



**Snorestop Billboard  
Coming to  
Sacramento in  
Early December**  
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**Dolvett Quince,  
Trainer on The  
Biggest Loser,  
Helped Kids Get Fit**  
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# Carmichael Times

Volume 34 • Issue 47

Serving Carmichael and Sacramento County since 1981

November 20, 2013

## Giving Thanks



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## Sacramento Fire Fighters Put Down Fire



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## Let's Talk Turkey



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# Birds Gotta Fish; Fish Gotta Fly



With the American River fall salmon run in full fury last week, a junior naturalist had up-close views of spawn frenzy near Gold River. Inset right: the bumper 2013 migration brings a bounty to all parkway life.

**Story and Photos by  
Susan Maxwell Skinner**

**CARMICHAEL, CA (MPG)** - For millennia, the American River has been a passage for animal and human migration. This fall, salmon migration has turned the waterway into a freeway of love.

In what is shaping up to be the best run for six years (2008 to 2009 numbers were so low that river and ocean salmon fishing were outlawed) adult Chinook are now heading up-river to complete their lifecycle. For the past two weeks, many thousands of spawners per day have

surged through Sacramento, Carmichael, Fair Oaks and Gold River.

Leaping, knifing river surfaces like jet skis, climbing over gravel banks – or just swimming doggedly to their destiny – the fish have no focus other than to reach the waters where they spawned. Whether they mate in gravel beds or are perfunctorily relieved of eggs and milt at the Nimbus hatchery, they will all be dead within weeks.

Fish that hatched four years ago now measure up to four feet and can weigh 50 pounds. All bear scars of a long trek from the Pacific. The krill diet that colored

their flesh is hundreds miles behind; they have not eaten for weeks. By the time they reach San Juan Rapids, degenerating flesh has absorbed much of their scales. Decay mottles their sides. Some fish have turned vivid magenta in color. Hooked jaws and dog-like teeth transform male profiles. But to Chinook hens, such cruising gargoyles are princes. Though the act will kill

them, these fish mean to mate.

In full fury during November, the salmon run continues through December and – in dwindling numbers -- until after Christmas. Experts predict up to 50,000 salmon may run this season. "It's a good number," observes California Fish and Wildlife

*Continued on Page 2*

## District Attorney's Office Secures \$480,000 in Restitution for the Sacramento Library

**SACRAMENTO, CA (MPG)** - District Attorney (DA) Jan Scully announced that due to the success of its Office in seizing assets Sacramento Public Library Authority will receive \$480,000 in restitution it is due.

Former library employees Dennis Nilsson and James Mayle, as well as Mayle's wife, Janie Rankins-Mayle, were convicted in December 2011 of theft, bribery, and conflict of interest related to their fraudulent billing scheme for maintenance services. They were ordered to pay \$768,130 in restitution. Nilsson was ordered to pay an additional \$55,967.



District Attorney (DA) Jan Scully

Using white collar crime laws, the District Attorney's Office froze assets belonging to the defendants. After sentencing, the court appointed J. Benjamin McGrew of Managewest, Inc. to levy those assets. McGrew generated \$480,000 for restitution from the sale of a Folsom residence, several vehicles, and the liquidation of bank accounts.

Supervising Deputy District Attorney Michael Blazina, who prosecuted the case, stated, "In many embezzlement cases victims do not get their money back. Fortunately in this case, not all of the stolen money was squandered and several properties still existed with sufficient value. Although the library is not yet made whole for its loss, a significant part of the taxpayers' money is being returned to the agency from which it was wrongfully taken."

A check will be presented to the Sacramento Public Library Authority located at 828 I Street on Thursday, November 21st at 3:00 p.m. ★

Source: Office of the District Attorney

# Beautify Carmichael Day Boosts Civic Pride



**Story and Photos by  
Susan Maxwell Skinner**

**CARMICHAEL, CA (MPG)** -Volunteers were up with the sparrows for a civic brush-up on the recent "Beautify Carmichael Day."

New landscaping transformed an ugly-duckling traffic island; trash was removed from streets and new paint slogged on park amenities. Between residents and organizations, an estimated 250 volunteer hours tackled much-needed civic housekeeping. "We also expect many homeowners and merchants were busy working on their own properties," approved project organizer Cathryn Snow.

Over 70 people registered for the town clean-up. "It was wonderful to see children working alongside parents to beautify their neighborhoods," said real estate professional and Carmichael Chamber of Commerce director Snow. "They scraped and repainted picnic tables in Carmichael Park. Trash cans and guard rails also got new coats of paint."

At nearby Cameron Ranch School, Boy Scouts, Venturers and their parents improved a school garden. Soroptimist volunteers also pitched in. Chamber of Commerce members prowled Fair Oaks Boulevard to harvest 25 large bags of trash.

*Continued on Page 12*

Girl power. Annie Swanson (5) was among St John the Evangelist pupil volunteers refurbishing park tables. Mom Amy offers painterly advice.

# Birds Gotta Fish; Fish Gotta Fly



In gravelly shallows, a female Chinook digs a nest with her tail. Eager to release milt to fertilize her eggs, a male attends the excavation.

Continued from Page 1

scientist Bob Titus. "The department will count carcasses for weeks to make a population estimate, but it looks like stock is continuing to rebuild."

With runs of less than 6000 fish recorded six years ago, Chinook

extinction in the American River seemed possible. The species' changing fortune reflects ocean and river changes over the past several years. Tons of gravel were poured in Carmichael and Gold River shallows to create new spawning beds; angling was curbed. In mitigation

for Folsom Dam, six million salmon juveniles are bred and released annually by the Nimbus Hatchery. Pacific Ocean conditions may also have changed to favor survival. For any number of reasons, things seem to be looking up for the fish and their river. Spawning does not just ensure salmon survival; dead fish enrich the waterway. All animal, insect and plant life in and around the river is affected when carcass numbers fall.

And, judging by the number of gulls, raptors, otters, raccoons and coyote now enjoying a salmon buffet on American River banks, Thanksgiving is nigh. ★

*The best place to watch final stages of the salmon run is the Nimbus Hatchery, located at 2001 Nimbus Road, Gold River. Migrating fish are also easily observed from the Parkway at Pennsylvania Avenue, Fair Oaks and from bike bridges at Sunrise Avenue and William Pond Park.*

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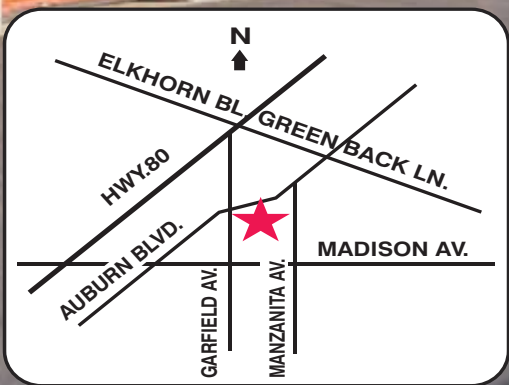
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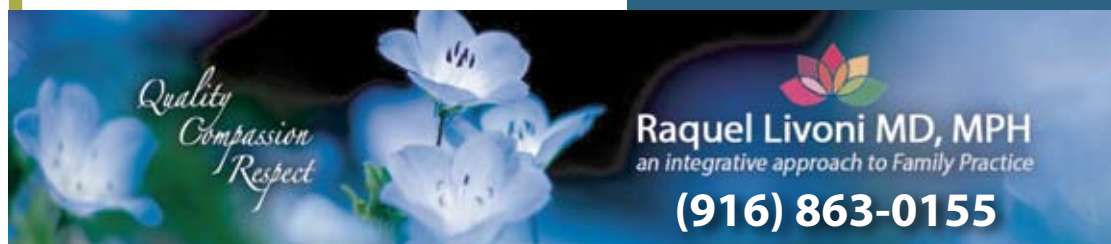
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With the Thanksgiving season upon us, we start thinking about food and our traditional favorites. During this season we have an opportunity to cultivate gratitude and our many blessings. Gratitude is one of the most powerful emotions, like love and compassion.

When we think about the table at Thanksgiving dinner, we do not generally think about a messy table and a noisy television in the background. We generally take care to create a beautiful environment while putting extra care into preparing the meal. This preparation to create a pleasant and peaceful environment actually enhances our digestion.

The gift of food not only provides energy and information to our body, it nurtures us and sustains life. A pleasing environment gratifies our senses and we become more relaxed. When our body is relaxed, we digest our food more efficiently. Rushed meals, loud background noises, heated arguments or discussions create tension in the body. This stress makes digestion more difficult.

**Blessings**

Taking time for our blessings is, for most families, an important part of the Thanksgiving dinner tradition. This gives us an

# Giving Thanks

opportunity to stop for a moment and be grateful for the blessings in our life. Giving thanks is one of humanity's most ancient forms of expression and prayer. This is not bound by one faith or one method, but rather an opportunity, one to one, to honor the blessings in our life.

During a prayer or blessing, our mind relaxes and becomes focused on the blessing and the food. We generally use other healthy eating habits when we are in this state.

- We often slow down and refrain from inhaling our food.
- We sit instead of stand.
- Most people take time to savor the tastes of the meal prepared.
- Pleasant and joyful conversations replace heated discussions.
- We often rest a few minutes after a meal. (No, this does not mean taking a nap after the meal).

**Thankful Habits**

Instead of having thankful habits only a few times of the year, think about sustaining an "attitude of gratitude" all year long. This doesn't mean you have to spend hours creating every meal or setting the table with the finest china. Just a few steps and you can have that thankful, peaceful feeling on a regular basis. I know that we are "busier" than we have ever been. With so many additional ways to communicate, most people feel more disconnected than ever before. With so many places to be and lists of "to do's" so abundant, taking time for ourselves and our family can be a struggle. Pick one or two nights a week and focus on at least a few from the list below. Create a mealtime in your schedule again and get rid of the "TV" dinners.

**Simple Solutions for Thankful Habits:**

1. For starters, when cooking a meal, cook with love and gratitude. This applies to serving a meal (even if you did not

prepare it).

2. Before the meal, sit in silence for a few minutes and be aware of the food in front of you. Take a moment and be grateful (either silently or as a group) for the food as it nourishes your body and for the blessings in your life. After the meal, sit for a few minutes before jumping up after the last bite.

3. Be mindful while taking your time. Chew your food while taking note of the flavor in each bite.

4. Eat to two-thirds full and leave room for digestion.

5. Reduce ice cold liquids when you eat because it reduces your digestive fire.

6. Play soothing music in the background.

7. Simplify your eating space and de-clutter.

8. Go unplugged. Turn off the TV, e-books, cell phones etc. while you are eating your meal.

9. Place fresh flowers or green plants on or near your table.

10. Leave the conflict and discord behind, and bring a light heart to the table.

Thankful habits take time and effort. This time of year, our traditions make it easier. Use this consciousness to begin some new traditions that sustain themselves day in and day out. Being grateful allows our mind, spirit, and body to heal and be healthy. We can open our minds and our hearts to be grateful, and our bodies nourished and nurtured.

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# Dolvett Quince, Trainer on The Biggest Loser, Helped Kids Get Fit



United Way's team of nonprofits, businesses, donors and volunteers are working together to provide positive, measurable results through such projects as STAR Readers, SenSe-Ability and Fit Kids.

**CARMICHAEL, CA (MPG)** - In early November, more than 200 participants in United Way's Fit Kids project listened as Dolvett Quince, trainer on The Biggest Loser, talked about the importance of physical activity and nutrition at the YMCA of Superior California in Sacramento. As part of United Way's #noexcuses event, Quince also led the kids and volunteers from United Way's Emerging Leaders in a boot camp exercise. United Way's Fit Kids project is ensuring children learn about healthy food and exercise at a

young age so they can develop life-long habits that will help them fight off obesity and other health conditions in adulthood. The project also helps kids, already struggling with weight, shed pounds simply by having fun.

For 90 years, United Way California Capital Region has actively worked to address the community's most pressing issues, now focusing on innovative solutions related to high school graduation rates, household financial stability and obesity. United Way's team of nonprofits, businesses,

donors and volunteers are working together to provide positive, measurable results through such projects as STAR Readers, SenSe-Ability and Fit Kids. Community members can make donations, volunteer and advocate in support of the causes they care most about, benefiting United Way and hundreds of nonprofits in Amador, El Dorado, Placer, Sacramento and Yolo counties. United Way is an independent, local affiliate of United Way Worldwide. For more information, visit [www.yourlocalunitedway.org](http://www.yourlocalunitedway.org). ★

## Sacramento Fine Arts Center to Showcase Local Talent

**SACRAMENTO, CA (MPG)** - On Saturday, November 30<sup>th</sup>, starting at 8:30 p.m., the Sacramento Fine Arts Center (SFAC) will present "Open Studio, Open Mic, Open Movement," an opportunity to view the creations of local poets, authors, figure artists, models, musicians, and dancers. Among those participating will be Brenda Bolles, David Peterson, Marie Dixon, Michelle Silvers, and A. K. Buckroth.

Three galleries will be open. Live models will sit for artists to

draw and paint.

The event and parking is free. For additional information, visit [www.safinearts.org](http://www.safinearts.org) or call David Peterson at 916-716-5951.

The Center was established in 1986 jointly by a number of independent art clubs as nonprofit corporation. It is dedicated to the creation and presentation of the visual arts. It is entirely self-supporting, operated by volunteers, and made possible by memberships, contributions, sales and rentals of art work, and numerous

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Source: A.K. Buckroth

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### CLUES

- ACROSS
- "The buck \_\_\_\_\_ here"
  - Augment
  - Like a jury unable to agree
  - Orca, e.g.
  - \*Photographs in text messages
  - Wiser
  - Buddhist who has attained nirvana
  - Australian runner
  - Sign of life
  - \*Movie host
  - \*Like popular TV genre
  - Hot springs resort
  - Ski lift
  - Sensitive subject to some
  - Delhi wrap
  - Boredom
  - \*"Free" (1966)
  - \*"What a judge does on "Top Chef"
  - Straight muscles
  - Continental currency
  - Iron Age priest
  - Churn
  - Make more attractive
  - Major European river
  - "Fool me \_\_\_\_\_, shame on you"
  - Rodent and name of outdoor gear maker
  - Fungal spore sacs
  - Articulate
  - Coffin along with stand
  - Mozart's "L\_\_\_\_\_ del Cairo"
  - \*"One Direction, e.g.
  - \*Modern book
  - Architectural projection
  - Jelly-like stuff
  - \*\*Say Yes to the Dress" target
  - Calyx part
  - Emergency responder
  - Saint \_\_\_\_\_ of Rome
  - \*American Idol's Ryan Seacrest
  - Unidentified John
  - City in Belgium
- DOWN
- Go to and fro
  - Through, to a poet
  - Pearl Harbor location
  - Surveyor's maps
  - Arrangements
  - D'Artagnan's weapon of choice
  - \*Kourtney and Khloé's sister
  - Beyond suburbs
  - Drag
  - Tangerine and grapefruit hybrid
  - Egg holder
  - \*Multi-shaded Christian
  - Merciful one
  - Talked like a sheep
  - \*\*"The Biggest Loser" isn't supposed to do it a lot
  - Like a noble dignitary
  - At right angles to ship or plane
  - Known for its common red casing
  - Computer message
  - Like pink steak
  - Audition tape
  - \*They're on an iPhone screen
  - Carthage's ancient neighbor
  - "From Disney to pop star
  - "Cheers" regular
  - \*The Jonas bros
  - Interior designer's focus
  - Cricketer penalty
  - Sn, on periodic table
  - First-aid item
  - Bordered
  - Frustration, in print
  - \*"One of Miami Heat's "Big Three"
  - Filling treat
  - Pitiful puppy cries
  - \*\*"Teen \_\_\_\_\_" mag (1967-2007)
  - Besides
  - Have supper
  - Original garden?
  - R in RIP
  - Rock music style

CROSSWORD												
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69					70				71			
72						73			74			

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

For Solutions See Page 7  
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# Snorestop Billboard Coming to Sacramento in Early December



According to a company representative, the billboard is on its way to Sacramento (to an undisclosed location) in early December as part of a larger national campaign.

SACRAMENTO, CA (MPG) - A billboard on a high-traffic section of Sunset Boulevard in Los Angeles is drawing sharp social media remarks -- and the ad just went live two weeks ago. Featuring an enlisted American soldier and Muslim woman in loving embrace, the ad is part of a larger marketing campaign for the product SnoreStop. Its headline reads: "If we can keep this couple together, we can keep anyone together."

According to a company representative, the billboard is on its way to Sacramento (to an undisclosed location) in early December as part of a larger national campaign.

On one FOX TV affiliate, hundreds of people commented on the billboard with some pretty nasty remarks — <https://www.facebook.com/Fox59News>

Another Huffington Post article generated more than 3,500 comments in a matter of 48 hours — [http://www.huffingtonpost.com/2013/11/01/soldier-muslim-billboard-ad-snorestop\\_n\\_4192238.html](http://www.huffingtonpost.com/2013/11/01/soldier-muslim-billboard-ad-snorestop_n_4192238.html).

Dubbed the #bettogether campaign, the billboard has generated some social media feedback from members of the military and the Muslim community in the first hours of the campaign.

Paul Evans, the soldier featured in the billboard, is now speaking up: "I am super proud to be a part of this campaign. I'm aware of the controversy and, in fact, I am in the military to fight for this very right to express oneself in this country."

So, why is it raising eyebrows in some corners? And, what does it have to do with a natural snoring solution?

"As a snoring solution

company, we're in the business of keeping people together," says Melody Devemark, spokesperson and member of the family-owned Camarillo, California-based company. "We really wanted to find and showcase couples you don't always see in mainstream advertising circles."

The idea was inspired from a real couple. Veteran Jamie Sutton and his Muslim wife, Aleah, are the real couple behind the billboard portrait. "We realize that it's likely to be controversial," Devemark says. "But our family thinks it's a beautiful story and we feel honored to be able to share it with others."

The billboard is already going viral, with more than 1,000 notes on Tumblr in one week, and hasn't even been unveiled yet. Bearing the slogan #bettogether, people in the social media sphere have already begun to make their opinions known. Here are some selected comments and feedback:

"I'm not racist, but I feel like they're trying to shove this 'political correctness' thing down our throats."

"For some people it's just too soon. The tragedy of 9/11 is still so fresh in people's minds and now we're being told we have to accept the enemy being a part of our lives and culture."

"I wonder if she needed a green card."

"I guess she's supposed to be one of them peace-loving ones?"

"Ha! I'd have thought something like this would be for Obamacare."

While others expressed open hostility to the image, the majority of comments were more accepting:

"It's a wonderful message. It's time we stopped labeling people because of their nationality. As for stopping snoring, I'm all for that too."

"Would it make me try their product? I would try it on the basis that it stops my husband's snoring! But the ad is nice."

"I can see where it would piss some folks off. Me? I think it's okay."

"Be together, it says. Would we have seen things like this during the Second World War with an American G.I. and a Japanese woman? Hell no. So maybe it shows how much we've progressed as a society. I don't know."

"All's fair in love and war, right?"

"Gets me kind of hot, you know? She's hot is all I'm saying."

"I'm getting all teary-eyed. I think it's great. Honestly, I like it."

"I hope it wakes people up, sorry, I'm not talking about the snoring, to the plight of the people in the Middle East and that the majority of them don't want to see violence and destruction."

An American military figure and a Muslim woman holding each other is bound to raise eyebrows. But, Christian de Rivel, another member of the family-owned company, does not want to run from controversy: "Snoring is an equal opportunity offender, SnoreStop is the equal opportunity provider. There is no nudity or bigotry or hostility in our #bettogether campaign. In fact, we are specifically and aggressively promoting diversity, equality and harmony. ★

Source: Pop Culture Public Relations

# Sacramento Fire Fighters Put Down Fire on Marietta Way



SACRAMENTO, CA (MPG) - Firefighters from Metro Fire were dispatched to Marietta Way in Sacramento County for a reported house fire on November 16th after 4:00 a.m. Alert citizens made an immediate call to 911, which allowed

firefighters to limit the growth of the fire and save adjacent occupied structures.

On arrival, crews determined the structure to be an abandoned boarded up home frequented by the homeless. Fire was showing from the first and second floors. Crews began a coordinated fire attack and search of the home, giving an all clear on a primary search while other fire fighters stretched hose to protect neighboring properties.

No citizens or firefighters were injured as a result of this fire.

Metro Fire's Investigations Unit asks anyone with further information on this incident to contact the Arson Tip Line at (916) 859-3775.

Source: Sacramento Metropolitan Fire District



# Mission Oaks Computer Club to Meet in December

SACRAMENTO, CA (MPG) - The Mission Oaks Computer Club will meet on Thursday, December 12th from 1:00 p.m. to 3:00 p.m. at Mission Oaks Community Center, 4701 Gibbons Drive in Carmichael.

The topic will be "Android -- the Other Phone and Tablet" presented by Len Carniato of Sun City Lincoln Hills Computer Club. A problem-solving clinic, led by Adam Lacey of Applications, Etc., will follow the meeting.

First-time visitors are welcome. For additional information visit [www.missionoakscomputerclub.org](http://www.missionoakscomputerclub.org) or email [mocc@missionoakscomputerclub.org](mailto:mocc@missionoakscomputerclub.org).

Source: Mission Oaks Computer Club



# Announcements & Events ELEMENTARY BASKETBALL

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BRANCH #23 meets for lunch every 2<sup>nd</sup> Wednesday at the Carmichael Elks Lodge, 5631 Cypress Ave. For details, call: Bill Sutherland (916) 481-2137 or Carroll Hamon (916) 962-0469  
Our website: [branch23.sirinc2.org](http://branch23.sirinc2.org)

# 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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10:00am and 2:00pm

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H0504\_13\_282C CMS Accepted 10012013

# Beautify Carmichael Day Boosts Civic Pride



Before (lower right): Lawnman Inc. landscapers set to transforming the El Mana restaurant frontage at the Fair Oaks and Manzanita triangle. After (above): restaurant patrons admire the newly planted garden.



Continued from Page 1

By Saturday afternoon, scores of sapling plants nestled in newly-laid bark at the Fair Oaks and Manzanita junction. Transforming a neglected corner, this project was a joint effort by Home Depot vendor donors and Lawnman Inc. landscapers.

Carmichael and Barrett Hills neighborhood groups also donated labor. More volunteers rallied from non-profits such as Atlas Carmichael and Kiwanis. Students and parents from Arcade Middle School and St John the Evangelist School were an industrious presence. Carmichael Park District staffers

donated weekend hours and elected officials sent helpers for the cause. The project was endorsed by County Supervisor Susan Peters and the Department of Transportation.

"You don't create community traditions overnight," said Snow. "This was the debut beautification day and the response was

encouraging. We'll build on it next year. Everyone we contacted for input was enthusiastic and the volunteer turnout was great. We showed that when a small community pulls together, big things are possible." ★

For information on the 2014 project, call the Chamber of Commerce: (916) 481-1002.



Young men at work. Boy Scout volunteers dig in at Cameron Ranch Elementary School gardens.

# Santas Needed to Fill Holiday Stockings

**RANCHO CORDOVA, CA (MPG)** - Local residents can bring smiles to formerly homeless women and children this holiday season by contributing to Women's Empowerment's annual Holiday Stocking Drive. The group is seeking 250 stockings and specific fillers for local infants and toddlers, children, teens and adult women. For the list of items needed, visit [www.womens-empowerment.org](http://www.womens-empowerment.org).

Those interested also can donate \$30 to have a volunteer elf fill a stocking. Items are needed by Dec. 6 and can be dropped off at 1590 North A Street in Sacramento. For

more information, contact Kate Towson at [kate@womens-empowerment.org](mailto:kate@womens-empowerment.org) or (916) 669-2307.

"These remarkable women and children have worked tirelessly to break the cycle of homelessness, and these stockings bring immeasurable holiday cheer to their hearts and their new homes," said Lisa Culp, executive director. Women's Empowerment offers the most comprehensive job-readiness program in the Sacramento area for women who are homeless and their children. The 2009 Nonprofit of the Year award winner has graduated 1,086 homeless women and

their more than 2,000 children. Last year, 90 percent of graduates found homes and nearly 80 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 or to donate online, visit: [www.womens-empowerment.org](http://www.womens-empowerment.org) ★

Source: Kristin Thébaud Communications

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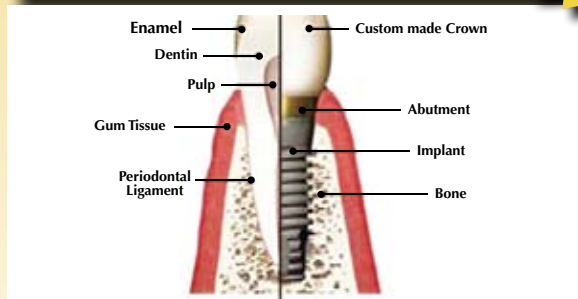


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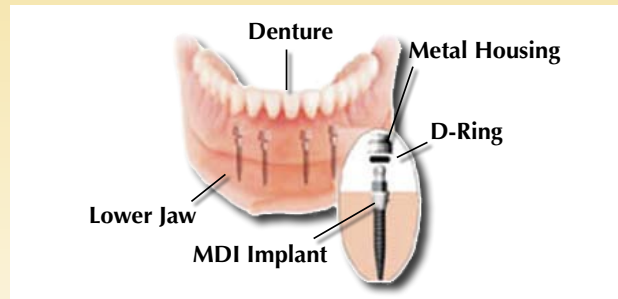
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Multiple Implants



Mini Implant



Combination Implants and Dentures

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