Lottery's Responsible Gaming efforts and Corporate Social Responsibility program please visit www.californialottery.com.

The mission of the California Lottery is to provide supplemental funding to California schools while simultaneously supporting local communities. More than 95 cents of every dollar spent by our

players goes back to local communities in the form of contributions to public schools and colleges, prizes and retail compensation. The California Lottery urges its customers to play responsibly and within their budgets. If you feel you have a gambling problem, or know someone who does, you can get help at 1-800-GAMBLER. ★

Source: www.calottery.com

19th Annual Healthy Horizons Wellness Fair

SACRAMENTO REGION, CA (MPG) - Eskaton Village Carmichael is proud to host its 19th Annual Healthy Horizons Wellness Fair. The goal of this fair is to promote awareness of all dimensions of wellness to our village residents and surrounding community members. The Wellness Fair is an exciting opportunity to share educational information and provide valuable health and wellness resources. The Wellness Fair is highly regarded by both Eskaton residents and the Sacramento Community. The fair will be held on

Wednesday, April 2nd from 8:30am to 2:30pm. The fair will have two open sessions: From 8:30am to 11:30am, the fair will be open exclusively to Eskaton Village Carmichael Residents. After a short lunch break, the fair will resume from 12:30pm to 2:30pm and will be open to both residents and local community members. Local community members are encouraged to attend the second session.

So far we have over 40 confirmed vendors which include Avalon Hearing Services, the Fall Prevention Lady, H & H

Pharmacy, Hamilton Relay, SAHA Wellness and Yoga Center, Society for the Blind, and much more. These vendors will provide samples, free health screenings, hand-outs, interactive activities and health and wellness services to individuals of all ages.

Please contact Kevin Pham, Fitness and Wellness Coordinator, for questions regarding the fair or participating as a vendor at 916-974-2058 or kevin.pham@eskaton.org. Eskaton Village Carmichael is located at 3939 Walnut Ave. ★

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Carmichael Times

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Publisher, Paul V. Scholl

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Letter to the Editor

watched local neighborhoods work together to raise money and put their hard efforts and sweat into making several new parks a reality. Pride in our community is something I feel we all share as citizens of Carmichael.

When our community was created, land was designated for up to 16 different parks, and the "jewel" amongst them was Carmichael Park. However, as our community has aged and our economy has suffered some setbacks; so have our parks. In spite of a loss of up to \$2.5 million in tax revenue which supports our parks, "our" park district has struggled to keep things going by making difficult budget cuts and staff reductions. In 2009, I was asked to work with other Carmichael community leaders to form the Carmichael Recreation and Park District Foundation, a 501(c)3/non-profit, public charity. It became obvious to us that our community does not have large corporations to help us support and raise money to get the renovations and enhancements that our parks so sorely need. We learned that the Carmichael Park District is only 1 of 2 park systems in Northern California that has not embarked on working

with its own citizens to create a "benefit assessment district". We discovered that it would only require \$44.87 a year or less than the cost of one latte a month, in order to make all of the necessary repairs to our parks and create new features like walkways and even a splash feature for the kids. Added enhancements will make our parks a strong asset and something we can all enjoy while we strengthen our own property values. Park security and the security of our community have been one the biggest concerns voiced by our citizens. This assessment will provide for security patrols to be in our parks (and neighborhoods) 7 days a week, 8 hours a day.

As a fellow citizen, I hope you will join my family and friends by supporting this special assessment district. We love living in Carmichael and we want to work with you to help all of us enjoy this special place. Great improvements are being made within our core area including Fair Oaks Boulevard and our soon to come "Milagro Centre". When you receive your ballot this week, please join us in making our parks a priority, too. ★



By Ron Greenwood

CARMICHAEL, CA (MPG) - We are so fortunate to not only to live in this beautiful state, but also to have such a great community in which to reside. Our family moved to Carmichael close to 30 years ago, and have raised our 4 children here. We chose Carmichael because of its special lifestyle and everyone's sense of community pride. As we have lived and worked in Carmichael, we have met many fantastic people, plus enjoyed the many special facets of living here. Of course, there is the fabulous American River Parkway, Ancil Hoffman Park/golf course with horse trails, Carmichael's 4th of July and Easter parades, plus concerts at the bandshell, and our own local community parks. I have

Carmichael Water District Seeking Applicants for Water Rate Study Committee

By Chris Nelson, Public Information Officer

CARMICHAEL, CA (MPG) - Carmichael Water District is proceeding with a planned water rate study that will affect all customer classes. With the recent completion of the District's water meter installation project, the water rate study will serve as a guide to evaluate water rates needed to support the District operation and

Master Plan recommendations.

As part of a proactive approach the District is forming a Water Rate Study Committee (WRSC). The WRSC will serve in an advisory capacity to work with the District and its consultants as the rate setting process progresses. It is important to have a cross-section of the customer base participate in the process, therefore the District is seeking volunteers from each customer class.

The WRSC meetings are anticipated to begin in June, 2014. Interested individuals may apply by obtaining an application from Carmichael Water District's office at 7837 Fair Oaks Blvd, Carmichael, CA 95608. Applications are also available on the District's website at www.carmichaelwd.org. The deadline for applications is Monday, March 31, at 3:30 PM. ★



By Mark J. Cimino, CEO CiminoCare

Congratulations for joining us for the debut of this column *Executive Caregiver Notes*, which I hope to be a resource for you and others like you, regarding issues confronting the family caregiver.

I'll bet you had no idea, but you, the unpaid family caregiver - and all the other 34 million like you - are the fastest way to bankrupt our nation, America, The Beautiful. "What?" you ask.

What I mean is this: If all you unpaid family caregivers suddenly went on strike and demanded pay for all the unpaid family caregiving you do, our country, our society would be brought to its knees.

The best estimate is that 90% of all long term caregiving for seniors is performed by...well, YOU! - the unpaid family caregiver. In dollars, that equates to, roughly speaking, a whopping \$500 billion annually.

Caregiver Briefings

To put that in perspective, imagine all the senior care residences under our country's vast, beautiful for spacious skies. Add to that picture ALL the paid private-duty in-home caregivers serving seniors in their own homes from sea to shining sea. Add all that up in to one lump sum, stand atop the purple mountains' majesty, looking down across the fruited plain, and you'll see that it's merely pennies compared to what you, family caregiver, are doing day in and day out faithfully.

Congratulations, then, for joining us on our debut discussion in this column *Executive Caregiver Notes*. Once a month we will pose some questions and discussion on topics for family caregivers. I hope this column will be well worth your look-see, and provide you with some helpful information from my 40+ years exposure to caregiving (yes, I started at age 6, but that's another story for another day), and perhaps even a little "respite" from the daily grind. This column, then, is dedicated to YOU!

In an effort to help families navigate through the maze of long term care, I would like to take this opportunity to invite you to join our community discussion by emailing me questions or issues that you

would like to see covered in the future.

So in closing, I would like to leave you with a few more points to ponder about you, the unpaid family caregiver:

First, Caregivers report having difficulty finding time for one's self (35%), managing emotional and physical stress (29%), and balancing work and family responsibilities (29%).

Second, about 73% of surveyed caregivers said praying helps them cope with caregiving stress, 61% said that they talk with or seek advice from friends or relatives, and 44% read about caregiving in books or other materials.

So, until next time, please do me, and the rest of "America! America!" a big favor and take care of yourself, because you are what we sing about - amongst other things - when we say, "God shed His grace on thee." Yes, you, unpaid family caregiver, are a big part of that grace being shed upon us, so please, please know this: You, unpaid family caregiver, deserve - and even more so, NEED - to be taken care of and have time for yourself.

Mark J. Cimino, is the Chief Executive Caregiver of CiminoCare, a Sacramento-based assisted living provider. Mark can be reached at mark@ciminoicare.com

Sacramento County DA Reports

Recent cases of interest



CASE: Frank Delamora & Jesus Montano (02/25/14)

PROSECUTOR: Deputy District Attorney Michael Kane, Major Crimes Unit

District Attorney Jan Scully announced today that Frank Delamora and Jesus Montano were convicted by jury on multiple counts of attempted murder, including the attempted murder of a California Highway Patrol sergeant. They were also convicted of discharging a firearm at a motor vehicle and at an occupied residence. The jury also found true various firearms and gang enhancements as to each count.

Both defendants face a maximum sentence of life in prison. Sentencing is set for March 21, 2014 in Department 16 by the Honorable Marjorie Koller.

CASE: Elias Garcia & Roman Hooker (02/24/14)

PROSECUTOR: Deputy District Attorney Hilary Bagley, Homicide Unit

District Attorney Jan Scully announced today that Elias Garcia and Roman Hooker were convicted by jury for the first-degree murder of Donald Kirby. The jury also found true a special circumstance allegation that the murder took place during the commission of a robbery.

During the early morning of November 12, 2009, Garcia and Hooker decided to commit an armed robbery. Garcia recruited a driver and another participant in the Seavey Circle area to fulfill their plan. When robbing their first target proved too risky, Garcia led the others to Donald Kirby's Oak Park apartment. Kirby was a marijuana seller personally known to Garcia. The plan was to rush Kirby at his front door and commit a home invasion robbery, taking marijuana and computer equipment that Garcia knew he possessed. Kirby was shot in the head after he opened his apartment door and attempted to resist the forced entry of Garcia and Hooker.

At trial, two of the co-participants testified against Garcia and Hooker. While fleeing the scene, Garcia was overheard saying that he had to shoot Kirby after the entry went bad.

Deputy District Attorney Hilary Bagley states, "Credit should be given to Sacramento Police Detective Kyle Jasperson for his relentless determination to identify all of the participants in this marijuana robbery, a crime that occurs frequently in Sacramento County."

Both Garcia and Hooker are facing life in prison without the possibility of parole. Sentencing is set for March 28, 2014.

CASE: Jerry King (02/24/14)

PROSECUTOR: Deputy District Attorney Sheri Greco, Homicide Unit

District Attorney Jan Scully announced that Jerry King was convicted by jury for the first-degree murder of his 50-year-old uncle, Willis Griffin. The jury also found true that King personally discharged a 7mm rifle that caused the death of Griffin.

On December 9, 2012, King was living in the rural Sacramento County town of Herald. King was upset that he was going to be kicked out of the mobile home where he was staying with his mother and Griffin. When Griffin arrived at the home to confront King about leaving, King used a 7mm hunting rifle to shoot Griffin in the chest, killing him in the driveway. King ran 100 yards behind the mobile home and hid the rifle in the dense 10 acre eucalyptus tree grove.

King called 911 and reported that an unknown assailant drove by in a gray truck and shot Griffin. A firearms detecting K-9 with the Sacramento County Sheriff's Department located the hidden rifle on the property the following day.

During the trial, King testified that he knew Griffin was there to make him leave the home so he got the rifle to protect himself when he walked outside. King stated that he shot Griffin accidentally when Griffin asked, "What are you going to do shoot me?" King testified that the gun spontaneously discharged. King's version of events was discredited. King was standing approximately 10 feet in front of Griffin when he fired the rifle. The bullet went directly through Griffin's heart.

King is facing 50 years to life in prison. Sentencing is set for March 21, 2014 at 9:00 a.m. in Department 31 before the Honorable Michael Kenny.

COMING MARCH 15TH

The Dennis Swanberg Show

Dr. Dennis Swanberg, affectionately known as "The Swan", is a seasoned and solid communicator whose sly wit delivers life-enriching truths to the heart on the wings of laughter.

The Swan has been called "America's Minister of Encouragement" because of his constant work at lifting hearts and leading people to a richer life through his "one of a kind" humor.



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Contact

**website: fbcrancho.org
Office: (916) 635-4672**

Dennis Swanberg is a well qualified teacher, speaker, author, counselor, preacher and TV host. He is happily married to his wife Lauree and is the proud father of two grown sons, Chad and Dusty.

With his down-home charm and heaping helping of hospitality, this Austin, Texas born pastor-turned-comedian has won the hearts of audiences across the country.

This year Swanberg will appear at over 150 churches, conferences, businesses and concert events. He has also authored seven books and an additional book on men's ministry has re-cently hit the marketplace. He has recorded a radio show. And as always, he'll be bringing a note of encouragement, a pocketful of hilarious stories and a great big bag of joy and laughter wherever he goes.



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Breakfast for the Birds



Black crested herons are among species likely to be viewed at Effie Yeaw's March 23 and 24 avian safaris. The weekend fundraiser includes guided walks and bang-up breakfasts.

Story and Photo By
Susan Maxwell Skinner

If omelets and ornithologists seem odd pairings, all eggs dished up Effie Yeaw Nature Center's Bird and Breakfast event are unfertilized. No chick will be injured in the making of

this breakfast.

Just as well, because fundraiser's patrons are – from beginner to experts -- true bird lovers. And the March 22 and 23 events will incorporate their most peckish dream: all you can view; all you can eat. On a crisp morning in Effie Yeaw's

80-acre preserve, binoculars will likely zoom in on nesting hummingbirds, broody hawks and migratory species returning from winter vacations. Given the season, mating displays are inevitable and Audubon Society guides will lead voyeurs to view the anything-goes program. An

hour-plus trek rambles through the preserve and along river banks. Though deer and piscine views are likely, flighted species are this event's gee-whiz material. Few observers could spot a thumb-nail size hummingbird nest. To view it through a telephoto scope -- bulging with microscopic babies -- is beyond cute. "Audubon people research our preserve and the riverside in advance," says Effie Yeaw staffer Betty Cooper. "They know where the cool stuff is and will lead small groups from spot to spot, explaining what they see."

A 24-year spring tradition for many Effie Yeaw supporters, the \$40 (\$35 for American River natural History Association or Audubon members) safari is followed by a gourmet breakfast on Saturday. "It has always sold out and we've hated turning people away," says Cooper.

"Last year we expanded it to two days. Both sold out. On Sunday, Carmichael Kiwanis will serve a pancake breakfast." Saturday's foray does not accommodate children. Family-friendly Sunday includes kids for \$10 (\$8 for ARNHA or Audubon tykes).

A silent auction of bird-related goodies accompanies breakfast. Proceeds assist the Nature Center's survival. Promises Cooper. "It's a rare opportunity to experience animal life cycles and study the things you often pass by without seeing." Bird and Breakfast is not recommended for very young children. Participants should wear comfortable shoes and bring binoculars.

"Bird and Breakfast" begins at 8 a.m., both days. Bookings are essential and numbers are limited. To learn more about the fundraiser, call (916) 489-4918. ★

Outdoor World

CRANKBAITS
One of the greatest advantages of using crankbaits (especially the deep-diving type) is the vast amount of water you can cover, especially when bass are using a depth of 10 to 20 feet.

Crankbaits are reaction baits—bass don't hit it because they are fooled. They hit it because something is trying to get away from them.

The depth at which your crankbait will run depends on many factors, including line size, lure design and speed of retrieve.

In general, crankbaits run deeper when fished more slowly on lighter line with longer casts. Crankbaits with longer bills run deeper and have a wider wobble than lures with small bills.

Vary the depth of the bait by the height of your rod tip and speed of retrieve.

Bill Dance is host of "Bill Dance Fishing"

For more tips, log onto basspro.com and click on News & Tips

Sutter Medical Center, Sacramento's Breast Cancer Program Accredited NAPBC

SACRAMENTO REGION, CA (MPG) - Sutter Medical Center, Sacramento has been granted a three-year, full reaccreditation by the National Accreditation Program for Breast Centers (NAPBC), a program administered by the American College of Surgeons.

Accreditation by the NAPBC is only given to those centers that have voluntarily committed to provide the highest level of quality breast care and that undergo a rigorous evaluation process and review of their performance. During the survey process, the center must demonstrate compliance with standards established by the NAPBC for treating women who are diagnosed with the full spectrum of breast disease. The standards include proficiency in the areas of: center leadership, clinical management, research, community outreach, professional education, and quality improvement. A breast center that achieves NAPBC accreditation has demonstrated a firm commitment to offer its patients every significant advantage in their battle against breast disease.

"We are pleased to be recognized for our efforts to improve the quality of care we give patients," said Nitin Rohatgi, M.D., medical director of the Breast Cancer Program. "We are proud to share with them a multidisciplinary Breast Tumor Site Team, innovative treatment options, clinical trials, a dedicated patient navigator and comprehensive support including education and complementary therapies."

The NAPBC is a consortium of professional organizations dedicated to the improvement of the quality of care and monitoring of outcomes of patients with diseases of the breast. This mission is pursued through standard-setting, scientific validation, and patient and professional education. Its board membership includes professionals from 20 national organizations that reflect the full spectrum of breast care.

The American Cancer Society estimated that there would be 232,340 patients diagnosed with invasive breast cancer in the United States in 2013. In addition, hundreds of thousands of women who will deal with benign breast

disease this year will require medical evaluation for treatment options.

Receiving care at a NAPBC-accredited center ensures that a patient will have access to comprehensive care, including a full range of state-of-the-art services; a multidisciplinary team approach to coordinate the best treatment options; information about ongoing clinical trials and new treatment options, and, most importantly, quality breast care close to home.

"We treat patients with the most current, scientifically proven strategies in a kind and compassionate manner," added Dr. Rohatgi. "The recognition from the NAPBC is evidence of our commitment."

For more information about the National Accreditation Program for Breast Centers, visit <http://www.accreditedbreastcenters.org/>.

For more information about Sutter Medical Center, Sacramento and its cancer care services, visit <http://www.suttermedicalcenter.org/> and <http://www.suttercancer.org/>.

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Senator Gaines Calls for Committee Hearing on Obamacare-Fueled Health Provider List Debacle



SACRAMENTO, CA (MPG) - Senator Ted Gaines (R-Roseville) sent a letter on February 27th to the Senate Health Committee urging a hearing on the Obamacare-aggravated problem of healthcare providers listing inaccurate doctor information in their provider network. In addition, Senator Gaines is exploring legislation to protect consumers from the faulty information that is making it impossible for people to choose the right health plan and receive care.

"Health plans are listing phantom doctors and people are signing up for insurance based

on outdated or inaccurate lists," said Senator Gaines. "Patients who thought they could see the doctor of their choice are finding out that they can't, after they've signed up for coverage. That is unacceptable."

Recent news reports indicate that hundreds of Californians have been unable to see the doctors they believed were available to them based on the provider network lists at the time they purchased insurance. This confusion has also resulted in people lacking access to local, acute care they believed they would receive, forcing them to travel to different cities for doctor visits within their provider network.

Senator Gaines is calling on the Senate Health Committee to hold a public hearing so that the California Department of Managed Health Care, Covered California, health insurance providers, doctors, and affected patients can offer testimony as to the scope of the problem, why the provider lists have been undependable and how the entire

process can be improved to provide better health access and outcomes for everyone.

In addition, Senator Gaines is considering legislation that will mandate daily, online reporting of any changes in provider networks.

"Obamacare forced a million Californians off their health-care plans and into a confusing scramble for new care. Millions more will lose their plans in the next two years," said Senator Gaines. "Right now insurance companies only have to update their doctor list four times a year. It's no surprise that the data is no good. Consumers sign up every day and deserve the correct information every day."

The text of the letter to the Senate Health Committee is available upon request. ★

Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra and Siskiyou counties.

Environmental Leaders are Looking More Like Scam Artists these Days

Commentary By Drew Johnson

It's getting tough to take environmentalists seriously. More and more, the leaders of the environmental movement -- the "Kings of Green" -- are emerging as a pathetic mix of liars, frauds, hucksters and hypocrites who are more concerned with lining their pockets off environmental hysteria than actually protecting Mother Nature.

Few would care if their dirty deeds didn't impact others, but unfortunately, they do.

Schemes and fibs by environmental extremists like Al Gore, Tom Steyer and leaders at Google are killing jobs, increasing the price of energy, devouring tax dollars and threatening America's energy independence -- all in an effort to make a quick buck.

It's hard to imagine that Al Gore, the most famous environmentalist of all, has any credibility left after many of his predictions have proven false and he has been unwilling to reduce his own carbon footprint. In his movie "An Inconvenient Truth," the former Vice President erroneously warned that Arctic polar ice caps would disappear by 2013. This year, Arctic ice coverage spanned more than 2,000 cubic miles -- an increase of more than 50 percent from just a year ago.

Several years ago, I uncovered that Gore is more than happy to talk the talk when it comes to environmentalism, but appears unwilling to walk the walk. Public records proved that Gore devoured as much as 20 times more electricity at his Nashville estate than the average American household.

Despite his hypocrisy and poor record of environmental fortune-telling, Gore continues to push for a carbon tax, a sinister scheme that would cost tens of thousands of American jobs and squeeze the poorest Americans most as a result of price hikes to most every good and service imaginable.

Not that Gore is worried about the little people. He managed to cash in on the wave of global

warming hysteria that he created, amassing a fortune of more than \$200 million.

Gore isn't alone in attempting to exploit environmental concerns for selfish reasons.

Tom Steyer, a billionaire hedge fund manager who made much of his fortune by investing in fossil fuels, now spends his days attacking the Keystone XL pipeline in hopes of blocking its construction. While Steyer claims that his opposition to Keystone is environmentally related -- he has funded a series of dubious ads claiming as much - the reality is that the environmental charlatan is heavily invested in a competing pipeline and stands to make a mint if his pipeline doesn't face competition from Keystone XL.

There is one big difference between Keystone XL and the TransMountain oil sands pipeline in which Steyer is invested: Most of the petroleum produced as a result of Keystone would be utilized by the U.S. and Canada, while much of the oil sands carried by the Transmountain scheme would be shipped to China.

Allowing the completion of the Keystone XL pipeline would produce lower gas and energy prices for Americans, create tens of thousands of new jobs, generate millions in new tax dollars and reduce American petroleum imports from unstable and unfriendly nations by 40 percent -- not that Tom Steyer cares about any of that.

Another leading player in the environmental movement is Google. The search engine giant heavily lobbies government to encourage risky and irresponsible environmental ploys like cap and trade policies, and believes the federal government should take money from America's taxpayers to fund unproven gambles on green energy. Google has even authored an initiative hoping to shutter coal-powered electricity production facilities and dictate what types of cars Americans can drive.

Google is proud of its perceived

environmental-friendliness. After all, it translates into dollars from customers who share the company's supposed concern for the environment. Beneath Google's green facade, however, the company's executives are hiding a dirty secret. Google maintains a fleet of fuel-devouring planes that company officials use to fly to far-flung vacation hotspots such as Hawaii, Belize, Tahiti, Key West, Milan and Paris. Since the beginning of 2010, the planes owned by Google's executives have burned through an average of 100,000 gallons of jet fuel every month.

To make matters worse, the planes have been housed at a taxpayer-funded NASA hangar and filled up with government-purchased jet fuel, saving the company millions of dollars in the process.

Al Gore, Tom Steyer and Google have all figured out how to exploit environmentalism for power and money, and they're not alone. Plenty of companies and individuals have figured out ways who manipulate the public's legitimate concern for the environment to make a quick buck, improve public perception, increase market share and lure lawmakers into passing legislation that benefits them.

The next time you find out that a business or individual professes to do something for environmental reasons, take a closer look; there's a good chance that what's best for the environment is the last thing on their mind.

Drew Johnson is a senior fellow at the Taxpayers Protection Alliance (TPA), a nonpartisan, nonprofit educational organization dedicated to a smaller, more responsible government. Visit TPA online at www.protectingtaxpayers.org.

Below, Drew Johnson takes a close look at these supposed environmentalists to understand their true motivation.

Once you've had a moment to look over the article, would you mind letting me know if you might be able to use it? ★

Kevin Kitrell Ross

Senior Minister/CEO
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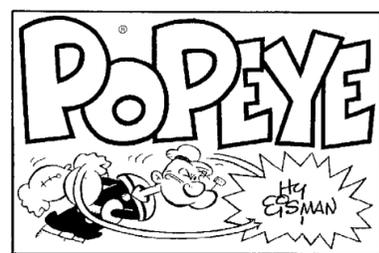
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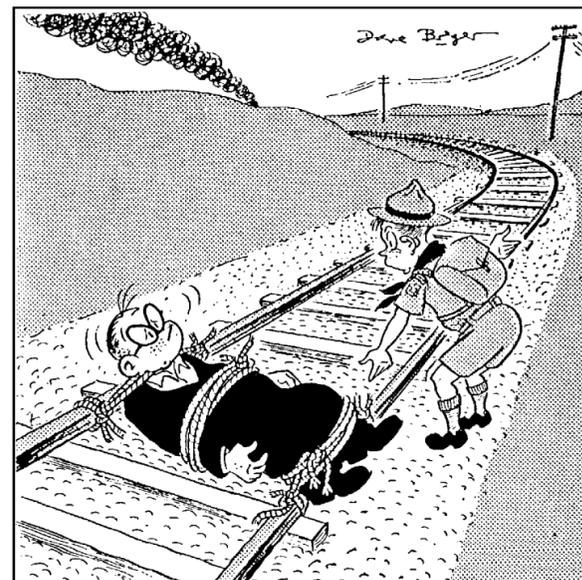


HUBERT - - By Dick Wingert



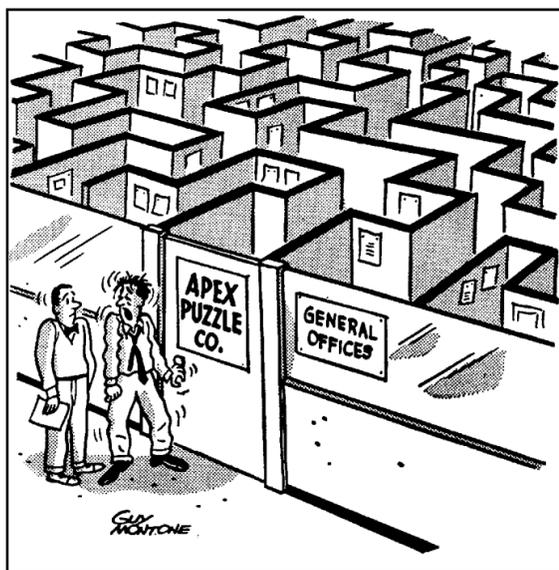
"Of COURSE I know what day it is—it's Saturday. Why?"

MISTER BREGER By Dave Breger



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LAFF - A - DAY



"I don't think I can take this much longer!"

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Good Health Built In: Steps To Improve Indoor Air

(NAPSA)—Dust, pollen, and smoke from cooking or tobacco use can leave indoor air far more polluted than the air outside—but it doesn't have to be that way.

What You Can Do

Homeowners can take a number of steps to improve air quality and create a healthier living environment. Here's a look at a few:

•**Vent the Kitchen:** Almost every home has a range hood and fan. However, most hoods simply filter the air and recirculate it. A better solution is a system that vents outdoors so the captured smoke, odors and other particles are removed from the living space.

•**Beware of the Garage:** While having an attached garage offers great convenience for homeowners, the garage is also home to a variety of pollutants that can enter the living space. Use only approved containers to store flammable products. Also, don't let the car idle in the garage. Pull it outside and close the garage door to keep engine exhausts out.

•**Install a Central Vacuum System:** Built-in central vacuum systems completely remove all the particulates they contact from the living space. The new quiet-operating BEAM Alliance System by Electrolux delivers up to five times the cleaning power of a typical vacuum, giving you the confidence that you can clean up almost any messy moment quickly and thoroughly. Two levels of HEPA filtration also ensure that none of the captured dirt or exhaust air re-enters the living space. Central vacuum systems can be installed in almost any new or existing home without damaging walls.

•**Filter the Air:** One way to address the rest of an air quality problem is by ridding the living



You can enjoy life's messy moments with a central vacuum that can clean up the mess without spoiling the fun.

area of airborne particulates. A whole-house HEPA air filtration system such as those by BEAM trap 99.98 percent of particulates 0.3 microns or larger.

Learn More

For more information about these and other tips to improve the air in your home, visit www.BEAM.com and [facebook.com/OfficialBEAMCentralVacuums](https://www.facebook.com/OfficialBEAMCentralVacuums).

Fuel Up for Fitness with Healthy Snacks and Smart Plates

(NAPSA)—Sports nutrition isn't just for professional athletes; for a good workout and quick recovery, everyday athletes need the right diet, too.

To help, CanolaInfo's "Fuel Up for Fitness" recipe collection delivers a starting lineup of delicious, nutritious dishes made with canola oil to help fitness fans prepare for exercise and repair their muscles afterward.

"These quick and easy recipes are made-to-order meals for the everyday athlete," says Michele Macedonio, R.D., C.S.S.D., L.D., a veteran sports nutritionist and team dietitian for Major League Baseball's Cincinnati Reds. "A good workout is draining and can lead to fatigue and sore muscles. The right combination of foods helps restore energy and nutrients used during exercise and prepares your body for the next workout."

The recipes provide complex carbohydrates, fiber and protein with nutrition-packed ingredients such as whole grains, beans, nuts, fruits and plenty of vegetables. All the dishes are prepared with heart-smart canola oil to supply healthy unsaturated fats, including mono-unsaturated and omega-3 fats.

"Fat is an important energy source for athletes because it has 9 calories per gram versus 4 per gram of protein and carbohydrate," Macedonio notes. "But it's important to choose the right kinds of fats. Unsaturated fats, such as those found in canola oil, in place of saturated and trans fats, are known to reduce 'bad' LDL cholesterol."

The recipes, available at www.canolainfo.org, include:

- ◆ Powerhouse Green Smoothie
- ◆ Muesli Muffins with Almonds and Cranberries
- ◆ Crispy Chickpeas and Pumpkin Seeds with Lime
- ◆ Skillet Quinoa with Black Beans, Cilantro and Feta
- ◆ Chunky Chicken, Vegetable and Rosemary Stew.

Each energy-boosting recipe has less than 300 calories a serving.



Fitness and sports enthusiasts can boost energy with nutrient-rich foods such as this Brussels Sprout, Blueberry and Walnut Slaw.

Brussels Sprout, Blueberry and Walnut Slaw

Yield: 8 servings
Serving Size: 3/4 cup

- 1 pound fresh Brussels sprouts, ends trimmed, thinly sliced or shredded (not grated)
- 1/4 cup chopped walnuts
- 1/2 cup finely chopped red onion
- 1/2 cup dried blueberries
- 2 1/2 Tbsp canola oil
- 2 1/2 Tbsp cider vinegar
- 2 Tbsp granulated sugar
- 1/2 tsp salt
- 1/4 tsp crushed red pepper flakes

In medium bowl, combine all ingredients. Refrigerate 30 minutes before serving.

The nutrient-rich ingredients in the delicious slaw above make it a smart choice for athletes. Brussels sprouts and blueberries are an excellent source of antioxidants and phytonutrients, helping to support a strong immune system. Also, walnuts and canola oil are among the top 10 food sources of plant-based omega-3 fat and may help protect the heart.

"Whether you're fueling your next exercise bout or about to begin your post-exercise recovery, these are healthful foods that can fit into your fitness routine," Macedonio says.

"Eating right helps your body function at its best however active you are."

Sports Nutrition Score Sheet

Make friends with fat: Fat is an important energy source for athletes but it's important to choose healthy fats. Canola oil, for example, is a valuable source of unsaturated fat, including mono-unsaturated and omega-3 fats.

Value variety: Love quinoa? Great, but you can't live on one supergrain alone. Athletes need a varied diet for the best mix of vitamins and minerals. Good nutrition, which fuels good performance, is about combining a variety of foods.

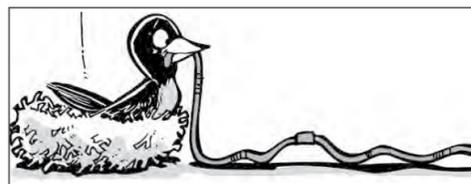
Avoid portion distortion: How much you eat is as important as what you consume. Even nutritious foods, if eaten in excess, can add unwanted weight that hinders exercise performance. Train your eye to recognize the right portion sizes by measuring and portioning at home.

Don't ignore complex carbs: Whole grains, beans, vegetables and fruit are four good sources. Combined with protein, carbohydrates speed recovery so you're ready for your next workout.

Learn More

See the whole list of sports nutrition tips at www.canolainfo.org.

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Salome's Stars

ARIES (March 21 to April 19) Take time from your busy schedule to check out what's going on around you. You might find that someone has been secretly trying to pull the wool over those beautiful Sheep's eyes.

TAURUS (April 20 to May 20) Once again, the Bovine's boldness pays off in uncovering the source of a disturbing workplace situation. Your personal life calls for patience, as a certain matter plays itself out.

GEMINI (May 21 to June 20) Forget about going all out to impress someone in your personal life. Just being yourself is all that matters. A workplace decision will need more time. Don't rush into it.

CANCER (June 21 to July 22) Some supersensitive Crabs might take offense at what they perceive as a slight. But a closer look points to a simple misunderstanding. The weekend holds a welcome surprise.

LEO (July 23 to August 22) Sure, you can roar your head off over someone's failure to keep a promise. But the wiser course would be to ask why it happened. Be prepared for an answer that might well surprise you.

VIRGO (August 23 to September 22) A developing relationship needs time to find its direction. So please be patient and resist pushing things along. A recently cooled-down workplace situation could heat up again.

LIBRA (September 23 to October 22) Congratulations. Your well-thought-out proposal seems to be working. Someone who hasn't agreed with you on most things in the past could turn out to be one of your major supporters.

SCORPIO (October 23 to November 21) Things seem to be going well. However, you can still expect criticism -- some of it pretty heavy. But as long as you can back up your position, you'll be able to rise above it.

SAGITTARIUS (November 22 to December 21) Getting together with people who care

for you is a great way to get that ego boost you might feel you need at this time. Things start to look brighter by week's end.

CAPRICORN (December 22 to January 19) You should be able to continue with your plans once you get past those temporary delays. Surprise, surprise. An offer to help comes from a most unlikely source.

AQUARIUS (January 20 to February 18) Prioritizing your tasks is important this week because of all those demands you have to deal with. The pressure eases in time for you to enjoy the weekend.

PISCES (February 19 to March 20) Save your energy and stay focused on what has to be done, despite all those distractions you're likely to face. You should see some evidence of real progress by week's end.

BORN THIS WEEK: *You are a generous, giving person who is always ready, willing and more than able to help others in need.*

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COUCH THEATER --
DVD PREVIEW
By Sam Struckhoff

EDITOR'S NOTE: *DVDs reviewed in this column will be available in stores the week of March 10, 2014.*

PICKS OF THE WEEK



Sophie Nelisse in "The Book Thief"

"The Book Thief" (PG-13) -- During World War II, a young German girl, Liesel (Sophie Nelisse) moves in with her new foster parents. Liesel's new home is a strange place for a kid to learn about the world: The city is wracked by war, piles of books burn in the street, and her foster parents are hiding a young Jewish man under the stairs. Liesel begins "collecting" books wherever she can get her hands on them. Through reading and writing, she's able to make some kind of sense out of the world around her.

Based on the wildly successful young adult novel of the same title, the film tries to bring this dreamy, glossy, coming-of-age feel to the proceedings. There's something whimsical trying to work its way through the charred setting, but it's not getting through. It's the performances that carry the film, especially the foster parents, (Geoffrey Rush and Emily Watson), who are complicated-but-caring people.

"Inside Llewyn Davis" (R) -- It's 1961, and New York's Greenwich Village is the cradle of a deep and expanding folk music scene.

Llewyn Davis (Oscar Isaac) is a soulful young musician who just cannot get ahead. He's melancholy, broke, bearded, locked-out and technically homeless. He knows he might never achieve success in his artistic career. All of this happens with a sort of dark, dry humor around it.

Joel and Ethan Coen ("Raising Arizona," "No Country for Old Men" and many more) are working with familiar themes, but taking them even further than before. The movie is no barrel of laughs, but there are moments of sincere truth, which is a necessary ingredient for a real comedy.

"Out of the Furnace" (R) -- This chest-thumping revenge flick has just the right cast to make something more. Russell (Christian Bale) works at the mill in a run-down Pennsylvania steel town. His younger brother, Rodney (Casey Affleck), has returned from Iraq with head full of pain and anger. Rodney gets tied up in bare-knuckle boxing for a crime ring run by a menacing, theatrical, brutal boss (Woody Harrelson). When Rodney goes missing, the local law enforcement refuses to get involved, putting it on Russell to get justice for his younger brother.

"Broken Circle Breakdown" (R) -- Didier and Elise are Belgian musicians in a bluegrass band -- they love each other, Americana, playing music together and their 6-year-old daughter, Maybelle. The storytelling begins when 6-year-old Maybelle is diagnosed with cancer. The story then jumps to the moment Didier and Elise fell in love. This bizarre and beautiful cycle of sadness and joy sets the pattern for the rest of the film. Between bouts of drama and elation, the film also delivers some fine music.

TV RELEASES

"In The Heat of the Night Season 2 and Season 3"

"Transformers Armada: The Complete Series"

"Teenage Mutant Ninja Turtles: Mutation Situation"

"Trinity: Complete First Season"

"Rogue: Complete First Season"

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Do Big Dogs Equal Stronger Economy?

Is our growing preference for larger dog breeds a sign that the economy is recovering? According to the American Kennel Club, that's a possibility.

"Owning bigger breeds -- an economic indicator of sorts -- have been on the rise during the past five years," said Lisa Peterson, an AKC representative. "As the economy has improved, people are turning back to the big dogs they love, which cost more to feed and care for than the smaller breeds that saw a rise in popularity in 2007 and 2008."

That's an odd statement to make, considering the most popular large dogs have never been out of the AKC's annual top 10 breeds. The Labrador Retriever has held the No. 1 spot for 23 years, and the German Shepherd and Golden Retriever consistently make the top five. The Dachshund and the Yorkshire Terrier are the only small breeds to consistently break into the top 10.

It raises questions about what the AKC thinks of dog owners. What were we doing when we were supposedly out of love with big dogs six years ago? What about owners who prefer smaller dogs?

While financial problems are often cited as a reason for owners to neglect or abandon their dogs, the size of the dog isn't the biggest cause. Smaller breeds can cost just as much or more to care for, and I've met many owners who would gladly go hungry to make sure their pet has food.

Owners have many reasons for choosing the pet they bring into the family. Economic concerns are an important consideration, but responsible owners consider a lot of factors, such as the breed, its size, potential behavioral or health issues, apartment or homeowner association rules, and local pet ordinances.

It's irresponsible of the AKC to correlate breed size with growth or dampening of the economy and smacks of bias by the organization.

Send your questions or comments to ask@pawscorner.com.

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Thought for the Day: "Progress always involves risk. You can't steal second base and keep your foot on first." -- Frederick Wilcox

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The nectar and pollen of the **blue wood aster** attracts bees, wasps, flies, butterflies, skippers, and beetles.

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- Brenda Weaver

Source: www.illinoiswildflowers.info

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THE RICH LOWRY COLUMN
By Rich Lowry

The UAW's Worker Problem

The activist Florence Reece wrote the union ballad "Which Side Are You On?" in the midst of Kentucky's so-called Harlan County War in the 1930s. Posed this question by the United Auto Workers, employees of Volkswagen's Chattanooga, Tenn., plant answered that they don't want to be on the side of a union that is slipping into irrelevance. Once a 1.5 million-member behemoth, the UAW has seen its membership decline to a fourth of what it was in the late 1970s. Everything had lined up for it in Chattanooga. Not only was VW officially neutral, it tilted the playing field in favor of the union. The company allowed it to campaign in the plant--a major advantage--while opponents were excluded. The media was praising Volkswagen's

enlightened European attitude toward organized labor and celebrating imminent victory for the union. Then the workers had their say. The UAW reportedly spent \$5 million in the course of a campaign that lasted two years, and lost by a 712 to 636 vote. The motto of the old American Federation of Labor was "a fair day's wage for a fair day's work." VW workers felt they already had it. Wages in Chattanooga are comparable to those of new hires of the Detroit automakers, roughly \$20 an hour. The unionization of the workforce would make it possible for VW to form a European-style "works council" of management and workers to make decisions about the plant. But workers already felt amply consulted by management. Even UAW Secretary-Treasurer Dennis Williams attested, "Volkswagen's a class act." This is hardly the "Battle of the Overpass," when company thugs beat UAW officials trying to organize Ford in the 1930s. This is a car company putting out a welcome mat for union organizers who still couldn't manage to organize. Florence Reece wrote, "Come all of you good workers/Good news to you I'll tell/Of how the good old union/Has come in here to dwell." But the workers in Chattanooga didn't consider it such good news.

Bob King, the head of the UAW, thinks they are guilty of false consciousness. If only they weren't so viciously misled by outside agitators, like Tennessee Sen. Bob Corker, the former mayor of Chattanooga who helped to woo VW to the city in the first place. He rightly said that the UAW is in a "death spiral." King's union was found alone in a room in 2009 with two nearly dead car companies. After the UAW did so much to chase automaking out of Detroit with unsustainable labor costs and ridiculous work rules, it is no wonder that workforces haven't welcomed it into the South, where right-to-work states have become alluring destinations for foreign car companies. For the longest time, the business model of the UAW has been to take its members' dues and funnel them to friendly Democratic politicians. Unless it breaks into the South, the union knows it's all but doomed. It may feel this institutional imperative keenly, but workers in good manufacturing jobs who owe nothing to this self-serving dinosaur from the 20th century don't. They can be forgiven for wondering which side the union is on.

Rich Lowry is editor of the National Review.
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DIFFERENCES: 1. Light is missing. 2. Pig's ears are smaller. 3. Shirt is different. 4. Collar is different. 5. Poster is missing. 6. Glass is missing. 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

- Bikini, e.g.
- U.S. central bank
- Old World duck
- ____ New Guinea
- Luuu souvenir
- *Middle-earth region
- Not slouching
- Be in a cast
- *Black Beauty
- *Greg Heffley's brother
- Take without owner's consent
- Compass dir.
- Agitate
- OB-GYN test
- "The Sun ____ Rises"
- Marked by smallpox
- Misfortunes
- Flock members
- Alluring maiden
- Surveyor's map
- *King of the Elephants
- Long forearm bone
- Carried a torch
- Buddhist teacher
- *Piglet and Winnie-the-Pooh, e.g.
- Quill-dipping vessel
- *"Froggy Goes to ____"
- E or G, e.g.
- Adam's apple spot
- *Shel Silverstein's constrictor
- *"The Jungle Book" protagonist
- *Roald Dahl title character
- Painting support
- Poor man's caviar
- Dora the Explorer's farewell
- Accent mark
- PC monitor technology, accr.
- *Children's literature, e.g.
- Fusses
- Lawyers' league
- Swelling

DOWN

- Impersonator
- Hawaiian tuber
- Kind of column
- Filthy dough
- Sonia Sotomayor or Gloria Estefan, e.g.
- Antiaircraft fire
- European org.
- "Likewise"
- *Old Woman's home
- Type of missile, accr.
- Gaelic
- *Like Willie Winkie
- *Abused beagle
- Jimmy Fallon's guest, e.g.
- Not square
- Sears' partner
- *Pig-tailed, read-headed nine-year-old
- To bet everything
- Isometric core exercise
- ____ vs. Class
- 1973 event in Chile e.g.
- Russia's prosperous peasant
- "Sesame Street" Muppet
- *"____ of a Wimpy Kid"
- Flight segment
- Actress ____ Gilbert
- "Dancing with the Stars" number
- Thumb drive, e.g.
- Rolodex abbr.
- Thick soup
- Approximately, as in date
- Helped
- *Amelia Bedelia, e.g.
- Norse capital
- Marries
- Self-referential
- Pick-up ____
- Student's quarters
- Away from port
- Greek H
- Scepter's partner

CROSSWORD

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Software Engineer III (Rancho Cordova, CA & Client sites) Design, develop, enhance and maintain project work space using Content Management (CMS) tools. Optimize and enhance database queries and create necessary SQL scripts to increase data delivery performance Application Architecture. Create and develop prototypes applications using Microsoft technologies. Bachelor's Degree or equivalent in Computer Science or Computer Engineering, 5 years' experience required. Must be proficient in Visual Studio.net, SQL Server, C#, HTML, JQuery, Java Script, ASP.NET, Net FrameWork, AJAX, COM+, ASPWEB Services, WCF, VB.NET, and Web services. Send resume to: SynergyQuad Inc., Attn: HR Dept., 2893 Sunrise Blvd, Suite 104, Rancho Cordova, CA 95742 (MPG 03-31-14)

AIRLINE CAREERS

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-\$500 - \$1,500 WEEKLY Potential MAILING BROCHURES - \$575/ Weekly ASSEMBLING Products - Easy Online COMPUTER WORKS 384/Day - MYSTERY SHOPPERS \$150/Day www.HiringLocalHelp.com (NANI)

Caring Compassionate Seniors WANTED!

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

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

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DRIVERS: CDL-A train and work for us!

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Miscellaneous

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Guitar Lessons - Beginner to Advanced. \$10/half hour. \$20/hour. freddiebaltbert1@yahoo.com. 916-335-9741 (MPG 12-31-13)

Piano lessons for children and adults

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Wheel chair in excellent condition \$200 Walker with basket \$35 Shower chair for personal care \$50 Tub handrail that clamps to side of tub \$65 Get all for \$300 Call Paul at 916-773-7337 days or evenings. Will deliver to local area.

Sudoku Puzzle on Page 10

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

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

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

Pets/Animals

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Available Monday through Saturday. Learn piano, flute, and guitar. GREAT RATES! 916-974-7397 (MPG 03-31-14)

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Classy Senior Lady with 16 yrs experience seeks caregiver/companion position including house-keeping, cooking, transportation, etc. Call 896-5882 (MPG 02-28-14)

Real Estate

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10 ACRES FREE! Buy 30-Got 40 Acres. \$0-Down \$188/mo. Money Back Guarantee, NO CREDIT CHECKS! Beautiful Views. Near El Paso, Texas. 1-866-882-5263 Ext. 81 www.SunsetRanches.NET (NANI)

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Real Estate

Classy Senior Lady with 16 yrs experience seeks caregiver/companion position including house-keeping, cooking, transportation, etc. Call 896-5882 (MPG 02-28-14)

Real Estate

Classy Senior Lady with 16 yrs experience seeks caregiver/companion position including house-keeping, cooking, transportation, etc. Call 896-5882 (MPG 02-28-14)

Real Estate

Classy Senior Lady with 16 yrs experience seeks caregiver/companion position including house-keeping, cooking, transportation, etc. Call 896-5882 (MPG 02-28-14)

Real Estate

Classy Senior Lady with 16 yrs experience seeks caregiver

Legal Advertising Hotline
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Legal Advertising Fax
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LEGAL ADVERTISING

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

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

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00907. Debra Bakerjan, 3620 Charring Lane, Carmichael, CA 95608 is doing business under the Fictitious Business Name "geriHEALTHsolutions" at 3620 Charring Lane, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on February 3, 2014. Publish: February 13, 20, 27, March 6, 2014. GERI 140301 03-06-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00758. Debra Norman, 8121 Prior Way, Antelope, CA 95843 is doing business under the Fictitious Business Name "Debbies Clean Sweep" at 8121 Prior Way, Antelope, CA 95817. Filed with the Clerk of Sacramento County on January 28, 2014. Publish: February 13, 20, 27, March 6, 2014. DEBBIES 140301 03-06-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF201400896. Stacy Hayden, 3615 38th St., Sacramento, CA 95817 is doing business under the Fictitious Business Name "Luft Design Studio" at 3615 38th St., Sacramento, CA 95817. Filed with the Clerk of Sacramento County on February 3, 2013. Publish: February 13, 20, 27, March 6, 2014. LUFT 140301 03-06-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00872. Mary Ann Baker, 8206 Dutcher Court, Sacramento, CA 95829 is doing business under the Fictitious Business Name "Press The Chest" at 8206 Dutcher Ct., Sacramento, CA 95829. Filed with the Clerk of Sacramento County on January 31, 2014. Publish: February 13, 20, 27, March 6, 2014. PRESS 140301 03-06-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2013-10016. Geomat A. Jehani, 801 Watt Ave., Sacramento, CA 95864 is doing business under the Fictitious Business Name "Guideline Construction" at 801 Watt Ave., Sacramento, CA 95864. Filed with the Clerk of Sacramento County on December 31, 2013. Publish: February 13, 20, 27, March 6, 2014. GUIDE 140301 03-06-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00873. Sacramento Wine & Nightlife Tours, Inc., 1017 L St., Ste. 580, Sacramento, CA 95814 is doing business under the Fictitious Business Name "SacTrips" and SacTrips.Com at 257221st St., Sacramento, CA 95818. Filed with the Clerk of Sacramento County on January 31, 2014. Publish: February 13, 20, 27, March 6, 2014. SACTRIPS 140301 03-06-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00649. Ken Law, 20 Pinnacles Cir., Sacramento, CA 95835 is doing business under the Fictitious Business Name "Star City Softball" at 20 Pinnacles Cir., Sacramento, CA 95835. Filed with the Clerk of Sacramento County on January 23, 2014. Publish: February 13, 20, 27, March 6, 2014. STAR 140301 03-06-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01064. Wendi A. Dickson, 4853 Scotch Ct., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Freshlook Florist" at 4764 Manzanita Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on February 7, 2014. Publish: February 13, 20, 27, March 6, 2014. FRESH 140301 03-06-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00708. Brian Faucett, 4401 Wyman Dr., Sacramento, CA 95821 is doing business under the Fictitious Business Name "Revolution Ink Merchandise" at 6834 Fair Oaks Blvd., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on January 24, 2014. Publish: February 13, 20, 27, March 6, 2014. REVOL 140301 03-06-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00698. Dmitri Serdiuk, 5211 Madison Ave., No. 201, Sacramento, CA 95841 and Nadia Serdiuk, 5324 Hemlock St., No. 224, Sacramento, CA 95841 are doing business under the Fictitious Business Name "Interactive-AD" at 5211 Madison Ave., No. 201, Sacramento, CA 95841. Filed with the Clerk of Sacramento County on January 24, 2014. Publish: February 13, 20, 27, March 6, 2014. INTER 140301 03-06-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00796. Robert Bird and Jennifer Bird, 1612 Esplanade Cir., Folsom, CA 95630 are doing business under the Fictitious Business Name "Bird Box" at 1612 Esplanade Cir., Folsom, CA 95630. Filed with the Clerk of Sacramento County on January 29, 2014. Publish: February 13, 20, 27, March 6, 2014. BIRD 140301 03-06-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01005. Angel Kostadinov and Deyan Kostadinov, 1905 Broadford Drive, Folsom, CA 95630 is doing business under the Fictitious Business Name "Proprium Marketing" at 1905 Broadford Drive, Folsom, CA 95630. Filed with the Clerk of Sacramento County on February 5, 2014. Publish: February 20, 27, March 6, 13, 2014. PROPRIUM 140207 03-13-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00687. Axis Energy Partners LLC, 3604 Fair Oaks Blvd., Ste. 140, Sacramento, CA 95864 is doing business under the Fictitious Business Name "Axis Led Lighting" and "Axis Led" at 3604 Fair Oaks Blvd., Ste. 140, Sacramento, CA 95864. Filed with the Clerk of Sacramento County on January 24, 2014. Publish: February 20, 27, March 6, 13, 2014. AXIS 140207 03-13-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01083. Jonathan Sandoval, 2365 Rudat Circle, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name "Capitol I" at 2365 Rudat Circle, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County on February 7, 2014. Publish: February 20, 27, March 6, 13, 2014. CAPITOL 140210 03-13-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00360. Martin Steiner, 8805 Barrister Lane, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "M.A. Steiner Construction" at 8999 Greenback Lane, Orangevale, CA 95662. Filed with the Clerk of Sacramento County on February 14, 2014. Publish: February 20, 27, March 6, 13, 2014. MASTEINER 140211 03-13-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00654. Eric L. Lamb, 2119 McGregor Drive, Rancho Cordova, CA 95670 and Margaret Pennington, 4184 Anatolia Drive, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name "The Lamb Pennington Group" at 4184 Anatolia Drive, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on January 23, 2014. Publish: February 20, 27, March 6, 13, 2014. LAMB 140211 03-13-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00856. Ronald J. Seto, 5209 Burberry Court, Elk Grove, CA 95757 is doing business under the Fictitious Business Name "Eden's Home Care - RCFE" at 5917 Kifisia Way, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on January 30, 2014. Publish: February 20, 27, March 6, 13, 2014. EDEN 140213 03-13-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01175. Michael Dorman, 9821 Crimmonwood Way, Sacramento, CA 95827 is doing business under the Fictitious Business Name "Dorway Studios" at 9821 Crimmonwood Way, Sacramento, CA 95827. Filed with the Clerk of Sacramento County on February 11, 2014. Publish: February 20, 27, March 6, 13, 2014. DORMAN 140212 03-13-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00975. Christine Nicole Larson, 3143 Walnut Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name "chris & charisma" and "chris & charisma beauty" at 225 30th Street, Suite 311B, Sacramento, CA 95816. Filed with the Clerk of Sacramento County on February 5, 2014. Publish: February 20, 27, March 6, 13, 2014. CHRIS 140210 03-13-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00864. Justin Phipps and Eddie Gonzalez, 1340 Castle Creek Ranch Road, Newcastle, CA 95658 is doing business under the Fictitious Business Name "J & E Motors" at 320 N 10th Street, Suite 100-V, Sacramento, CA 95811. Filed with the Clerk of Sacramento County on January 31, 2014. Publish: February 20, 27, March 6, 13, 2014. JEMOTORS 140209 03-13-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01011. David Shary, 3760 W. River Drive, Sacramento, CA 95833 is doing business under the Fictitious Business Name "USA Great Buys" at 3760 W. River Drive, Sacramento, CA 95833. Filed with the Clerk of Sacramento County on February 5, 2014. Publish: February 27, March 6, 13 and 20, 2014. USAGREAT 140217 03-20-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00916. Sean and Tracy Jackson, 6816 Duckling Way, Sacramento, CA 95842 is doing business under the Fictitious Business Name "Legacy Tattoo" at 5140 Folsom Boulevard, Sacramento, CA 95819. Filed with the Clerk of Sacramento County on February 3, 2014. Publish: February 27, March 6, 13 and 20, 2014. LEGACY 140217 03-20-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00700. Seng Dieng, 6137 Ivory Way, Sacramento, CA 95824 is doing business under the Fictitious Business Name "Silver Garden" at 4321 Madison Avenue, Suite A, Sacramento, CA 95842. Filed with the Clerk of Sacramento County on January 24, 2014. Publish: February 27, March 6, 13 and 20, 2014. SILVER 140214 03-20-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01133. NationalTeacher.org, 1912 Richmond Street, Sacramento, CA 95825 is doing business under the Fictitious Business Name "InsideCaliforniaEducation" at 1912 Richmond Street, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on February 10, 2014. Publish: February 27, March 6, 13 and 20, 2014. INSIDE 140211 03-20-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00904. James A. Larejeno, 5008 Marconi Avenue, Apt. 75, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Esoteric Records" at 1139 Fulton Avenue, Suite B-1, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on February 3, 2014. Publish: February 27, March 6, 13 and 20, 2014. ESOTERIC 140215 03-20-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00812. Nancy S. Paterson, 5658 Gerard Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "The Flight Sign" at 5658 Gerard Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on January 30, 2014. Publish: February 27, March 6, 13 and 20, 2014. RIGHTSIGN 140214 03-20-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01382. Donald & Wendi Dickson, 4853 Scotch Court, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Freshlook Florist" at 4764 Manzanita Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on February 20, 2014. Publish: February 27, March 6, 13 and 20, 2014. FRESH 140220 03-20-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-010927. ABMS Limited and Sutherland Family LLC, 1508 Eureka Road, #230, Roseville, CA 95661 is doing business under the Fictitious Business Name "Auburn Blvd. Mini Stor" at 6230 Auburn Blvd., Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on February 4, 2014. Publish: February 27, March 6, 13 and 20, 2014. AUBURN 140221 03-20-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01150. Filo Real Estate Inc., 1150 Sunset Blvd., #158, Rocklin, CA 95765 is doing business under the Fictitious Business Name "Citadel Management Company" at 1508 Eureka Road, #230, Roseville, CA 95661. Filed with the Clerk of Sacramento County on February 11, 2014. Publish: February 27, March 6, 13 and 20, 2014. CITADEL 140221 03-20-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00890. Winona Mae Marshall, 2856 Rockway Drive, Sacramento, CA 95235 is doing business under the Fictitious Business Name "CLC Property Management" at 5704 Dry Creek Road, Rio Linda, CA 95673. Filed with the Clerk of Sacramento County on February 3, 2014. Publish: February 27, March 6, 13 and 20, 2014. CLC 140221 03-20-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01054. Ralph Delgado, 9008 Clarissa Drive, Orangevale, CA 95662 is doing business under the Fictitious Business Name "A-1 Car Wash" at 5123 Madison Avenue, Sacramento, CA 95841. Filed with the Clerk of Sacramento County on February 6, 2014. Publish: February 27, March 6, 13 and 20, 2014. A-1CAR 140221 03-20-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00892. Michael Brown, 600 Harbor Blvd., #B, West Sacramento, CA 95691 is doing business under the Fictitious Business Name "Carmichael Appliances" at 6210 Fair Oaks Boulevard #B, Sacramento, CA 95608. Filed with the Clerk of Sacramento County on February 3, 2014. Publish: February 27, March 6, 13 and 20, 2014. CARMICHAEL 140221 03-20-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-00546. Eric Myers, 158 River Run Circle, Sacramento, CA 95833 and Cody Reeves, 2227 Gateway Oaks Drive, Sacramento, CA 95833 is doing business under the Fictitious Business Name "Cire Origins" at 158 River Run Circle, Sacramento, CA 95833. Filed with the Clerk of Sacramento County on January 21, 2014. Publish: February 27, March 6, 13 and 20, 2014. CIRE 140221 03-20-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01438. Joseph Hilary Heflin, 5601 Natomus Boulevard #15308, Sacramento, CA 95835 is doing business under the Fictitious Business Name "Chef Hef Enterprises" at 701 16th Street, Sacramento, CA 95814. Filed with the Clerk of Sacramento County on January 21, 2014. Publish: February 27, March 6, 13 and 20, 2014. CHEFHEF 140221 03-20-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01066. Behavioral Educational Assessment Services, 6056 Rutland Drive #7, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Serenity Respite Services" at 6056 Rutland Drive #7, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on January 7, 2014. Publish: March 6, 13, 20 and 27, 2014. SERENITY 140225 03-27-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01313. Maria Popa, 2004 Trimble Way, Sacramento, CA 95825 is doing business under the Fictitious Business Name "Mia Cleaning" at 2004 Trimble Way, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on January 18, 2014. Publish: March 6, 13, 20 and 27, 2014. SERENITY 140226 03-27-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01404. Karl's RV Inc., 1470 Vinci Avenue, Sacramento, CA 95838 is doing business under the Fictitious Business Name "AFP Trailer Parts" and "AFPSALES.COM" at 1470 Vinci Avenue, Sacramento, CA 95838. Filed with the Clerk of Sacramento County on January 20, 2014. Publish: March 6, 13, 20 and 27, 2014. KARLSRV 140226 03-27-14

FICTITIOUS BUSINESS NAME STATEMENT
#FBNF2014-01213. Linda Gilbert, 8776 Kildee Court, Orangevale, CA 95662 is doing business under the Fictitious Business Name "Fluid Protocol" at 8776 Kildee Court, Orangevale, CA 95662. Filed with the Clerk of Sacramento County on January 13, 2014. Publish: March 6, 13, 20 and 27, 2014. FLUID 140227 03-27-14

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00157789
WHEREAS, Chizoba Florence Okeke has filed a petition with this court for a decree changing the name of Chizoba Florence Okeke to Chizoba Florence Iheyfobi. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on March 26, 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: February 5, 2014. David I. Brown Judge of the Superior Court Publish: February 13, 20, 27, March 6, 2014. OKEKE 140201 03-06-14

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00157816
WHEREAS, Jesse Joseph Herbert has filed a petition with this court for a decree changing the name of Jesse Joseph Herbert to Jesse Gebauer. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on March 27, 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: February 5, 2014. Raymond M. Cadei Judge of the Superior Court Publish: February 13, 20, 27, March 6, 2014. HERBERT 140201 03-06-14

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
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WHEREAS, Mikala Rae Rivera has filed a petition with this court for a decree changing the name of Mikala Rae Rivera to Mikala Rae Pullig. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on March 27, 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: February 5, 2014. David I. Brown Judge of the Superior Court Publish: February 13, 20, 27, March 6, 2014. RIVERA 140201 03-06-14

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POPPOFF!

with Mary Jane Popp

Don't create your own stress. Push the negative thoughts away. Always have a list of good, positive ideas, pictures, and things you love nearby. Whenever a negative thought comes up, choose to push it away and choose to focus on the good and positive. So, rather than saying "I'm not getting sick," say "I am healthy and well." This boosts the immune system and stops the cycle of negative thinking.

3) DIRECT YOUR DAYDREAMS! Take control of your mind and body. Focus on the things you want to see happen in your life. If you find your mind wandering, acknowledge it, and then push it away. Focus on what YOU want it to focus on instead. Visualize actively.

4) TAKE BABY STEPS! GET HEALTHIER SLOWLY AND STEADILY! Use the healthy activities that you already do in your life as a mind/body practice. Things like yoga, tai chi, massage running, dance can all be used as meditation.

5) DO MINI-MEDITATIONS SEVERAL TIMES A DAY. Think you can't meditate? You can now. Use simple mini-meditations that take just a few minutes to learn and can be done anywhere.

6) PAY ATTENTION TO WHAT YOUR BODY IS TELLING YOU. Often, the

body parts that are misbehaving are hinting at our stress. Do you feel like your hands are full and then develop carpal tunnel?

Who is the pain in your neck? Are you shouldering the burden or feeling like you can't stomach something?

Observing these common phrases can be key to identifying and releasing your stress.

7) DON'T REWARD YOURSELF FOR BAD BEHAVIOR. When you are sick, don't languish and enjoy being in bed any more than necessary. Don't soak up the attention and consolation people give you for mistakes, painful experiences, or unforeseen accidents and illness any more than necessary to get back on your feet. There are better ways to get love and attention. Choose health!

Just a few ideas to get you started, but the whole story is in "Conquer Your Stress with Mind/Body Techniques" and Dr Gruver can fill in the details. Stress has become one of the worst causes of all kinds of disease according to many docs I've interviewed on POPPOFF. Make the best of your life for the rest of your life. Reduce that thing called stress and "Live Long and Prosper." ★

STRESS-O-MINIMIZER

Are you stressed to the max? You know what I mean. It's that time in your life that seems overwhelming and you go off half-cocked with no end in sight! Well, according to **Dr. Kathy Gruver**, getting rid of stress is not so hard to do. This Santa Barbara-based natural health specialist says we choose stress and we can learn to let it go. Her book "Conquer Your Stress with Mind/Body Techniques" gives us seven techniques any time to not only reduce stress, but prevent stress. Here is a sample of the techniques she describes:

1) CONTROL YOUR REACTION TO STRESS! You have the power. You have to choose to exercise it. Realize that stress is not the problem. Our reaction to stress is the problem. Learn what you need to control your reaction. As soon as you gain control, stress is no longer detrimental.

2) OUT WITH THE BAD AND IN WITH THE GOOD. SAY NO TO NEGATIVES.



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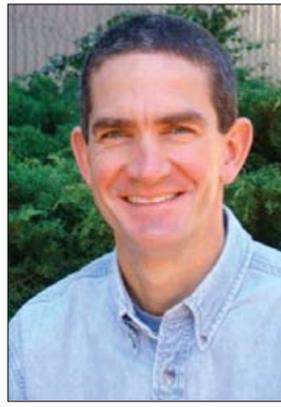
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Can You Heal Your Body With Your Mind?



By Eric Nelson

After years of suffering from a debilitating disease, not to mention multiple surgeries and countless doctor's appointments, author Danae Horn made a commitment to herself: "You will heal yourself with your mind." Unfortunately things didn't work out as planned, as she found herself consumed with such an overwhelming sense of guilt for not seeing any improvement that she ended up changing course and relying on a more conventional if still inspired approach.

Ironically, Horn's conclusion that the mind is not something that can or should be relied on to cure the body is not too far off from what Mary Baker Eddy – the 19th century religious reformer she largely credits with coming up with such an idea – thought herself. Referring to the human mind

as opposed to what she refers to as the divine Mind or God, Eddy insisted, "This mind is not a factor [in healing the body]."

This is not to say she completely dismissed the role of an individual's consciousness in healing. Eddy did see a big difference, however, between a mind fixated on – even intimidated by – a predominantly matter-based view of existence and the thought that is willing to see things from a more divinely inspired perspective.

"Discard all notions about lungs, tubercles, inherited consumption, or disease arising from any circumstance," suggests Eddy in *Science and Health*, "and you will find that mortal mind, when instructed by Truth, yields to divine power, which steers the body into health."

In remarks made a few weeks ago at The Commonwealth Club in San Francisco, Horn pointed to the "deep seeded need for control" that makes the idea of using our minds to heal our bodies all the more alluring. But it is the relinquishment of just such a mental power grab that Eddy saw as essential to healing. In other words, "Not my will, but thine, be done."

The downside to such a notion is that we may assume it absolves us of any responsibility, putting the blame on God for all outcomes, good or bad. For Eddy, though, handing things off to the Divine wasn't so much of a "Here, you

do it" kind of proposition as it was a conscious recognition of His will operating in one and all, giving us the ability to see whatever situation we are confronted with in a life-affirming, health-inducing light.

The good news for Horn is that she is doing much better and has written a book designed to help other women cope with the stress of illness. Interestingly, of the 10 strategies she outlines, her encouragement to "find gratitude" echoes something St. Paul suggested a good two thousand years ago that links this particular frame of mind with better health:

"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things... and the God of peace shall be with you." ★

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 and is used with permission.

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Announcements & Events

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- ★ Facility Renovations ★ Local Control and Accountability ★

The funding measure will be decided by property owners of the district who will vote by mail. For more information call 485-5322 or visit www.carmichaelpark.com

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Dare to Live Without Limits Getting Close

by Bryan Golden



"Many of life's failures are people who did not realize how close they were to success when they gave up." - Thomas A. Edison

It's a virtue to try hard. Lots of people expend a great deal of time and effort attempting to reach one or more specific goals. In the quest for success, one unknown is how much time is required. Yet, it is common to see people placing time limits on their pursuits.

It's impossible to know the duration of your journey. Therefore, there is no way to determine a point at which you should give up. Since failure only occurs when you give up, success demands persistence.

Our expectation for instant results has been influenced by technology. Microwave ovens cook food in minutes. Email enables us to send and receive communications in seconds anywhere in the world. Cell phones keep us instantly accessible wherever we go. Lottery scratch off tickets offer the hope of becoming instant millionaires. However, instant success is the rare exception.

What a shame when someone gives up inches from realizing their dream. If they had only continued a little longer, their outcome would have been completely different. A typical justification for quitting is, "at least I tried."

In addition to how much time is required, another excuse for

quitting is the amount of effort necessary. Although it is not easy attaining success, continually struggling takes as much, if not more energy.

I have seen many cases where students quit high school or college only a semester or a few classes short of graduating. Invariably, they later regret their decision, wishing they had obtained their diploma.

Losing weight is another area where people quit too soon. After making progress, they give up short of their goal. Then they start gaining weight and wind up back where they started or even heavier.

Imagine a mountain climber ascending in the fog. He can't see the summit, but he knows it's there. In order to reach the top, he must keep climbing even though his ultimate destination is not visible. If he decides to turn back, he might be only a few feet from the top.

There's a story of a gold mine which produced a modest amount of gold. Then the gold ran out. The mine's owner dug a little farther but without any results. Being discouraged, he sold the mine and equipment for pennies on the dollar. The new owner brought in a geologist who determined that the gold vein had turned inward six inches and was of substantial size. The previous owner had given up just inches from vast wealth.

Throughout history, perseverance has been a proven key to success. Thomas Edison invented a functioning light bulb after 10,000 tries. Dr. Suss' first children's book was rejected by 23 publishers before the 24th one published six million copies of it. Henry Ford went bankrupt twice before creating a successful company. R. H. Macy went broke with his first three dry-goods stores before hitting on a working formula.

Unfortunately, far more people give up than stick with it. As an additional challenge, critics will line up to discourage you. They will proclaim your quest a futile endeavor and urge you to give up in order to pursue something more sensible. If you listen to them, it's at your own peril.

Since life takes effort, and time goes by anyway, there are no good reasons to give up. You have a zero chance of succeeding once you do so. Just keep at it. You never know how close you are and are probably closer than you realize. ★

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

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5750 Grant Avenue, Carmichael (Corner of Grant & Fair Oaks Boulevard under the trees in the Park). Every Sunday from 9 am to 2 pm - all year round.
- SATURDAY** Sacramento Midtown Farmers Market
2020 J Street (Between the STANF Native American Health and Bioware buildings). Every Saturday from 8 am to 1 pm - all year round, rain or shine.
- SATURDAY** Sunrise Mall Farmers Market
6190 Sunrise Boulevard, Citrus Heights (behind Sears located in SE Parking Lot). Open every Saturday from 8 am to 1 pm - all year round.
- SATURDAY** Historic Folsom Farmers Market
915 Sutter Street, Historic Folsom Public Plaza, Folsom. Every Saturday from 8 am to 1 pm - all year round

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Union Gospel Mission Sacramento



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

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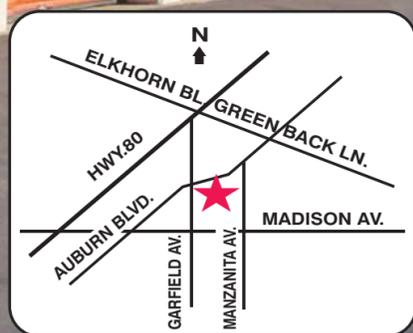
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Kaiser Permanente to Offer Free Cataract Surgeries to the Uninsured



A Kaiser Permanente ophthalmologist performs cataract surgery during Mission Cataract 2013 on a patient who regained her eyesight following the operation.

SACRAMENTO, CA (MPG) - Kaiser Permanente physicians and staff in Sacramento will offer screenings for area residents who may be eligible for free cataract surgeries that will be performed this spring.

The screenings, by appointment only, will be on Saturday April 12 at the Kaiser Permanente Point West Medical Offices, 1650

Response Road, Sacramento.

The surgeries are part of Mission Cataract USA, an annual program in which participating doctors provide the sight-restoring procedure to hundreds of people across the nation who have no health insurance and can't afford the operation. This is Kaiser Permanente's 19th year in the program. Kaiser

Permanente physicians and staff will perform as many as 20 free cataract surgeries on eligible individuals in early May.

Screening appointments can be made through April 3 or until the slots fill up, whichever comes first. To sign up for the screening, or to request more information, call: (916) 973-7159. ★

Women's Empowerment Receives Grant to Support Job Training for Homeless Women

SACRAMENTO REGION, CA (MPG) - Walmart Foundation's California State Giving Program recently granted \$29,800 to Women's Empowerment for its job readiness programs for women who are homeless.

"We are grateful to the Walmart Foundation for helping to provide the tools that women who are homeless need to reenter the world of work and achieve financial independence," said Lisa Culp, executive director of Women's Empowerment. "This grant will help us provide job readiness training to 250 women in the Sacramento area in 2014 so they can break the cycle of homelessness for themselves and their children."

Women's Empowerment's initial eight-week program for women who are homeless addresses their basic needs such as health and housing while preparing them to become work-ready. The job-readiness component is

predominantly taught by volunteers from the community and includes computer literacy training, resume writing, communication skills, mock interviews, dressing for success and more. They also meet with an onsite employment specialist to search for jobs. Once women graduate from Women's Empowerment, they can join the advanced job readiness program that includes internships, paid job training programs, certifications and more.

"Women's Empowerment offers women in crisis a way out of homelessness and poverty," said Kim Sentovich, senior vice president for Walmart. "We are proud to support their efforts to train and prepare hundreds of Sacramento area women to enter the workforce and achieve financial independence."

Women's Empowerment offers the most comprehensive job-readiness program in the Sacramento area designed

specifically for women who are homeless and their children. The 2009 Nonprofit of the Year has graduated 1,115 homeless women and their more than 2,500 children. In 2013, 81 percent of graduates found homes and 90 percent found jobs or enrolled in school or training. The program combines self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures. Women's Empowerment is funded solely through private donations from the community. For more information and to donate online, visit www.womens-empowerment.org.

The Walmart Foundation's State Giving Program supports organizations that create opportunities so people can live better. Visit www.walmartfoundation.org/stategiving. ★

Source: Kristin Thébaud Communications

Arden Playhouse PRESENTS

One Boss Too Many

Adaptation by Michael Messmer • Directed by Candi Pickering

SACRAMENTO REGION, CA - (MPG)

Arden Playhouse is delighted to present ONE BOSS TOO MANY, a modern adaptation by Michael Messmer of one of the world's great comedies Carlo Goldoni's The Servant of Two Masters. It is the story of a pair of young lovers, one set from the old world and one from the new, whose lives are turned upside down by old ways and one guy too clever for his own good.

At first all looks beautiful as Clarice Rotini is engaged to Robert Canneloni with the blessing of their parents, Carlo Rotini and Prof. Canneloni. But word soon arrives via the clever Vito Truffaldino that Bernardo Ravioli has arrived to have the old promise of his marriage to Clarice honored. All had heard that Bernardo had been killed and therefore the promise no longer mattered.

When Bernardo enters, apparently alive, it appears that the marriage of Clarice and Robert is impossible. But that's just the start of the mayhem. Bernardo is really his sister, Beatrice, in disguise. She has come from Italy as her brother to find her lover, Giorgio, who fled to America after killing Bernardo.

At some point you may think you need a chart to keep up with all the twists and turns in the plot, but it really doesn't matter. The fun is watching how Vito creates a world of fanciful stories (okay, lets just call them lies) in order to save his job...and finally, save his neck. And see the beauty of true love winning out in spite of all...and that the scheming Vito finally gets what's coming to him.

Appearing in the Arden Playhouse production of ONE BOSS TOO MANY are Billy Jean Vollman, Frank Hickox, Aimelle Heinberger, Taylor Fleer, Patty Thiel, Stephen Watson, Scott Plotkin, Elias Nunez and Matthew Fairall.



While Clarice (Taylor Fleer) delights in the ring she just received from Robert (Elias Nunez) for her engagement and the fathers, Prof. Canneloni (Scott Plotkin, standing left) and Carlo Rotini (Stephen Watson) congratulate each other unaware of the turmoil about to come into their lives in the Arden Playhouse production of ONE BOSS TOO MANY. Photos courtesy of Arden Playhouse. Michael Messmer, photographer.

Performance Dates:

8PM Fridays and Saturdays - March 7, 8, 14, 15, 21, 22, 28, 29. April 4, 5, 11, 12.

Sunday Matinees 2PM - March 16 & 23.

All tickets are \$15 with a reservation and \$18.00 at the door. (Cash or check only.)

Tickets can be reserved by calling (916) 332-2582.

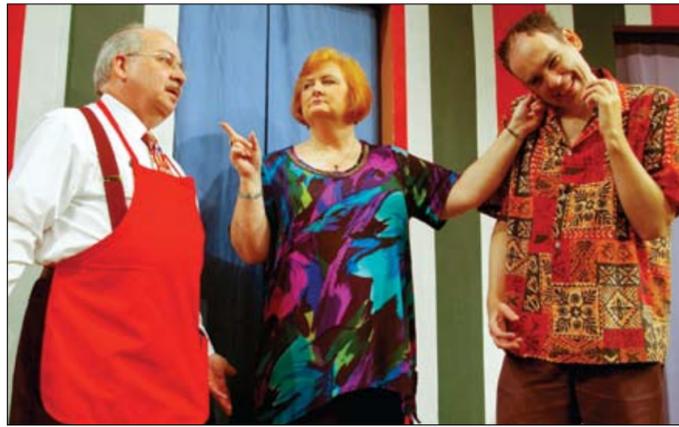
Arden Playhouse is located at 5640 Roseville Road, Suite D, Sacramento, and seats 150.

Arden Playhouse is a community theater dedicated to continuing its tradition of presenting entertainment in a casual setting.

For more information about One Boss Too Many or to find out about our group discounts, call the theater office at 332-2582, email admin@ardenplayhouse.com, arden@ardenplayhouse.com, or check the website ardenplayhouse.com. ★



Innkeeper Barbina (Patty Thiel) warns the waiter (Scott Plotkin) not to have any more dealings with Vito Truffaldino (Frank Hickox) the subject of her painful grip in the Arden Playhouse production of ONE BOSS TOO MANY.



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SPRING SEASON 2013-2014

Donald Kendrick Music Director



EUROPEAN MASTERWORKS

Stabat Mater (Area Premiere) | Charles Villiers Stanford
Symphony No. 2, op 52 (Lobgesang) | Felix Mendelssohn

Marina Boudart Harris, Soprano
Carrie Hennessey, Soprano
Malin Fritz, Alto
Mathew Edwardsen, Tenor
Eugene Villanueva, Baritone

Saturday, March 8, 2014 at 8:00 PM
7:00 PM – Pre-concert talk by Donald Kendrick

Sacramento Community Center Theater
1301 L Street, Sacramento

SACRAMENTOCHORAL.COM

Community Center Box Office | 916 808-5181 or Tickets.com

Tickets | \$55, \$45, \$35 | Students 50% discount

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

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

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

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



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

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